Incontinence Associated Dermatitis (IAD)
IAD

IAD is an inflammation of the skin due to repeated or prolonged exposure to:

» Urine
» Faeces
» Perspiration

Leading to chemical and physical irritation, increased alkalinity and permeability of skin
Risk Factors

- Incontinence – faecal and urinary
- Occlusive incontinence aids
- Immobility
- Poor nutrition
- Decreased cognition
- Frequent cleansing – abrasive, soap and water
- Illness
Assessment

• Characterised by pain, erythema, oedema, excoriation, may also be bullae, erosions

• Can be associated with skin infection - candidiasis

• Lesions usually superficial, although infection may deepen them

• Present in areas that come into contact with urine/faeces,

• Can be mistaken for Stage 1 and 2 pressure injuries
Prevention

• Manage the cause of the incontinence
• Appropriate Incontinence Products
• Behavioural interventions
  ➢ Toileting and exercise interventions
  ➢ Nutritional and fluid management
• Minimise exposure to wet surfaces
• Use a soap substitute (no-rinse / foam cleansers) for cleansing
• Apply a skin protectant / barrier product

https://store.independenceaustralia.com.au
Management

- Minimise exposure to wet surfaces
- Regular or frequent skin assessment
- Skin care
  - Avoid excessive cleansing
  - Clean with a gentle cleaning product (soap alternative)
  - Gently pat dry
- Apply a leave-on product
Holistic and Patient Focused

- “whole” not “hole”
- individual risk factors
- individual circumstances
Further information


National Pressure Ulcer Advisory Panel Resources  www.npuap.org
Wounds Australia  www.woundsaustralia.com.au
International Wound Infection Institute  www.woundinfection-institute.com
National Institute for Health and Clinical Excellence (NICE)  http://www.nice.org.uk/
Scottish Intercollegiate Guidelines Network (SIGN)  http://www.sign.ac.uk/
The Joanna Briggs Institute  http://joannabriggs.org/
Registered Nurses Association of Ontario  http://www.mao.org/
Wounds UK  http://www.wounds-uk.com/
Wounds International  http://www.woundsinternational.com/clinical-guidelines
EWMA Consensus Documents  http://ewma.org/english/position-documents.html
http://www.npuap.org/resources.npuap-pressure-injury-stages/

Contact: Kathleen Finlayson, RN, PhD  
Institute of Health and Biomedical Innovation  
Email: k.Finlayson@qut.edu.au

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