

# TENA® Perineal Care Checklist

## Perineal Care Procedure

NOTE: The following are general guidelines. Always follow your facility's protocol.

- Begin by washing your hands to protect against the spread of infection.

*Proper hand washing is the single most important way to prevent infection.*

When washing hands with soap and water, wet hands first with water, apply an amount of product recommended by the manufacturer to hands, and rub hands together vigorously for at least 15 seconds, covering all surfaces of the hands and fingers. Rinse hands with water and dry thoroughly with a disposable towel. Use towel to turn off the faucet.

- To protect individual's privacy and dignity, make sure to close the room door, and pull any curtains shut. Let the individual know what you are doing in a pleasant voice and keep them involved in every step of the process.
- If you are using TENA® Wash Cream, moisten a washcloth or a disposable washcloth in warm water. Make sure the water is not too hot. Apply a quarter-sized portion of TENA® Wash Cream and work into the cloth. Fold the cloth over your hand into a mitt. The size of TENA® disposable washcloths makes it easy to form into the mitt shape.
- WITH FEMALE INDIVIDUALS**, begin by washing at the meatus. Wash down the center, then along one side of the labia—then along the other side of the labia. Lastly wash the rectal area. Repeat with clean area of cloth until the skin is free of fecal material.

**Always use a front to back motion when cleansing the perineum to help prevent the spread of bacteria from the rectum.**

- If the individual is heavily soiled and you are unable to thoroughly cleanse with one cloth: First remove gloves with soiled cloth inside, wash hands for 15 seconds or use an alcohol based antiseptic gel, then apply new gloves and repeat cleansing steps.

- WITH MALE INDIVIDUALS**, the penis is cleansed from the urethral opening at the tip down toward the bottom of the penis and then gently cleanse the scrotum. Lift it carefully and wash underlying skinfolds of the scrotum. Care needs to be taken to cleanse in-between all skin folds.

Gently pull back the foreskin on uncircumcised males. If this area feels hot, swollen, or appears infected, notify your supervisor. Pull the foreskin back over the head of the penis when you have completed cleansing.

Now turn the washcloth over to a clean side and cleanse the rectal area. **Repeat with clean area of the cloth until skin is clear of fecal material.**

PLEASE NOTE: It is not necessary to towel dry an individual when you use TENA® Skin-Caring® Wash Cream or TENA® Skin-Caring® Washcloths for perineal care.

*Remember to inspect the skin.*

When providing perineal care, you should always take the time to perform an overall inspection of the skin. Early detection of skin irritation is the best way to prevent skin damage. Note immediately any signs of redness, rash, open areas or any other signs of skin breakdown.

In your role as a caregiver, helping to keep incontinent individuals healthy and happy is very important. Promoting skin health is critical for achieving that goal.

## Tips for Successful Clinical Outcomes with TENA®

### Choose the best product type to meet the Resident's incontinence needs:

- The TENA® Product Screening tool can help determine best product choice.
- Generally, if a Resident needs more than 3 changes per 24 hours when using a light pad or protective underwear (pull-up), further assessment should be made to determine if these product types are the best choice to manage a Resident's incontinence. A brief may be a better choice in this situation.
- Product choices should be made using an individualized approach to incontinence care.

### Proper sizing of briefs is critical to optimizing clinical outcomes:

- The best way to determine proper TENA® brief size is to use the TENA® size grids. Simply plug in the Resident's height and weight. These grids are highly accurate, but on rare instances you may need to size up due to unique body composition.
- Brief sizing is not universal. Sizing varies among manufacturers and product lines.
- "Bigger is not better." Generally, the tendency is to oversize briefs. This may result in leaking, increases in linen and clothing changes, additional workload for staff, poor clinical outcomes and unnecessary additional cost to the facility annually.
- Briefs should fit body-close, like a pair of well-fitting underwear. Not only does this help the product work to its potential, it is much more dignified for the wearer.
- It is a myth that larger briefs are more absorbent. A large brief is just as absorbent as a small or medium brief.

### When to change TENA® briefs:

- Individual facility policies/protocols should always be followed regarding checking and changing incontinence products and performing peri-care.
- Generally, there is no need to change a TENA® Ultra or Super brief if the wetness indicator is less than 75% blue and no bowel movement is present. TENA® Ultra and Super briefs are highly absorbent and can contain multiple voids for urinary incontinence.
- Peri-care should be provided every time a TENA® product is changed.
- If odor or bowel movement is present, change the TENA® product. In this case, the indicator line is not a factor in when to change.

### TENA® Cleansing Cream tips:

- TENA® Cleansing Cream is a cleanser, moisturizer and skin soother that is applied in one step during peri-care. In addition to clinical benefits, it is a staff time-saver when used correctly.
- For best results, take a cloth washcloth or dry wipe and run under warm water; wring until damp. Apply approximately a quarter-size amount of Cleansing Cream to damp washcloth/wipe and perform peri-care per correct technique and facility's policy/protocol.
- DO NOT RINSE PRODUCT OFF RESIDENT'S SKIN; TENA® Cleansing Cream has a no-rinse formulation and is very gentle to perineal skin because of its balanced 5.5 pH level.
- Product will absorb into skin; generally no need for additional protective barriers if skin is healthy and intact. If skin is open and/or reddened, follow your individual facility protocol. Then, apply a clean TENA® absorbent product.
- One 8.5 ounce tube will last approximately two weeks per Resident when used properly.