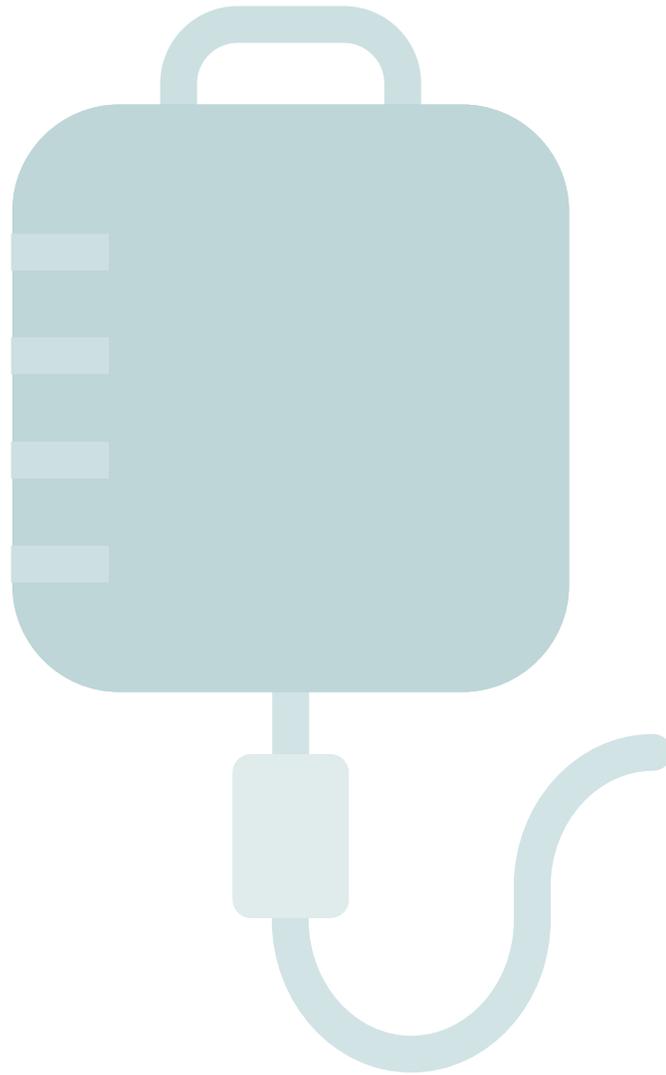




Incontinence  
**Solutions**



**Know How.**  
Perineal and  
Catheter Care.

## Clinical Decision Tree for Perineal Skin Care

MDS 3.0 Section H0300 & H0400—Continence (for the required lookback period)

Considerations	<b>0 ALWAYS CONTINENT</b>	<b>1 OCCASIONALLY INCONTINENT</b> Less than 7 episodes of incontinence or 1 episode of bowel incontinence	<b>2 FREQUENTLY INCONTINENT</b> 7 or more episodes of urinary incontinence or 2 or more episodes of bowel incontinence, but at least 1 episode of continent voiding or bowel movement	<b>3 ALWAYS INCONTINENT</b> No episodes of continent voiding or continent bowel movements	<b>4 NOT RATED</b> Resident had a catheter (indwelling, condom), urinary ostomy, or no urine output or bowel movement for the entire 7 days
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Documents and forms provided here are available through the online Continence Management Program. Enrolled members, please log on to print forms, access tools and view additional educational courses and materials.



Intact Skin	M0150—Is this resident at risk of developing pressure ulcers? <b>No = 0</b>				
	Cleansing	Wipes, any Soothe & Cool or Remedy Cleanser			
	Moisturize/Protect	Soothe & Cool Moisturizer	Soothe & Cool or Remedy Preventative Barriers		N/A
	M0150—Is this resident at risk of developing pressure ulcers? <b>Yes = 1</b>				
Reddened, Chapped Skin	Cleansing	Wipes, any Soothe & Cool or Remedy Cleanser			
	Moisturize/Protect	Remedy Moisturizer	Soothe & Cool or Remedy Preventative Barriers		N/A
	M0150—Is this resident at risk of developing pressure ulcers? <b>No = 0</b>				
	Cleansing	Wipes, any Soothe & Cool or Remedy Cleanser			
Reddened, Chapped Skin	Moisturize/Protect	Soothe & Cool Moisturizer	Remedy Dimethicone Barriers or Soothe & Cool INZO	Soothe & Cool INZO or Remedy Nutrashield or Hydraguard	N/A
	M0150—Is this resident at risk of developing pressure ulcers? <b>Yes = 1</b>				
	Cleansing	Wipes, any Soothe & Cool or Remedy Cleanser			
	Moisturize/Protect	Remedy Moisturizers	Remedy Dimethicone Barriers or Soothe & Cool INZO	Soothe & Cool INZO or Remedy Nutrashield or Hydraguard	N/A

Considerations	<b>0 ALWAYS CONTINENT</b>	<b>1 OCCASIONALLY INCONTINENT</b> Less than 7 episodes of incontinence or 1 episode of bowel incontinence	<b>2 FREQUENTLY INCONTINENT</b> 7 or more episodes of urinary incontinence or 2 or more episodes of bowel incontinence, but at least 1 episode of continent voiding or bowel movement	<b>3 ALWAYS INCONTINENT</b> No episodes of continent voiding or continent bowel movements	<b>4 NOT RATED</b> Resident had a catheter (indwelling, condom), urinary ostomy or no urine output or bowel movement for the entire 7 days
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Dry, Ready-to-Tear Skin	Cleansing	Remedy Cleansers			
	Moisturize/Protect	Remedy Moisturizer	Remedy Nutrashield or Hydraguard		Remedy Moisturizer
Macerated Skin	M0150—Is this resident at risk of developing pressure ulcers? <b>No = 0</b>				
	Cleansing	Remedy Cleansers			
	Moisturize/Protect	Soothe & Cool or Remedy Protectant with Zinc Oxide			
	M0150—Is this resident at risk of developing pressure ulcers? <b>Yes = 1</b>				
Denuded Skin	Cleansing	Remedy Cleansers			
	Moisturize/Protect	Remedy Protectant with Zinc Oxide			
	Moisturize/Protect	Remedy Nutrashield			
Fungal Infections	Cleansing	Remedy Antimicrobial Cleanser			
	Moisturize/Protect	Soothe & Cool Cream or Remedy Antifungal Powder or Cream			



## Clinical Decision Tree for Bathing

### MDS 3.0 Section G0120—Bathing Self-Performance

Considerations	<b>0 INDEPENDENT</b> No help provided	<b>1 SUPERVISION</b> Oversight help only	<b>2 PHYSICAL HELP</b> Limited to transfer only	<b>3 PHYSICAL HELP</b> In part of bathing activity	<b>4 TOTAL DEPENDENCE</b>
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Intact Skin	M0150—Is this resident at risk of developing pressure ulcers? <b>No = 0</b>				
	Cleansing	Soothe & Cool or Remedy Cleansers			No Rinse Soothe & Cool and Remedy Cleansers
	Moisturize/Protect	Soothe & Cool or Remedy Moisturizers			
	M0150—Is this resident at risk of developing pressure ulcers? <b>Yes = 1</b>				
Dry, Ready-to-Tear Skin	Cleansing	Remedy Cleansers			No Rinse Soothe & Cool and Remedy Cleansers
	Moisturize/Protect	Soothe & Cool or Remedy Moisturizers			
	M0150—Is this resident at risk of developing pressure ulcers? <b>Yes = 1</b>				
Dry, Ready-to-Tear Skin	Cleansing	Remedy Cleansers			No Rinse Remedy Cleansers
	Moisturize/Protect	Remedy Moisturizers			



## Catheter Care Guidelines

Task	Reviewed Date/Initials	Demonstrated Date/Initials	Comments
1 Assemble supplies.			
2 Greet resident (address by name and introduce yourself).			
3 Provide explanations to resident before beginning and throughout procedure.			
4 Apply gloves before beginning catheter care.			
5 Place incontinence pad under buttocks before beginning procedure.			
6 Apply no-rinse cleansing spray or foam (or use an all-inclusive cleansing wipe).			
7 Use washcloth to clean around the catheter at the insertion site.			
8 Use new wipe for each washing stroke, wiping from front to back.			
9 Cleanse catheter, washing away from body and down the catheter about 3 inches.			
10 Dry entire perineal area from front to back after completing cleansing of each area.			
11 Anchor the catheter comfortably.			
12 Leave tubing coiled on bed without kinks, obstructions, or loops of tubing hanging over the side of bed.			
13 Remove incontinence pad at the completion of procedure.			
14 Clean and store equipment at completion of procedure and leave work area tidy.			
15 Utilize standard (universal) precautions throughout procedure, including hand washing at the beginning and end of task.			
16 Promote resident comfort throughout procedure.			
17 Promote resident rights throughout procedure.			
18 Promote resident safety throughout procedure.			



## Clinical Education

### Catheter Care—Skill Review Validation Form

Employee's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Task	Reviewed Date/Initials	Demonstrated Date/Initials	Comments
1 Assemble supplies.			
2 Greet resident, address by name and introduce self.			
3 Provide explanations to resident before beginning and throughout procedure.			
4 Apply gloves before beginning catheter care.			
5 Place incontinence pad under buttocks before beginning procedure.			
6 Apply no-rinse cleansing spray or foam (or use an all-inclusive cleansing wipe).			
7 Use washcloth to clean around the catheter at the insertion site.			
8 Use new wipe for each washing stroke, wiping from front to back.			
9 Cleanse catheter, washing away from body and down the catheter about 3 inches.			
10 Dry entire perineal area from front to back after completing cleansing of each area.			
11 Anchor the catheter comfortably.			
12 Leave tubing coiled on bed without kinks, obstructions or loops of tubing hanging over the side of bed.			
13 Remove incontinence pad at the completion of procedure.			
14 Clean and store equipment at completion of procedure and leave work area tidy.			
15 Utilize standard (universal) precautions throughout procedure, including hand washing at the beginning and end of task.			
16 Promote resident comfort throughout procedure.			
17 Promote resident rights throughout procedure.			
18 Promote resident safety throughout procedure.			

## Clinical Education

### Perineal Care, Female—Skill Review Validation Form

Employee's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Task	Reviewed Date/Initials	Demonstrated Date/Initials	Comments
1 Assemble supplies.			
2 Greet resident, address by name and introduce self.			
3 Provide explanations to resident before beginning and throughout procedure.			
4 Apply gloves before beginning perineal care.			
5 Replace soiled pad under resident's buttocks before beginning perineal care.			
6 Apply no-rinse cleansing spray or foam (or use an all-inclusive cleansing wipe).			
7 Pass over urinary meatus with first stroke of wash cloth or cleansing wipe.			
8 Use new wipe for each washing stroke.			
9 Wipe from front to back with all washing and strokes.			
10 Cleanse all skin folds of perineal area, front and back.			
11 Dry entire perineal area from front to back after completing cleansing of each area.			
12 Position resident on side for cleansing of buttocks and rectal area.			
13 Cleanse and dry rectal and buttocks area.			
14 Leave resident on dry underpad or adult containment device at completion of procedure.			
15 Clean and store equipment at completion of procedure and leave work area tidy.			
16 Utilize standard (universal) precautions throughout procedure, including hand washing at the beginning and end of task.			
17 Promote resident comfort throughout procedure.			
18 Promote resident rights throughout procedure.			
19 Promote resident safety throughout procedure.			

## Using Aseptic Technique for Urinary Catheter Insertion Guidelines

### Procedure for Insertion of Indwelling Catheter

1. Wash hands.
2. Explain procedure to resident.
3. Place female patient in the supine position and drape appropriately with knees bent, hips flexed and feet resting about 2 feet apart. Place male patient in the supine position with legs extended and thighs slightly apart.
4. Put on gloves and cleanse the genital area and perineum with appropriate cleanser; rinse and dry.
5. Discard gloves. Wash hands.
6. Open catheter tray using aseptic technique. Prepare sterile field.
7. Place moisture-proof pad under patient's buttocks, plastic side down.
8. Put on sterile gloves.
9. Position fenestrated drape over the perineal area.
10. Open swabstick package and set aside on sterile field. Lubricate the distal tip of the catheter. Attach the sterile water syringe to the balloon port; inflate balloon to assure patency. For balloon deflation, simply remove plunger pressure; do not draw back plunger.
11. *Female Patients:*
  - a. Separate labia using nondominant hand. Maintain hand position until catheter is inserted and balloon is ready to be inflated.
  - b. Using dominant hand, cleanse skin with swabsticks working anterior to posterior, using one swab for each side of the labia, one for the urethral meatus. Dispose of swab away from sterile field after single stroke.
  - c. Introduce well-lubricated catheter into urethral meatus using aseptic technique. Ask patient to bear down to help relax sphincter. Continue to advance catheter until urine begins to flow. If catheter is inadvertently inserted into the vagina, leave it there as a landmark, then begin the procedure again using new supplies.
12. *Male Patients:*
  - a. Hold the penis with nondominant hand. Maintain hand position until catheter is inserted and balloon is ready to be inflated.
  - b. Using dominant hand, clean the glans, starting at the urinary meatus and working outward in a circular motion. Repeat with new swab. Dispose of swab away from sterile field after single stroke.
  - c. Position the penis perpendicular to patient's body and apply light, upward traction with nondominant hand. Introduce well-lubricated catheter into urethral meatus using aseptic technique. Ask patient to bear down to help relax sphincter. Continue to advance catheter until urine begins to flow.
13. Once urine flow is established, insert catheter another 1 to 2 inches to assure that the balloon is out of the urethra and in the bladder. Inflate balloon and remove syringe.

**Note**

Never force a catheter during insertion. If there is continued resistance, discontinue the procedure and notify the physician.



14. Gently pull catheter until inflation balloon is snug against bladder neck.
15. Secure catheter to patient.
16. Position drainage bag below the level of the bladder, making sure the tubing is not kinked and the bag does not have contact with the floor.
17. Remove gloves, dispose of equipment appropriately and wash hands.
18. Document the date, time, size of catheter inserted, amount of water in balloon, patient's response to procedure and assessment of urine.



## Clinical Education

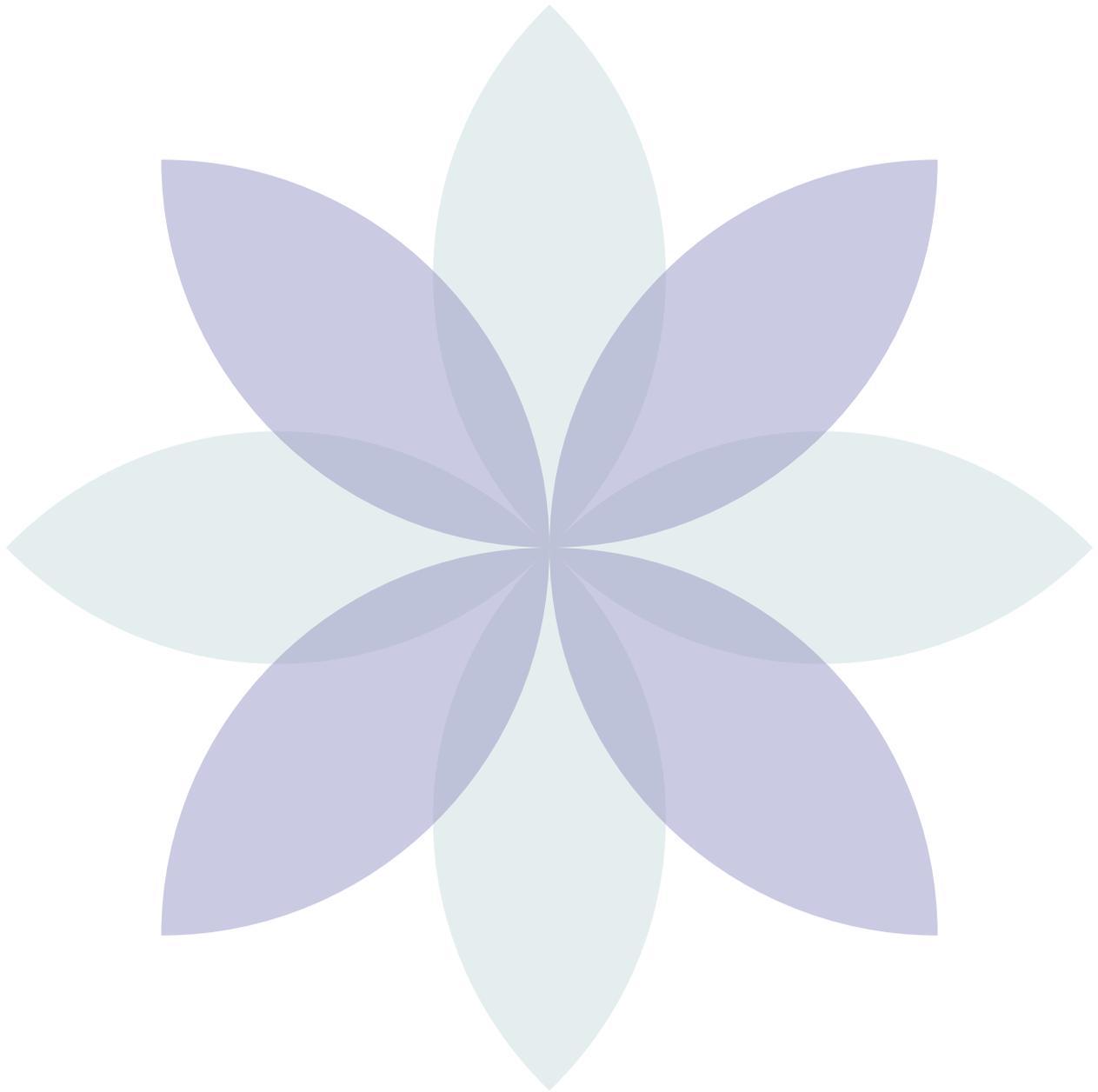
### Perineal Care, Male—Skill Review Validation Form

Employee's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Task	Reviewed Date/Initials	Demonstrated Date/Initials	Comments
1 Assemble supplies.			
2 Greet resident, address by name and introduce self.			
3 Provide explanations to resident before beginning and throughout procedure.			
4 Apply gloves before beginning perineal care.			
5 Replace soiled pad under resident's buttocks before beginning perineal care.			
6 Apply no-rinse cleansing spray or foam (or use an all-inclusive cleansing wipe).			
7 Wipe around the meatus and the glans in a circular motion.			
8 Use new wipe for each washing stroke.			
9 Cleanse all skin folds of perineal area, front and back, including scrotum.			
10 Pat dry entire perineal area from front to back after completing cleansing of each area.			
11 Position resident on side for cleansing of buttocks and rectal area.			
12 Cleanse and dry rectal and buttocks area.			
13 Leave resident on dry underpad or adult containment device at completion of procedure.			
14 Clean and store equipment at completion of procedure and leave work area tidy.			
15 Utilize standard (universal) precautions throughout procedure, including hand washing at the beginning and end of task.			
16 Promote resident comfort throughout procedure.			
17 Promote resident rights throughout procedure.			
18 Promote resident safety throughout procedure.			







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