Moisture Associated Skin Damage (MASD)

Karen Lou Kennedy-Evans
RN, FNP, APRN-BC

1. Incontinence Associated Dermatitis (IAD)
2. Intertriginous Dermatitis (ITD)
3. Periwound Moisture Associated Dermatitis
4. Peristomal Moisture Associated Dermatitis

Gray et al J WOCN May/June 2011

Thank

• Catholic Health Wound Symposium
  – Dr. Lee Ruotsi
  – Julianne Nowak APN

Full Disclosure

• RN 45 years
• FNP 41 years
• 40 Years in LTC
• 1983 (32 years ago)
  – Wound Care Team in LTC
• 1995 (20 years ago)
  – First Incontinent Clinic Fort Wayne, IN

Full Disclosure

• RN 45 years
• FNP 41 years
• 40 Years in LTC
Incontinent Associated Dermatitis

• Diaper Dermatitis
• Perineal Dermatitis
• Excoriation (Incorrect term)
  – Denuding (Correct term)
• Irritant Dermatitis
• Allergic contact dermatitis
• Moisture Lesions
• Diaper Rash

Moisture Associated Skin Damage (MASD)

1. Incontinence Associated Dermatitis (IAD)
2. Intertriginous Dermatitis (ITD)
3. Periwound Moisture Associated Dermatitis
4. Peristomal Moisture Associated Dermatitis

Gray et al J WOCN May/June 2011

Educational Objectives

• Compare the difference between pressure ulcers and moisture associated skin damage and the treatment options for both.

“Moisture Control Problem”

Treat “Moisture” Problem”

“Pressure Control Problem”
Treat “Pressure” Problem

---

Medical Issues
Nutritional Issues

---

Moisture Associated Skin Damage (MASD)

- Inflammation of the skin:
  - with or
  - without
    - erosion or secondary cutaneous infection.

---

Moisture Associated Skin Damage (MASD)

- Caused by
  - prolonged exposure to various sources of moisture
    - Urine, stool, perspiration, wound exudates, mucous, saliva and their contents.

Gray et al. J WOCN May/June 2011

---

Moisture Associated Skin Damage (MASD)

1. **Incontinence Associated Dermatitis (IAD)**
2. Intertriginous Dermatitis (ITD)
3. Periwound Moisture Associated Dermatitis
4. Peristomal Moisture Associated Dermatitis

Gray et al. J WOCN May/June 2011

---

Incontinence Associated Dermatitis (IAD)

Inflammation of the skin that occurs when urine or stool comes into contact with perineal or perigenital skin.

Gray et al J WOCN May/June 2011
Incontinent Associated Dermatitis

Think Sunburn!

Color: Red, erythematous
Skin Glissens

Location: Area in contact with urine, stool or perspiration
Incontinent Associated Dermatitis

Location: Area in contact with urine, stool or perspiration
Depth: Superficial
Edges: Diffuse
Blanches: Yes

Incontinent Associated Dermatitis

Location: Area in contact with urine, stool or perspiration
Depth: Superficial
Edges: Diffuse

Incontinent Associated Dermatitis

Location: Area in contact with urine, stool or perspiration
Depth: Superficial
Edges: Diffuse

Incontinent Associated Dermatitis

Multiple What looks like Stage II
Smalllinear
Irregular Borders
Incontinent

Incontinent Associated Dermatitis

Not Perineal Dermatitis

Perineal Area
(2 Postage Stamps Would Cover)
Inflammation

Bright red in light skinned persons

Glistens

“Toilet Paper”

Due to serous exudate

Kissing Lesions

Linear

Pressure Ulcer or IAD or MASD

First Time Seen

Day 14
Day 1

Day 9

Day 14

Satellite Lesions
“Islands in Front of the Coastline”
ePUCLAS2

Day 7

Kissing Lesions
Yellow Slough

Location, Location, Location
- Buttock
- Gluteal Fold/Cleft
- Inner Thighs
- Posterior Thighs
- Perineal Area

Incontinent of Urine and Stool
Scarring, deep tissue areas, multiple irregular/irregular borders, open areas, unilateral

Google: Fecal Incontinent Episode

Fecal Incontinence

A good day. It’s no accident.
Wash Clothes

Disposable Wash Clothes

No-Rinse Spray Incontinent Cleansers

KLKE Google: FIE
• Episode #1 two weeks ago

Enough Supplies??

KLKE: Fecal Incontinent Episode

5 Wash Clothes

2 Bath Towels

Disposable Brief
11 Pairs of Gloves
LTC F-tag 315

- Incontinence
  - Adult brief
  - Not diaper

KLKE: Fecal Incontinent Episode

- 2 Lighter Soiled
- 7 Heavily Soiled

Clean Till Clear!

5 Lightly Contaminated Wash Clothes

Fecal Incontinent Episode

- 22/7/5
  - 22 Gloves
  - 7 Heavily soiled wash clothes
  - 5 Lighter soiled wash clothes

Incontinent Brief: Use to clean...
Clean!

Clean?

Guess NOT!!!!

REALLY Clean This Time.

Fecal Incontinent Episode

- Episode #1 two weeks ago
- Episode #2.....the very next patient

More clean brief space to use!
What’s in the top drawer???

- Dimethicone
  - Emollient – softens and moisturizes skin

- Zinc Based
- Antifungal
- Film Barriers: Polymer/Terpolymer
- Cyanoacrylates
  - Liquid Skin Protectant/Medical Grade Glue
Moisture Associated Skin Damage (MASD)

1. Incontinence Associated Dermatitis (IAD)
2. Intertriginous Dermatitis (ITD)
3. Periwound Moisture Associated Dermatitis
4. Peristomal Moisture Associated Dermatitis

Gray et al. J WOCN May/June 2011

Intertriginous Dermatitis
In-ter-trig-i-nous (ITD)

Location

“Moisture Control Problem”

Intertriginous Dermatitis

- Erythema and inflammation of the skin
- Inside and adjacent to skin folds,
- Sometimes accompanied by
  - Erosion
  - Denudation
- Caused by exposure to
  - Chronic perspiration.

“Moisture Control Problem”

- SKIN FOLD
  - High Volume Perspiration
  - Poor Evaporation

LOCATION...LOCATION...LOCATION

Skin Fold

Gluteal Cleft

“Moisture Control Problem”

“TUCSON BUTT”

Pressure Ulcer Location

Gaymar Pictorial Guide
Skin Fold

Larger Skin Folds in Larger People

- Neck
- Upper back
- Flank
- Upper-medial thigh
- Posterior legs
- Ankles
- Any skin fold

Any Skin Fold

- Thin patients
  - Groin
  - Under the breast

- Sometimes
  - Under the arm

Intertriginous Dermatitis

Left Breast

“Moisture Control Problem”
Kissing Lesions

Intertriginous Dermatitis
Upper Thigh Skin Folds

Recurrent Intertrigal Injuries
Gently lift up skin folds to prevent recurrent tear injury.

Recurrent Intertrigal Injuries

Multiple Skin Folds
Skin Folds – (9)
From Knee Down

Moisturize!!!!!

Grade II: Covers mons pubis

Skin Inspection – LOOK!

INSPECTION
You can’t see what you don’t look at!

Ya Need to See!

Skin Fold Cleansing

PAT – Do NOT rub
Prevention and Treatment of moisture

- Silver impregnated fabrics
  - Translocates moisture

Translocation of moisture

Prevention and Treatment
Moisture, Shear and Friction

- Drag sacrum and heels getting in and out of bed.
  - Consider using silk-like fabrics rather than cotton or cotton-blend fabrics to reduce shear and friction.
  - Strength of Evidence = B p. 76 Clinical Practice Guideline

Treatment

- Absorbent fabric
  - Translocates moisture
- Absorbent disposable sheets
  - Collects, absorbs and retains skin-fold moisture
- Absorbent bed linens
  - Reduces/Absorbs moisture


Skin Fold – Upper Inner Thigh
Moisture Control Problem

Complex Problem

“Differential Diagnosis Remains A Challenge”

Pressure Ulcer (MASD)

• Umbire:
  – “I call them the way I see them.”
  – “I see them the way I call them.”
  – “They ARE the way I call them.”

Dr. William Eaglestein

Moisture Associated Skin Damage (MASD)

1. Incontinence Associated Dermatitis (IAD)
2. Intertriginous Dermatitis (ITD)
3. Periwound Moisture Associated Dermatitis
4. Peristomal Moisture Associated Dermatitis

Gray et al J WOCN May/June 2011
MASD – 3 Part Series 2011

- Moisture-Associated Skin Damage: Overview & Pathophysiology
  - J WOCN May/June 2011
- Incontinence-Associated Dermatitis and Intertriginous Dermatitis
  - J WOCN July/August 2011
- Peristomal Moisture-Associated Dermatitis and Periwound Moisture-Associated Dermatitis
  - J WOCN September/October 2011

Incontinence Associated Dermatitis (IAD)
Best Practice for Clinicians
Wound, Ostomy and Continence Nursing Society
Published 10/14/2011

Go Green

Moisture Control Issue

Questions?