

REACT MOISTURE

We recommend that you follow the advice within this leaflet and provided by your healthcare provider, however if anything changes or you require further advice or support please refer back to your GP, District Nurse or Tissue Viability Nurse.

This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

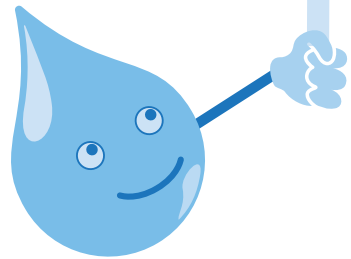
ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

به دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

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REACT MOISTURE

Help to Prevent
Moisture Lesions
Patient/Carer Leaflet

positive
about integrated healthcare

What is a moisture lesion?

A moisture lesion is the damage caused to the skin through prolonged contact with moisture, caused by urine and/or faeces or perspiration.

Could I develop moisture damage?

You have more chances of developing moisture damage if you are:

- Immobile or struggle to get to the toilet in a timely manner
- If you are incontinent of urine and/or faeces
- If you take medications such as diuretics
- If you suffer with frequent urinary tract infections

If you have conditions such as Alzheimer's, dementia, learning disabilities, Crohn's or ulcerative colitis will increase your chances of developing moisture damage.

Where are moisture lesions found?

Vulnerable areas that can be exposed to moisture are skin of the buttocks, groin, inner thighs, natal cleft, skin folds and where skin is in contact with skin.

What should I look for?

Signs and symptoms

Red, sore unbroken skin
or
Shiny moist skin with superficial skin loss or pinpoint areas of broken skin that can blister or bleed

or

Multiple smaller areas or large areas of broken skin where the skin has been stripped away exposing deep tissues

All the above can present as wide spread damage across the bottom.

Other signs and symptoms

Is the skin warm to touch?
Is the area painful to touch and clean?

Is the area itchy?

Is the skin wet?

Is the skin shiny?

Does it sting when passing urine?

These are particularly important to consider in someone who has darkly pigmented skin as you may not be able to see any redness.

If you see any of the above or are concerned that you or someone else is at risk of moisture damage please contact one of the following for advice and support:

- GP
- Local community nursing team
- Local continence service
- Local tissue viability service

