

by
clinell[®]

CONTIPLAN⁺

All in One Barrier Cream Applicator and Cleansing Cloths

cleanse, moisturise & protect in one wipe

5 star
ratings



“Since using the cloths we have had no issues with red or excoriated skin, they really are **remarkable.**”

“**Brilliant soothing wipes.** Used during my hospital stay, and I continue using them during my recovery from major surgery.”

“Excellent! Used this product when I was in hospital, as it is **refreshing, cleansing & left my skin feeling good;** hence me buying it when I came home.”



No. 1 continence care cloth used by the NHS

One step
continence
care solution,
with a cream
based formula

Effective continence care can
help reduce the incidence of
incontinence associated dermatitis.

What is Incontinence Associated Dermatitis (IAD)?

IAD is the clinical symptom of moisture associated skin damage, characterised by inflammation of the skin, following prolonged exposure to urine and/or faeces¹. Sufferers of IAD can encounter uncomfortable symptoms and if their skin's barrier function is damaged, risk of infection is increased².

What are the risk factors for IAD?

- Incontinence
- Critical illness
- Poor skin condition
- Malnutrition
- Compromised mobility
- Medications*

* Medications such as immunosuppressants and antibiotics

What are the signs of IAD?

- Redness** ranging from light pink to dark red.
- Inflammation** of the skin, large or small areas.
- Warm and firm** patches of skin.
- Pain or tenderness**, burning, itching & tingling.
- Broken skin** from inflammation.
- Maceration** due to excess moisture.

Men and women of any age can suffer with IAD, but those most at risk are the elderly, generally unwell, those who are immobile or bed bound and/or sufferers of incontinence.

How do you prevent IAD?

Regular skin inspection to recognise signs of IAD.

Address the cause of incontinence or use effective containment products.

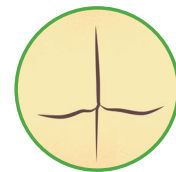
Reduce moisture by ensuring the body air dries after cleansing.

Cleanse, moisturise & protect after every episode of incontinence.

Medical advice should be sought if symptoms of IAD are not improved with regular skin cleansing and protection.

Avoid using soap and water - which can disrupt skin pH balance and cause damage. Wash bowls can harbour microorganisms³ that could be transferred to skin by wash cloths or towels. Contiplan is a direct alternative to soap and water, and wash bowl use.

Four stages of IAD



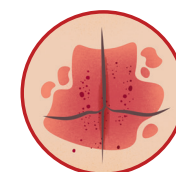
1. healthy



2. mild



3. moderate



4. severe



We help deliver effective, evidence based continence care to those who need it – in one simple step.

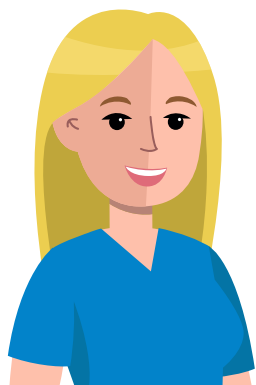
Introducing Contiplan All in One Barrier Cream Applicator and Cleansing Cloths

Contiplan All in One Cleansing Cloths are a one step continence care solution to **cleanse, moisturise & protect** in one easy cloth. Our ultra soft cloths are generously soaked with our unique cream based formula – providing maximum barrier protection and comfort to sufferers.

The application of moisturiser twice daily reduced the incidence of skin tears by almost 50% in residents living in aged care facilities⁴.



- ✓ No. 1 continence care cloth used and trusted by the NHS
- ✓ Unique one step cream based formula
- ✓ Available in a convenient 8 pack or 25 pack



“Since using the cloths we have had no issues with red or excoriated skin, they really are remarkable.”

Jacqui Tarrant - NUM,
Grant Lodge - Aged Care,
Djerriwarrh Health Services, Victoria

7 in 1
advantages



Barrier protection

Dimethicone and liquid paraffin provide dual protection against prolonged exposure to faeces and urine to aid quicker healing. This reduces sensitive skin handling and friction damage.



Cleansing

Mild, soap-free cleansing formula cleans away faeces and urine effectively in one go, reducing the amount of skin handling. The cloths have a gentle scent to help with odours, allowing the patient to feel fresh & comfortable.



Moisturising

Added moisturisers, from the cream based formula, help prevent the risk of dry skin by repeatedly washing with soap and water.



Soothing

Extracts of camomile help to calm irritated skin and reduce the urge to itch.



Long lasting

Barrier function provides long lasting protection against prolonged exposure to faeces and urine helping to aid skin healing.



Hypoallergenic

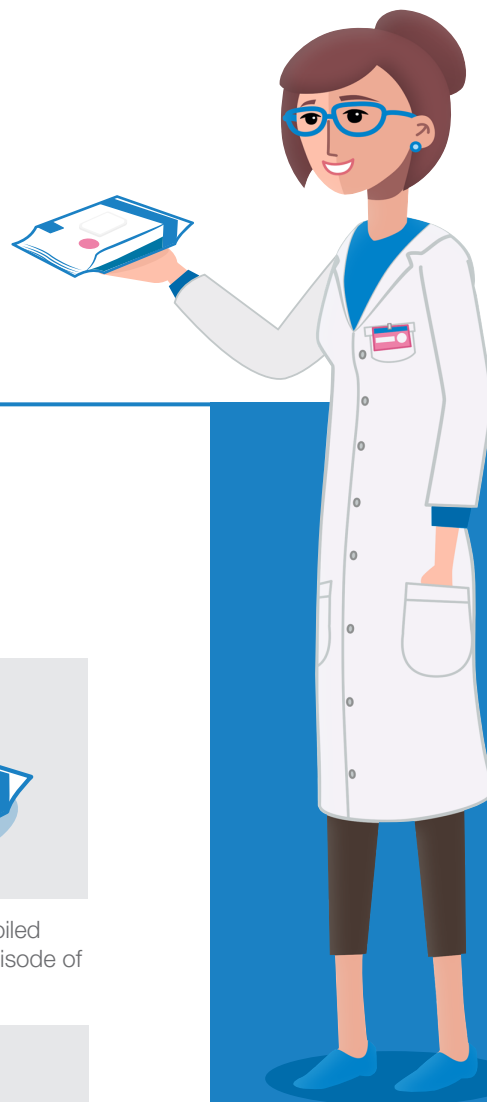
Dermatologically tested with a skin neutral pH.



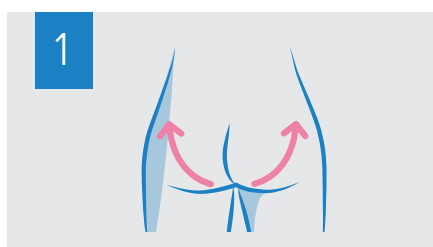
Natural plant extracts

Includes extracts of witch hazel to help promote healthy skin.

Contiplan offers a complete all in one continence care solution to cleanse, moisturise and protect in one easy step, available at the point of care.



Skin care & best practice



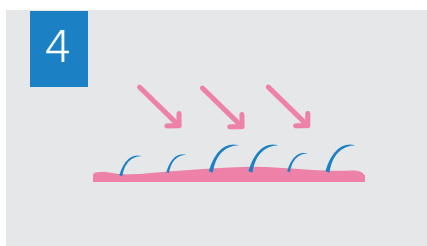
Wipe from front to back, towards the buttocks, in one direction.



Change wipe if it becomes dry/soiled & discard. Reapply after every episode of incontinence, day or night.



Contiplan is suitable for disposal in sanitary waste bins and general household waste bins. Not suitable for flushing or recycling.



Allow the skin to air dry.

Where to get Contiplan

Available from all leading NDIS product suppliers.

Please call GAMA Healthcare - (03) 9769 6600 - to find your local stockist.

PRODUCT	UNIT OF ISSUE	CODE
Contiplan 8	Pack of 8	CON8
Contiplan 25	Pack of 25	CON25

REFERENCES

1. Gray M, Bliss DZ, Doughty DB, Ermer-Seltun J, Kennedy-Evans KL, Palmer MH. Incontinence-associated Dermatitis: a Consensus. *J Wound Ostomy Continence Nurs.* 2007;34(1):45-54.
2. Gray M, McNichol L, Nix D. Incontinence-associated Dermatitis: Progress, Promises and Ongoing Challenges. *J Wound Ostomy Continence Nurs.* 2016; 43(2): 188-92.
3. Marchaim D, Taylor AR, Hayakawa K, et al. Hospital bath basins are frequently contaminated with multidrug-resistant human pathogens. *AMJ Infect Control.* 2012;40(6): 562-4.
4. Carville K, Leslie G, Osseiran Moisson R, Newall N, Lewin G. The effectiveness of a twice daily skin moisturising regimen for reducing the incidence of skin tears. *International wound journal.* 2014 Aug;11(4):446-53.