

URINARY INCONTINENCE BEST PRACTICE

Condition where a person experiences **involuntary urination** to an extent that affects the person's **social life** in a negative way.

A.K.A. weak bladder, **over-active bladder**, urinary leaks

Incontinence is not a disease, but a **symptom**

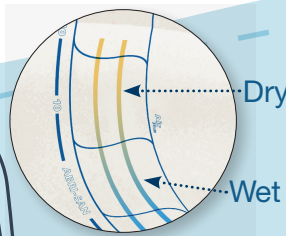
Achieve the optimum continence care routine

1

Use conventional or digital wetness indicator.

Map individual needs

Note frequency of change and choice of product.



2

Select the right product

Use continence products that are as small as possible, but big enough to avoid leakages.

Oversized products can cause leakages.

Pants



Pants are usually chosen when the incontinent person use the toilet on their own.

Fixation Pants



Always use fixation pants with shaped pads

Shaped Pads



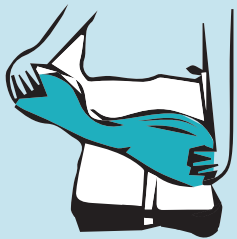
Shaped pads are smaller and have a better fit.

3

Use the products in the right way

Read application procedure material available

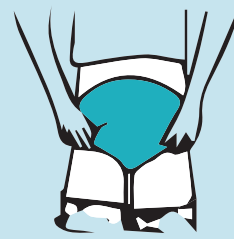
Read more: abena.com/advicecenter



1



2



3



4

4

Protect the skin

Choose the right hygiene and skin care regimen

Use products with the suitable ingredients and application form

Use breathable products with soft surface



1 GENTLE CLEANSING

2 MOISTURIZING

3 BARRIER APPLICATION

Read more: abena.com/IAD

5

Use protective bedding if needed



Ensure that the type of sheet suits the type of mattress.

It is an extra precaution that enables uninterrupted sleep

Choose breathable & absorbent protective sheets

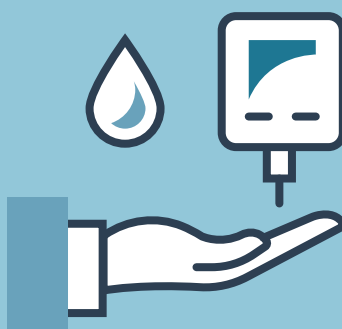
If the continence product is used correctly, protective wear should not be needed

Never Forget Hygiene

- Gloves protect the skin from exposure to bacteria and transfer of contagion.

Choose the right type of glove for the purpose:

- Latex gloves – well-suited for basic tasks in continence care
- Nitrile gloves – well-suited for basic tasks in continence care and subsequent use of skin care products



Incontinence Best Practice

- If incontinence products are used 24 hours per day, change at least every 8 hours, regardless the saturation level
- Drink 1.5-2 liters of fluids during daytime
- Use the toilet 3-4 times during daytime
- Prioritize a good night sleep