

HARTMANN



Helping your family member

A guide to continence management



MoliCare®

Supporting families in everyday life.

Incontinence often poses challenges to family carers – both practical and emotional. Everyone involved wants the best for their loved ones, but at the same time dealing with incontinence can be challenging.



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MoliCare supports caregivers with incontinence products that combine reliable safety and optimum skin compatibility. They are dermatologically tested and adapted to suit different needs.

Please find some general recommendations on the following pages that might be useful when caring for your loved ones.

Medical Advice Disclaimer / DISCLAIMER: This brochure does not provide medical advice. The information, including but not limited to, text, graphics, images, and other material contained in this brochure are for informational purposes only. No material in this booklet is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a physician or other qualified health care provider with any questions regarding a medical condition or treatment, and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read here.

First Steps

When first planning to care for someone affected by incontinence, either at home or in a residential aged care facility, the following steps are recommended:

1 Make an appointment

to meet with a healthcare professional (GP, Pharmacist, Continence Nurse Specialist) who has experience in managing incontinence. Continence NZ can provide information specific to your region. Visit www.continence.org.nz for more information.

2 Become knowledgeable

about the specific needs of your family member. This will determine which continence aids are used to help improve their quality of life and comfort.



Keep a list of questions for your health care professional, such as "What is the cause of the incontinence? How can it be prevented or best managed?"

3 Learn about skin health

Skin can quickly deteriorate if not looked after, causing discomfort and pain. This can have an effect on your family member.

4 Ask for a continence consultation

at your pharmacy, mobility shop or trusted online provider. The appointment should include continence aids, skin care recommendations and potentially care aids.



*Not all continence aids are the same
– Read our selection guide on page 10*

Things to know when a family member is incontinent

Living with incontinence has a substantial impact on the well-being of people affected, as well as on their family and carers. In our study 'Breaking the Silence'¹, 68% of individuals surveyed shared that incontinence negatively affects their overall life, with many avoiding sports, travelling, socialising and intimacy.

MoliCare has pulled together tips and tricks on how to help manage incontinence, so your loved one can get back to living their best life.



Fluid Intake

Regular and adequate fluid intake is important to maintain healthy bodily functions. It is recommended that adults over 35 years of age to consume 30ml of water per kg body weight in fluids and food², preferably with still water, fruit and herbal teas.

✗ **Myth:** If you drink less, you won't have to go as often.

✓ **Truth:** Drinking enough water every day is crucial to avoiding infections and keeping your body hydrated.



Drinking fewer diuretics, like coffee, tea or alcoholic beverages, will help lessen the urge to go.³



*Before or during the treatment of incontinence it is advisable to keep a **Fluid Diary** for at least 3 days (scan the QR code to download or go to https://l.ead.me/fluiddiary_usl). It provides the health care professional a first and quick overview of a patient's toileting behaviour to create a therapy plan and recommend the right product.*



The Importance of a Healthy Diet

A healthy diet should contain fibre to ensure a healthy bowel with a recommended intake of 30g per day for adults⁴. Fibre rich foods include wholegrain porridge and muesli, wholemeal bread and pasta, nuts and seeds, peas, beans and pulses, vegetables such as broccoli, carrots and corn and fruits such as berries, oranges and melon.

A healthy diet should include 5 portions a day of a variety of fruit and vegetables. Sourcing your fruit seasonally and locally grown increases the benefit.

Examples of a portion are:

- Apple — 1 medium
- Banana — 1 medium
- Orange — 1 medium
- Grapes — 1 handful
- Broccoli — 2 spears
- Carrots — 3 tablespoons
- Corn — 3 tablespoons
- Tomato — 1 medium



Bowel management

Healthy bowel function and the prevention of faecal incontinence should be the aim of individuals and carers. The following basic tips for maintaining a healthy bowel are not a substitute for seeing a doctor or nurse. If there are any change in bowel habit that cause concern, a GP should be consulted immediately.

- Eating a healthy diet containing fibre and 5 portions a day of fruit and vegetables.
- If stools are hard, consider increasing fluid intake, unless there is a medical reason not to do this. Still/tap water should be included in the fluid intake.
- Avoid 'trigger' food which stimulate the bowel, e.g. onions, prunes, oranges or hot beverages.
- Mass movement of waste products in the colon is at its strongest about 30 minutes after a meal. This is often the time when an urge to empty the bowel is felt. Do not ignore this urge.



A common condition which can affect the bowel is constipation, which is the infrequent passage of hard stools. It has many possible causes, amongst them: a diet low in fibre, reduced fluid intake, the side effects of some medication, a painful condition at the anus, illnesses affecting the nervous system, poor mobility, irritable bowel syndrome or even simply a fear of using public toilets.



The best posture for bowel opening is safely seated on the toilet with the feet supported (e.g. on a footrest) so the knees are higher than the hips.

1. PAUL HARTMANN AG & Edelman Intelligence: "Breaking the Silence: A European Report", February 2019.
2. Deutsche Gesellschaft für Ernährung, website <https://www.dge.de/wissenschaft/referenzwerte/wasser/>
3. National Association For Continence, Charleston, SC, USA.
4. British Nutrition Foundation, nutrition.org.uk
5. Subak, L. The New England Journal of Medicine, January 2009; vol 360. News release, National Institute of Health.



Movement and Exercise

Pelvic floor exercises also help to reduce incontinent episodes. For those with excess weight, weight-reduction can also lead to substantial continence improvement.⁵

A balanced exercise program should include strength training to improve the muscle system, endurance training to enhance the cardiovascular system, balancing exercises and a flexibility routine to promote general mobility.



Talk to a health care professional before starting any new exercise program.



Quit Smoking

The negative impact of smoking on health is undoubtedly far reaching. When suffering from stress incontinence while smoking, the recurring cough creates downward pressure on the bladder, which in turn increases the chances of leakage.



Relax – Refresh – Recharge

Treat your loved ones to some time out – it is important to find balance and joy in the small things: be it a hobby or catching up with friends, enjoying the outdoors, playing games or going to the movies.



Be prepared

- Pack enough products for time away from home, such as cleaning and skin care products, pads and disposal bags.
- Know the location of the closest toilet. Visit www.continence.org.nz for more information.
- Test any new strategies at home first.



MoliCare Skin water-free application products are ideal companions for at home as well as on the go.



MoliCare Skin cleansing products are effective while respecting the natural protective barrier of the skin.

MoliCare Skin Wash Lotion is used with water, while Cleansing Foam, Moist Skin Care Tissues and Wash Gloves are water-free applications.

Choosing the right pad for your family member

Over time, skin becomes weaker and more fragile. Regular use of continence pads can put additional pressure on the skin.

A continence pad can cause heat and sweat to build up, weakening the skin further and making it more susceptible to bacterial infection, skin irritations, reddening, allergic reactions and Incontinence Associated Dermatitis (IAD).

Independent scientific evidence shows that long-term continence pad use is associated with skin complications in 42.5% of people living with incontinence.⁶


When choosing the right pad for your family member, it is important to look beyond just the absorbency level.

The longer the skin is in contact with urine or stool, the greater the risk of IAD⁶

– Bliss D.Z.

Choosing the right continence pad ensures that skin stays healthy, and your loved one comfortable.

MoliCare offers a wide range of continence products to suit every wearer.

 *It is key to keep the skin as dry as possible – this makes choosing the right continence pad so important.*



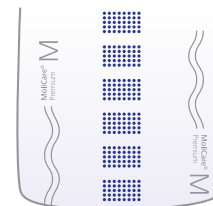
6. Bliss D. Z., Zehrer C., Savik K., Smith G., Hedblom E.; An economic evaluation of four skin damage prevention regimes in nursing home residents with Incontinence; in: Wound, Ostomy and Continence Nurses Society, March/April 2007.

How frequently should the continence pad be changed?

Many MoliCare products include a wetness indicator which is integrated into the back sheet. The wetness indicator will blur or disappear as the product is used. It is a guide to when the product needs to be changed.

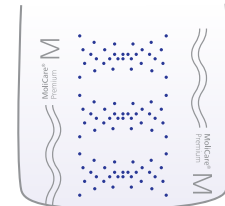
- Change when the wetness indicator has 3/4 blurred or disappeared.
- Higher absorbency pads are generally preferred/recommended for overnight.

Intact Indicator



means the product is still dry

Blurred Indicator



means the product has absorbed urine and requires changing when 3/4 blurred

As a leading manufacturer in its field of expertise, HARTMANN has been supplying incontinence products for over 50 years.

We are continuously evolving the technology in our pads and find holistic solutions that meet individuals' practical demands, as well as giving emotional confidence and a secure feeling through our products.

MoliCare products not only absorb urine and capture faeces to prevent leakage, but also actively protect the affected skin, providing a unique range of secure and skin-friendly products that are easy to use and comfortable to wear.

3 easy steps to select the right pad



HARTMANN



STYLE

Various styles suit different levels of mobility.

Active

Most styles suitable. Selection based on personal preference.



MoliCare Premium Pads and Pants

Active with restricted mobility and/or cognitive difficulties (e.g. Dementia)

Pull-up recommended. Looks and feels like normal underwear so less risk of falling off.



MoliCare Premium Mobile

Restricted/supported mobility or bedbound

All-in-one product recommended – Easiest option for the carer.



MoliCare Premium Elastic, Premium Form and Fixpads

ABSORBENCY

Giving the right level of protection – Choose an absorbency that suits your level of incontinence and keeps you dry.



Less Absorbent



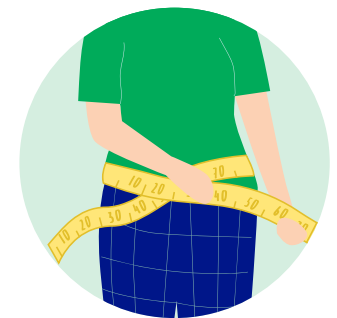
More Absorbent

Look for the drop rating on pack
More drops = Higher absorbency

SIZE

To ensure maximum comfort and leakage protection:

- Measure waist at the largest width between the waist and hips.
- Select the product size based on the size guide printed on the product packaging.



Leakage may occur if the product is too large or too small.

MoliCare®

Why is skin protection so important?

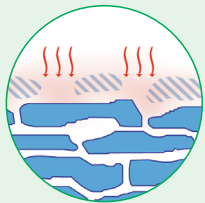
One of the skin's natural defences is the acid protection mantle.

While mature skin may already be weakened, alkaline factors such as urine, faeces and standard cleaning products further erode the acid protection mantle, which allows pathogens (bacteria) to penetrate the skin and cause redness and pain (dermatitis).

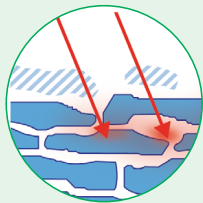
This is called Incontinence Associated Dermatitis, or IAD, one of the most frequent complications of incontinence.

Special attention should be paid to skin protection for people affected by incontinence as IAD brings discomfort, pain and potentially infection.⁷

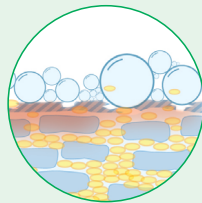
Skin is fragile and can experience further damage due to incontinence:



Ammonia
from urine



Digestive enzymes
from faeces



Alkaline detergents
from soaps



Watch our short video about optimal skin compatibility.

What the experts recommend as best practice for maintaining healthy skin⁸

Experts agree that prevention of skin irritation can be achieved by following the below routine:



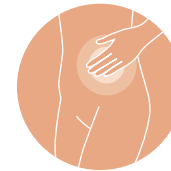
Clean

Clean the skin after each change. Use pre-moistened skin care tissues or a mild cleanser with a pH that is suitable for the skin. Treat the skin very gently, without rubbing.



Protect

After cleaning, protect the skin by applying skin protection that nourishes it with moisture and nutrients and forms a protective film.



Care

Care for skin by applying a topical skin product that will help restore the acid protection mantle and provide the skin with further moisture and lipids for strength and elasticity.



Some skin care products and incorrect use of skin care can block the pads. Ensure to use a range that is specifically designed to work in combination with continence pads (e.g. MoliCare Skin).



Watch our video to see how MoliCare Skin Cleansing Foam and Moist Skin Care Tissues can help in managing faecal incontinence quickly and easily.



7. Prof Dr Hans Smola, dermatologist, University of Cologne/Germany and head of Med Science, PAUL HARTMANN AG.
8. Gray et al, JWOCN, Incontinence-Associated Dermatitis: A Comprehensive Review and Update; 2012; 39(1):61-74

MoliCare Skin



For a full selection of MoliCare Skin products, scan the QR code or go to www.health7.co.nz/shop/incontinence



Where to buy MoliCare products



Direct to Home Delivery

To make your purchasing experience as discreet and convenient as possible, visit www.health7.co.nz and order online for delivery direct to your door.



Retail Pharmacies

MoliCare continence products can be purchased from your local pharmacy.



Retail Mobility Shops

Molicare products can also be purchased from selected mobility suppliers.

Glossary



Healthcare professionals often use medical terms which may be unfamiliar. This medical glossary clarifies the most common terms used when talking about incontinence.

Acid protection mantle

This is the outermost layer of our skin; it is a protective film made up of natural oils and amino acids. A healthy acid protection mantle works as a barrier for the skin and inhibits the risk of bacteria and other contaminants from penetrating the skin. Urine increases the pH level of the skin, damaging the acid protection mantle which can cause irritation such as Incontinence Associated Dermatitis.⁹

Bacteria

Bacteria are microscopic organisms not visible to the naked eye.¹⁰ On the one hand, bacteria are important for a good digestive function and protect the skin from infections; on the other hand, they can also cause diseases. (such as bladder infections)

Bladder

A highly stretchable hollow organ in which urine is stored. In a healthy person, there is a stimulus when the bladder has reached capacity between 300 and 500 mL; however it is usually emptied earlier.

Bladder infection (Cystitis)

A bladder infection is most often caused by a bacterial infection within the bladder. For people with weakened immune systems, yeast can cause bladder infections as well. A bladder infection is a type of urinary tract infection (UTI). This refers to an infection anywhere in the urinary tract, such as the bladder, kidneys, ureters, or urethra. Most cases of bladder infections are acute, meaning they occur suddenly. Other cases may be chronic, meaning they recur over a long period. Early treatment is key to preventing the spread of the infection.¹⁰

Care aids

Products used to help individuals with everyday personal hygiene tasks. Limited mobility and strength can often prevent an individual from accomplishing personal hygiene on their own. Care aids could be single-use gloves, aprons, hand and surface disinfectants, face masks or bed mats.

Comorbidity

When more than one illness or disease occurs in one person at the same time. Although sometimes discovered after the principal diagnosis, comorbidities often have been present or developing for some time.

Examples include diabetes, heart disease, high blood pressure (hypertension), psychiatric disorders, or substance abuse.¹¹

Constipation

Infrequent passage of hard stools. When constipated, the stool is difficult to push out and can cause discomfort and pain.

There are many reasons for constipation but common causes are related to diet (insufficient fibre intake), reduced fluid intake, changes in the daily routine (e.g. meal times or not being as active), changes in medication and ignoring the urge to open the bowels.

Dermatitis

An inflammation of the skin usually characterised by redness, swelling, blister formation, and oozing and almost always by itching. The term eczema, which formerly referred to the blistered, oozing state of inflamed skin, has by common usage come to have the same meaning as dermatitis.¹⁰

Dermatologically tested

The materials used have an extremely low potential to trigger allergic reactions.

Faecal incontinence

Also called bowel incontinence, is a loss of bowel control that results in involuntary bowel movements. This can range from an infrequent involuntary passage of small amounts of stool to a total loss of bowel control.¹⁰

Fluid diary

A chart which is used to measure an individual's fluid input versus their output. This can be a simple task of logging all fluids which have been consumed as well as logging how much urine has been voided, but it can also include important information such as toileting patterns, bowel movements, pad changes etc.

Before or during the treatment of incontinence it is advisable to keep a fluid diary for at least 3 days. It provides the health care professional an initial overview of the micturition behaviour. Based on this, he or she can create a treatment plan and recommend or prescribe the right product. MoliCare fluid diary templates are available free of charge (see page 5).

Functional incontinence

A type of incontinence where an individual is usually aware of the need to urinate, but for one or more physical or psychological reasons they are unable to get to a bathroom.

Incontinence Associated Dermatitis

Over time, skin become weakened and alkaline factors such as urine, faeces and cleaning products further erode the acid protection mantle, which allows pathogens (bacteria) to penetrate the skin and cause redness and pain (dermatitis). This condition is called Incontinence Associated Dermatitis, or IAD. Special attention should be paid to skin protection for people affected by incontinence as IAD brings discomfort, pain and potentially infection.

Medication

Medication refers to all prescription and non-prescription products being used to manage a health condition. However, certain medications can influence the function of the bladder and have a negative impact on the urine storage function. A change of the medication or intake time may, in some circumstances, lead to an improvement or the complete disappearance of the incontinence.¹² A consultation with a medical professional is recommended before making any changes.

Micturition

Micturition is the process of emptying the bladder, which involves complex interactions between the bladder, sphincter and the nervous system. Most people have 5 to 7 micturitions per day.

Mixed incontinence

A combination of two or more types of incontinence, typically urge incontinence and stress incontinence.

Nocturia

Where an individual wakes up in the night with the urge to urinate. (See Polyuria)

Nutriskin protection complex

Composition of rich ingredients with amino acids, sweet almond oil, essential unsaturated fatty acids and creatine, which strengthen the barrier function of the skin.

Overflow incontinence

A type of incontinence when the bladder does not empty completely when urinating. Small amounts of the remaining urine leak out later because the bladder becomes too full. A person may or may not feel the need to urinate before leaks happen.

This type of urinary incontinence is sometimes called dribbling. Besides urine leakage, one may also experience:

- the need to urinate often
- trouble starting to urinate and a weak stream once it starts
- getting up regularly during the night to urinate
- frequent urinary tract infections

Chronic urinary retention is more common in men than in women, it is often caused by benign prostatic hyperplasia, which means the prostate is enlarged but not cancerous.

Other causes of overflow incontinence in men and women include: bladder stones or tumours, conditions that affect the nerves (like multiple sclerosis), diabetes, brain injuries, previous pelvic surgery, certain medications, severe prolapse of a woman's uterus or bladder.¹⁰

9. Gray et al, JWOCN, Incontinence-Associated Dermatitis: A Comprehensive Review and Update, 2012; 39(1):61-74.

10. www.healthline.com

11. www.britannica.com

12. Robert Koch Institut, Gesundheitsberichterstattung des Bundes, Heft 39, Harninkontinenz (2007).

Glossary Continued

Odour neutraliser

SAP in MoliCare products that neutralises unpleasant odours for enhanced well-being.

Pelvic floor

Muscles stretched between the pelvic bones that close the abdominal cavity downwards and support the organs of the lower abdominal cavity. The rectum, urethra and vagina pass through the pelvic floor. The pelvic floor is very important for closing the bladder. If it is weakened, urinary incontinence can occur.

Pelvic floor exercises/ Kegel training

Pelvic floor exercises, also known as Kegel training or exercises, strengthen the muscles around bladder, bottom, and vagina or penis.

These exercises help to reduce incontinent episodes and treat pelvic organ prolapse; it is therefore recommended to do them habitually.¹³

pH level

Potential hydrogen (pH) refers to the acidity level of substances. The lower numbers 1 - 6 are acidic, while the upper levels 8 - 14 are considered alkaline, with 7 considered "neutral". A healthy skin pH is more on the acidic side, which helps the skin combat harmful microbes and bacteria.

The ideal products to use on the skin should have a pH of 4.5 to 5.5.

Factors that can affect skin pH include antibacterial products such as soaps and gels, sebum/skin moisture, urine and stool, sweat, water, and too frequent washing of the skin. Any specific skin care concerns, such as dermatitis, ought to be addressed with a dermatologist.¹⁰

With varying pH levels, urine can impact the barrier function of skin and cause irritations (IAD) – the most frequent complications of incontinence. Patients affected should especially take care of their skin and be mindful about some medications that could have an additional negative impact on it.

Polyuria

Excessive urination volume (or polyuria) occurs when a person urinates more than normal. Urine volume is considered excessive if it is more than 2.5 liters per day. A "normal" urine volume depends on age and gender. However, less than 2 liters per day is considered normal. Many people notice the symptom at night. In this case, it is called nocturnal polyuria (or nocturia).

Excessive urine output can sometimes signal health problems, including bladder infection, urinary incontinence, diabetes or enlarged prostate.

Certain medications, such as diuretics, may increase urine volume. Consult a GP if recently started a new medication (or just changed dosage) and notice changes in urine volume. Both alcohol and caffeine are diuretics, and some medications for high blood pressure and oedema also act as diuretics.¹⁰

Prostatectomy

Surgery for partial or complete removal of the prostate. The most common causes for prostate surgery are prostate cancer and an enlarged prostate, or benign prostatic hyperplasia (BPH). The main goals of surgery are to cure the condition, maintain urinary continence and maintain the ability to have erections.¹⁰

Reflex incontinence

A type of incontinence caused by damaged nerves that cannot signal the brain when the bladder is full. It usually occurs to people with severe neurological damage from: spinal cord injuries, MS, surgery or radiation treatment.¹¹

SAP

Super absorbent polymer – material used in most MoliCare absorbent products to bind urine and odours. The wetness is retained securely in the gel.

MoliCare Skintegrity System

The MoliCare Skintegrity system promotes holistic incontinence management and IAD prevention. Through the winning combination of the MoliCare absorbent product range and MoliCare Skin products, Skintegrity continues to improve the quality of life of people living with incontinence.

Through technology, a skin-friendly pH value is achieved in all MoliCare absorbing products.* The MoliCare Skin product range complements this with products maintaining the acid protection mantle of the skin.**

Stress incontinence

A type of incontinence where there is a involuntary loss of urine due to physical movement or activity (e.g. coughing, jumping). It is important to remember that the term "stress" is used in a strictly physical sense when describing stress incontinence. It refers to excessive pressure on the bladder and not emotional stress.

The main symptom is the loss of bladder control during physical activity. A person may experience a few drops of urine or a large, involuntary flow. This can happen while they are laughing, sneezing, coughing, jumping, exercising or doing heavy lifting.

The most common causes of stress incontinence among women are pregnancy and childbirth, especially having multiple vaginal deliveries. Older age and conditions that cause a chronic cough can also cause stress incontinence. This condition can also be a side effect of pelvic surgery.

Among men, prostate surgery is a common cause of stress incontinence. The prostate gland surrounds the male urethra, and its removal can result in the loss of support of the urethra.

Other risk factors for stress incontinence include smoking due to chronic cough, excessive caffeine and alcohol use, obesity, constipation and other causes.¹⁰

Suprapubic catheter

(Sometimes called an SPC) is a hollow, flexible tube which is inserted into the bladder through a cut in the abdomen, below the navel, to drain urine if a person cannot urinate on their own.¹¹

Ureter

Smooth muscle tubes that transport urine from the kidneys to the bladder.

Urethra

A duct which transmits urine from the bladder to the exterior of the body during urination. The urethra is held closed by the urethral sphincter; a muscular structure that helps keep urine in the bladder until voiding can occur.¹¹

Urge incontinence

A type of incontinence when there is a sudden urge to urinate when the bladder contracts, when it should not, causing some urine to leak through the sphincter muscles holding the bladder closed. Other names for this condition are overactive bladder or irritable bladder. While this is a common issue and can affect anyone, women and older adults are at a higher risk of developing it.

In many cases of urge incontinence, it is not always possible to diagnose an exact cause, however, some potential causes could include bladder infection or inflammation, bladder stones, enlarged prostate, diseases of the nervous system such as multiple sclerosis (MS), or an injury to the nervous system such as trauma to the spinal cord or a stroke.¹⁰

Urinary catheter

A hollow, partially flexible tube that collects urine from the bladder and leads to a drainage bag. Urinary catheters come in many sizes and types and are required if an individual cannot empty their bladder by themselves.

Most catheters are necessary until a person regains the ability to urinate on their own, which is usually a short period of time. However, those with a permanent injury or severe illness may need to use urinary catheters for a much longer time or permanently.¹⁰

13. www.nhs.uk

* Except MoliCare Premium MEN 3 drops

** Except Body Lotion, Hand Cream and Protection Foam.



Helps. Cares. Protects.

Images of people in this booklet are models.

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For further information on MoliCare continence management products, please contact your USL Account Manager or call customer service on 0800 658 814.