



Self-Care – Adult Nappy Rash Guidance in Care Homes

Taking care of your “SELF” – Supporting Everyone to Live Freely

This is a self-care guide designed for those working in care homes, residential homes and assisted living.

The information provided in this guide does not replace person-centred clinical advice.

The following information should be used as a guide when advising or purchasing self-care treatments for people residing in a care home, residential home or assisted living. Self-care medication and medical products are not always the most appropriate choice for treating minor ailments. Sometimes starting with a lifestyle change or trying natural remedies can be more effective.

Should you have any concern, at any time around self-care items being purchased on behalf of the resident or being brought in by relatives for the residents use, please discuss with your community pharmacist or GP practice.



What is Adult Nappy Rash and what does it look like:

Adult nappy rash develops on the bottom area and most commonly occurs in bedbound people, people who are sitting in the same place for long periods of time, immobile people and people that require incontinence underwear and pads.

The resident may complain of / you may notice that the skin around the resident's bottom area will be red, inflamed, and may also be spotty. The affected areas may feel hot to the touch and small blisters can be present.



Why adults get nappy rash:

- Dampness
- Warm barrier environment
- Lack of exposure to fresh air
- Poor hygiene
- Incontinence
- Infection
- Incontinence pads or adult nappies rubbing against the skin
- Soap, detergent or bubble-bath
- Alcohol-based wipes
- Bacterial skin infections
- Allergic reactions

How to prevent adult nappy rash:

- Ensure wet bedding, clothing or incontinence pads are removed as soon as possible
- Encourage or assist the resident to clean and dry their bottom area thoroughly, wiping from front to back. It is always best to use water, gentle fragrance-free wipes or body wash to prevent further discomfort
- Offer a regular shower or bath if possible, avoiding hot baths and bathing more than twice a day as this could dry out their skin
- Avoid vigorous rubbing with a towel when drying after a wash
- Encourage residents where possible to allow fresh air to their bottom area. If the resident is immobile or bedbound you may want to offer more regular turning to relieve pressure and allow air flow
- Do not use harsh soaps, bubble-bath, or lotions
- Do not use talcum powder as it contains ingredients that could irritate the affected area

The rash should usually clear up in around 3 days if you follow the self-care advice above

If the rash doesn't clear up after following self-care advice, what next:

If the rash is causing the resident severe discomfort or appears to be getting worse despite following the self-care advice above:

- You can contact the local community pharmacist for advice
- You may want to seek advice from the GP practice nurse (you shouldn't usually need to see a GP for nappy rash)



What advice might health care professionals give?

- The community pharmacist or practice nurse may advise an antifungal cream or a barrier cream to help the rash heal and prevent it worsening

You should only need to contact the GP practice if:

- Skin becomes cracked and is weeping or bleeding
- Skin looks or has become infected
- You have concerns and feel they require a GPs attention
- Symptoms do not improve after one month
- Symptoms get suddenly worse
- **You are concerned about the resident and their condition**

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Reference:

NHS Choices - <https://www.nhs.uk/conditions/pregnancy-and-baby/nappy-rash/>