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octenicare[®] REPAIR CREME

Intensive care for irritated
and fragile skin



we protect lives
worldwide

Tough times for stressed skin

Pressures on healthcare workers have never been greater and stringent infection prevention measures are regularly in place. These include even more frequent hand hygiene procedures, as well as the use of personal protective equipment including surgical masks and gloves.

Whilst these precautions are absolutely essential in managing the current COVID-19 pandemic, they are also leading to reported dermatological problems for healthcare staff. In particular increase in cases of irritant contact dermatitis on the hands and even on the face. Tough conditions for the skin can lead to irritation and damage which can compromise its invaluable role as a natural protective barrier.

References:

- 1 World Health Organisation, WHO guidelines on hand hygiene in health care, 2009.
- 2 Albright J, Use patterns and frequency of hand hygiene in healthcare facilities: Analysis of electronic surveillance data, American Journal of Infection Control 2018, 46, 1104-9.
- 3 Al Badri FM, Surgical mask contact dermatitis and epidemiology of contact dermatitis in healthcare workers; Current Allergy & Clinical Immunology 2017, Vol 30, No 3.

Intact skin: first line of defence against infection

Health workers at risk of irritant contact dermatitis need additional skin moisturising. Hand lotions and creams contain fats and oils that increase skin hydration and repair creams also contain humectants to help restore the skin's natural barrier.

Regular use of these products can help prevent and treat cases of irritant contact dermatitis caused by hand hygiene products.

In a survey of nurses in Japan, there was a 53% reported prevalence of hand dermatitis. The use of a hand cream was associated with a **50% reduction in dermatitis.**¹



Hand hygiene and irritant contact dermatitis

It is known that frequent hand washing or use of hand sanitisers may lead to skin problems, particularly in healthcare staff. Skin reactions can be due to allergic contact dermatitis, although this is rare and is usually due to an allergic reaction to an ingredient in a hand hygiene product!

The vast majority of hand hygiene skin problems among healthcare staff are due to irritant contact dermatitis. Which is primarily caused by frequent and repeated use of hand hygiene products, especially soaps, detergents and sanitisers which result in skin drying!¹

These products have been shown to disrupt the skin-barrier function by removing intercellular lipids and decreasing the skin's stratum corneum water-binding capacity. Damage to the skin also changes skin flora, resulting in more frequent colonisation by staphylococci and Gram-negative bacilli.

Damaged skin on the hands of healthcare workers is an important issue and needs to be seriously addressed.



Frequent disruption of the skin

Healthcare workers perform hand hygiene much more frequently than workers in other fields. As a result, they have a higher exposure to potential skin irritants.



A study of 4,000 healthcare workers in 2018 found that on average healthcare staff disinfect their hands 9x an hour²



The same study found that on average healthcare staff wash their hands 2x an hour²

In conclusion the study found that the skin on the hands of healthcare workers is disrupted by hand hygiene products an average of 88 times in an 8 hour shift²

As many as 85% of nurses relate a history of skin problems¹

Irritant contact dermatitis is extremely common among nurses, ranging in prevalence surveys from 25% to 55%¹



Irritant contact dermatitis and PPE

Hand dermatitis is not just attributable to frequent hand cleansing but also to the use of personal protective equipment like gloves.

Using gloves for extended periods of time leads to sweating that exacerbates or causes irritant contact dermatitis and putting on and removing gloves leads to shearing of skin.³



There are many case studies and anecdotal reports of irritant contact dermatitis associated with the wearing of face masks.

Irritant contact dermatitis due to the wearing of some surgical masks was documented in studies during the severe acute respiratory syndrome (SARS) pandemic.³



Protection and intensive care for irritated and fragile skin

octenicare[®] REPAIR CREME

Supports the natural regeneration of the skin and is ideal for alleviating dry skin and for accompanying treatment in the wound healing process.

- cares for irritated, dry and flaky skin
- dermatologically tested
- excellent skin compatibility
- colour & perfume free

octenicare® REPAIR CREME

Triple action formulation:

1. Emollient to help prevent skin dryness.
2. Panthenol (a humectant) absorbs and retains moisture to aid regeneration.
3. Bisabolol (an anti-inflammatory) to soothe sensitive skin, together with Octenidine.

Pack Size	Case Size	Art. no.	NHS SC	PIP code
50 ml tube	20	70001836	MRB 1227	408-7284



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