MANAGING PERISTOMAL SKIN PROBLEMS WITH A SILICONE SKIN BARRIER RANGE*

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AIM

To review the impact on patients of peristomal skin damage and its management with a silicone-based skin care range.

BACKGROUND

Sore skin around stomas is a common complication\(^1\). It can occur for several reasons, such as frequent appliance removal and poor appliance-change technique and stoma leakage\(^2,3\). Protection of peristomal skin from exposure to faecal output, urine and adhesive skin stripping is extremely important for patients to improve quality of life (QoL)\(^4,5\).

Several options are available to address sore peristomal skin, including education, specialist advice and usage of barrier products and adhesive removers. Full assessment of skin damage, including presence of erythema, denudement, erosions and bleeding, time damage has been present and recent management strategies, will identify the underlying cause and determine the most appropriate treatment choice.

A range of silicone-based products designed for Stoma and Continence Care*, including a foam cleanser, barrier cream and film and medical adhesive remover, can provide various treatment options for prevention and management of peristomal skin damage.

DISCUSSION

Patients who suffer from damaged, painful peristomal skin can develop many QoL issues which impact largely on well-being. It can prevent appliances sticking, causing distress and impacting on the patient’s ability to continue with daily life, such as working and socializing.

Fear, anxiety, embarrassment and depression are recognised factors affecting the QoL of ostomates\(^6\), and also pain from peristomal skin damage.

Studies have demonstrated the effectiveness of silicone-based products for peristomal skin care and their positive impact on QoL\(^7,8,9\). Silicone-based product ranges for use on intact and damaged peristomal skin can also contribute to decreased pain alongside prevention and treatment as they do not contain alcohol, leading to sting-free application\(^10\).

The barrier products, available in cream and film formats, apply a transparent, waterproof layer to the skin to protect it from prolonged and repeated contact with urine or faecal output and from trauma from long-term use of adhesive devices. The medical adhesive remover assists with reducing skin trauma risk and also pain/discomfort by encouraging gentle removal of adhesive pouches.

CONCLUSION

The importance of using an appropriate skin product range cannot be underestimated for preventing occurrence of peristomal skin problems and improving the patient’s QoL. The silicone-based skin protectant range* provides a complete range of cost-effective products to address prevention and management of peristomal skin problems. When used in combination with appropriate patient education and specialist advice, there is the potential to reduce pain and discomfort for the patient and improve confidence with their stoma to promote independence with daily living.

REFERENCES:

*MEDI Skin Protection Range: MEDI DERMA-PRO Foam & Spray Cleanser, MEDI DERMA-S Skin Barrier Cream & Film, MEDI LIFTEEZ Medical Adhesive Remover