

Incontinence Underpads

Translating Research Into Practice (TRIP)

UCH EBP Skin Champion Council

What does the evidence say?

- Excessive moisture results in incontinence associated dermatitis (IAD) and increases the risk of pressure ulcers, infection, and pain.
- Diapers increase IAD because of moisture retention and enzyme irritation
- Wicking underpads “pull” fluid into pad surface and away from skin
- Patients with fecal incontinence have a 22% > chance of developing a pressure ulcer

Change in practice?

- Use an incontinence underpad for incontinent patients
- Change underpad when visibly soiled and/or it is saturated with fluid
- You may not need to change underpad with each incontinence episode
- Continue to use skin barrier creams



**Incontinence underpad:
management urine and/or
stool incontinence**



**Treatment pad: use
for washcloths, IV
starts, foley insertion,
blood draws**

Selected References:

Wishin, J., et al. Emerging options for the management of fecal incontinence in hospitalized patients. *JWOCN*, 2008; 35(1): 104

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UCH EBP Skin Champion Team, M. Makic September 2001

