

Guidance for the Prevention and Management of Skin Damage beneath PPE

Pressure damage caused by PPE can occur for three reasons

- Shearing
- Friction
- Moisture

Prevention of friction and shearing can be optimised through accurate fit testing. Prevention of moisture can be optimised through barrier products such as Medi Derma S and 3M™ Cavilon™ No sting Barrier Film. **Avoid using around the eye area and on the eyelids.**

1 First line prevention

Following trust guidance on face mask fitting. Avoid over tightening.

- Keep your skin clean and well hydrated
- If you want to apply moisturiser please do so 30 minutes before applying PPE
- Apply Medi Derma S or 3M™ Cavilon™ No Sting Barrier Film swab to all areas that are likely to become moist from sweat and/or expiration. This will take up to 30 seconds to dry
- Perform regular inspection of your skin for signs of redness/soreness or open areas.
- Stay well hydrated.

Caution: Skin protectants and emollients with white soft paraffin, are flammable: you are advised not to smoke with them on your skin.

2 Second line prevention

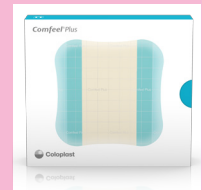
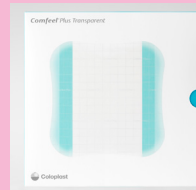
- If at all possible, avoid the use of dressings as they may compromise mask fit but if you need to use a product underneath to protect the skin, consider using Duo Derm Extra Thin cut to size or Comfeel Transparent cut to size and placed on the bridge of the nose, cheeks, tops of ears and the chin.

Repeat the fit test after any dressings have been applied.

3 Managing damaged skin

If a break occurs in the skin on your face or ears:

- Apply Comfeel Plus cut to size, applying to the affected area leaving a 1cm border from the wound margin(s). The maximum wear time is 7 days
- Inform your line manager and complete an incident form
- Consider the use of an alternative to the mask such as a hood.



Ordering Code	Description	Brand
ELY038	Barrier film foam applicator no sting sterile 1ml	Cavilon™
ELY532	Barrier film foam applicator no sting sterile 1ml	Medi Derma S
ELY050	Hydrocolloid thin dressing 10cm x 10cm square	DuoDERM Extra Thin
ELY060	Hydrocolloid transparent dressing 10cm x 10cm square	Comfeel Plus Transparent
ELY351	Hydrocolloid standard dressing 10cm x 10cm square bevelled edge	Comfeel Plus

Skin Integrity Team