All in One Pads

Patient Information Leaflet

What is an All in One Pad?

All-in-one pads are containment products for patients who have severe urinary or faecal incontinence which cannot be contained with a shaped pad and fixation pant.
Features of the All in One Pad

• Anti leak barriers - to help contain unformed faeces.

• ‘Shiny band’ running across front of pad to fasten tapes on - tapes can be taken off and put back on this band which allows re-fastening and adjustment to get a good fit or to re-apply the pad after toileting if the absorbency of the product has not been reached.

• Wetness indicators - identifies when the pad needs changed

• Wetness indicators change colour as the pad absorbs more urine. The wetness indicator changes from ‘yellow lines to blue lines’ - when the line is \( \frac{2}{3} \) blue, this indicates the pad needs changing.

• Stay dry top surface- this keeps the skin dry

• Pulp and super absorbency layer- this locks the urine away

• Waterproof backing - this keeps the clothing dry

• Elasticated around waist and leg area to give a close fit.

What to do if you have a problem with your continence products?

• **Contact your District Nursing Team on:**
  SPA (Single Point of Access) 03004564951 for advice or to book an appointment for a reassessment of your needs.

To activate your next delivery - Community Patients

• Ring 0800 085 4907 (SCA automated service)
  OR
• Online ordering www.tena.co.uk/order

**PALS contact details:**

**County**
Patient Advice & Liaison
0800 028 3693
pals@nottspct.nhs.uk

**City**
Patient Advice & Liaison
0800 183 0456
pals@nottinghamcity.nhs.uk
Best Practice - product fitting

- Never place one pad inside another to increase absorbency– it does not work and will increase risk of leakage.
- Never use Talcum powder as it reduces the absorbency of the product by blocking the pores in the inner layer of the pad.

Removing soiled/used pads

- Always remove from the back/rear
- Dispose of: by placing in disposable bag in general waste.

Storage of Continence Products

- Keep pads in packets
- Store at room temperature
- Do not keep your pads in the bathroom
- Do not keep your pads near radiators or heaters
- Storing pads in extreme cold or rooms with high moisture levels such as bathrooms will affect their absorbency

Selection of an All –in-One Pad

- A range of different absorbency shaped pads are available
- Your assessing nurse will identify the absorbency required to meet your needs
- If a ‘high’ absorbency pad is used this could cause your skin to become dry and sore
- Pads are designed to absorb more than one void of urine, they do not need changed after each wetting episode
- Lower absorbency pads will be prescribed for faecal incontinence as the pads will need changed after faecal incontinence
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- All-in-One products are available in 3 different sizes depending on hip measurement:
  - Small  50-80cm
  - Medium  70-110cm
  - Large   106-150cm
- All patients should have a hip measurement to determine the size needed
- Some patients use a shaped pad in the day but an all in one product at night.
How to fit an All-in-One Pad

- Fold the pad lengthways to create a bowl shape—to cup the pad, do not touch the pulp area & do not shake the pad
- The pad can be fitted lying down or standing up.
- Insert the pad from front to back and wrap around wait
- When standing up it is easier to fit with 2 carers if the patient cannot help to hold it in place
- Seal the bottom tabs first onto the shiny band—pointing them upwards
- Then seal the top tabs on the shiny band—pointing downwards
- Re-adjust the tabs as needed to achieve a comfortable close fit
- There should be no gaps around the legs or waist

How to keep your skin healthy

- Wear the pad close to your skin
- Drink at least 6 cups of water a day
- Eat a balanced diet
- Wash your skin using an unscented soap
- Do not use talcum powder
- Do not use creams unless prescribed by the Doctor & then use very sparingly. Creams can stop pads absorbing properly
- Do not fit one pad inside the other; this will not increase the absorbency and may make your skin sore
- Never sit on open pads; you may suffer from sore skin