



INNOVATION IN SKIN HEALTH & HYGIENE

A SUPPLEMENT TO

McKnight's

LONG-TERM CARE NEWS

IN PARTNERSHIP WITH



INSIDE

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More Knowledge.
Better Outcomes.

Innovation

What If You Could Predict When A Resident Needed Toileting?

The most effective continence management programs are based on each resident's individual routine. If you knew when they were most likely to need toileting, you could reduce or eliminate changes due to continence problems.

Staff could spend less time changing undergarments and linens. Consumption of products could be reduced. Residents may be less prone to skin irritations; they could maintain personal dignity and enjoy a better quality of life.

Evidence-Based Continence Care

TENA® Identifi tracks a resident's voiding over 72 hours, accurately reporting urinary patterns and volumes. This information helps determine the most appropriate continence products, recommended toileting times, and adjustment of care routines.

Identifi is another continence care breakthrough from TENA®. It takes continence management to a whole new level with the information needed for better care.

Contact us for a no-obligation consultation or more details.



Call your TENA® Representative to learn more. Contact us:
1.866.722.6659 | scaorders@sca.com | www.TENAProfessionals.us

TENA Identifi

Together we make a difference

A Better Way to Bathe

New TENA Bathing Glove promotes gentler, more hygienic cleansing for the resident



A new TENA disposable product is revolutionizing the long-term care bathing market. The TENA® Bathing Glove offers a new way to clean the resident's skin while providing a more comfortable cleansing experience.

"The Bathing Glove is unlike anything we've seen in the North American market," remarks Tony Forsberg, clinical director at Essity (formerly SCA). "It fundamentally changes the way we interact with the resident. The flat wipe requires you grip it and take shorter strokes with a much less soothing feel. With the glove, you can perform longer, more soothing strokes. It changes the way a caregiver approaches

a resident."

The glove, which acts as a washcloth, can deliver a complete body bath or be used as a complement to a bath or shower. It "also can be used for touch-ups," Forsberg notes.

Among the main benefits of the two-sided glove is its gentleness on older people's skin, which tends to be thinner and more delicate. The glove comes premoistened with an oil and water body wash formula. Unlike many soaps that can strip away natural oils, causing dryness and irritation, the glove's 5.5 pH emulsion is mild on the skin. Moreover, the glove is made from a soft material. That compares with reusable washcloths

that can be rough and may damage already fragile skin.

Residents also appreciate how the glove helps the caregiver create a more comfortable bathing experience when compared to flat wipes, Forsberg says.

"There are other bathing products on the market," he says. "The big difference is how the caregiver holds onto the product. Our glove changes our approach from, 'I'm doing this to you and taking shorter strokes' to 'It is affixed to my hand and I can make longer, more soothing strokes for a more relaxing experience.'"

The subsequent dynamic of the bathing experience is less tiring and physically demanding for the resident. Such gentleness makes a particular difference for dementia residents, who may have a fear of water.

Besides providing a more relaxing and soothing experience for the resident, it also has advantages for the caregiver. It helps minimize cross-contamination, for one. The gloves are packed for individual use, with each bathing glove disposed after use.

"You no longer have to use a bath basin and wonder if the prior caregiver cleaned it out

or worry who may have used the basin before you," Forsberg points out.

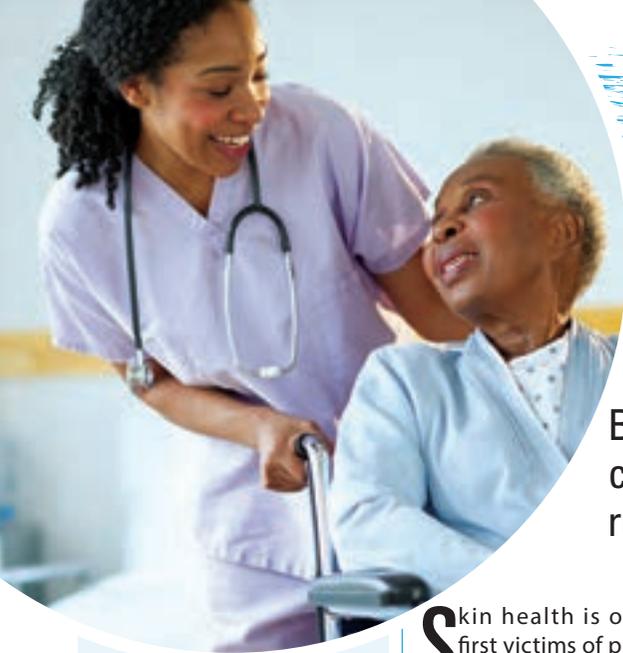
In addition, the glove lowers caregiver workload because there is minimal preparation and cleanup time. Besides basins, there is no need for other typical bathing supplies such as soap, water, washcloths or towels. The glove decreases the need for extra laundry around bathing. It is also helpful for caregivers to have on hand during a pandemic event such as a hurricane, Forsberg adds.

Essity offers explicit instructions, including a full instructional video. (Each glove five-pack is used in a bathing session, with the first one for the face and neck, the second one for the right side of the body, the third and fourth for the perineal area, and the fifth for an evening refresher.)

The glove points to the way bathing care is heading, particularly as the Centers for Medicare & Medicaid Services emphasizes infection control in its updated survey process, Forsberg suggests.

"More and more, as we see regulations around infection control, caregivers will choose to use a solution like this," he says. ■





None Too Brief

Breathable ConfioAir offers unprecedented comfort and dryness for the wearer, signalling a revolution in incontinence care and skin health

Just for Women

A line of Intimates™ pads rolling out this year is all about care for the skin. It provides women an extra soft top layer that quickly wicks fluid away from the skin, keeping them feeling fresh and clean.

"The soft feel is two times softer than it was before," offers Jessica Lan, director of product management for Essity.

The line of pads offers different levels and ranges of absorbency from light leaks to larger bladder voids. The last of the line — TENA Intimates Ultimate 10's — will be available in November.

Even though incontinence is a common issue in skilled nursing, "with a lot of women, there is a lot of insecurity around the issue of incontinence," Lan says. "This helps make the experience better and helps them worry less. There's this softer sheet that creates less chafing."

Lan points out that incontinence is a taboo subject among women, but it shouldn't be.

"It's not an age thing; it's a stage thing," Lan says. The idea is to have "discretion they want in an incontinence product."

This allows both long-term care and short-term rehab patients the ability to stay comfortable.

Skin health is one of the first victims of poor incontinence management. The consequences of inadequate protection include everything from rashes and discomfort to severe skin breakdown, which can result in yeast and other fungal infections.

This year, Essity is launching a new technology that represents a major leap forward for skin integrity. TENA® ConfioAir™ Breathable Technology will debut in Essity's premium line of underwear, briefs and pads. It's the first on the market, reflecting a comprehensive line that is 100% breathable throughout the entire core of the product.

"Almost every other product has a breathable material across the front and back of the brief, because we have wanted to make sure we have kept moisture from seeping through to the furniture," says Tony Forsberg, clinical director at Essity. "With ConfioAir, we have a whole vapor- and heat-permeable product."

How it works

The heart of ConfioAir, which affects more than 30 Essity products, is an absorbent core that quickly wicks moisture away from the skin surface. Surrounding the core is an outer layer with micropores that allow excessive moisture to

evaporate. This keeps the skin on the inside of the brief comfortable and dry, allowing the skin to breathe.

Evaporation of excess moisture with the ConfioAir technology helps to reduce the microclimate — the relative humidity between the absorbent product and the skin — to promote better skin health, points out Jessica Lan, director of product management for Essity: "It should have a lower relative humidity level so things don't chafe or rub. This product not only will pull moisture away, but it will allow heat and moisture to evaporate through the backsheet."

Lan compares the feeling of wearing a typical brief to putting your hand in

a wet plastic bag: Your hand feels moist and sweaty. Comparatively, when you put your hand in a glove that mimics ConfioAir, "it's much more cool and comfortable on your skin. It takes away the clammy feeling."

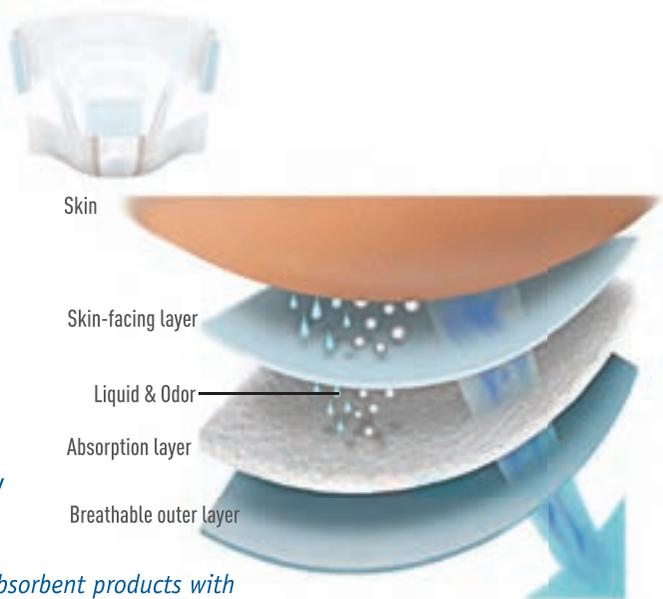
The importance of protecting incontinent residents' skin cannot be overestimated. Approximately 75% of residents in long-term care are diagnosed with urinary incontinence. Among those using incontinence products, about 30% develop incontinence-associated dermatitis (IAD) at one point or another, Lan says. Moreover, studies have shown that residents with urinary and fecal incontinence have an IAD prevalence of up to 50%.



TENA® ConfioAir™

100% Breathable Technology

- Allows humidity to evaporate
- Helps keep skin dry and comfortable
- Helps maintain skin's natural moisture balance
- Liquid and odor stay in, while humidity evaporates



Available exclusively in TENA® absorbent products with ConfioAir™ Breathable Technology.

IAD is the skin's reaction to chronic exposure to urine and fecal matter, making skin appear macerated, red, broken and painful for the affected resident. Besides leading to infection and poor resident outcomes, it could also negatively affect the reputation of facilities and increase costs.

"You might think it's a little bit of redness," Lan notes. "But that could develop into something much more serious."

Humidity around the perineal area is believed to be a contributing factor to IAD, Lan says. "Getting rid of moisture is proven to help maintain the skin's natural balance, which leads to better skin health."

Besides a fully breathable chassis and film undercore, other attributes of the ConfioAir Protective Underwear include: four blue elastic threads in the leg opening for improved comfort

The Best in Overnight Protection

In May, Essity launched the company's highest-level absorbency brief. The new TENA Protective Underwear Overnight Super underwear provides protection against leaks, odor and moisture to help wearers stay dry, secure and confident. That's critical for long-term care professionals worried about residents overnight.

"Staff and residents will feel more confident about a full night

and fit; a new barrier system with softer and higher standing leg gathers for leakage security; and a W-shaped core (thanks to channels and seven crotch elastics) for comfort and close-body fit. The improved products also come with updated pack designs and new discreet case packaging.

Evolution of briefs

The introduction of ConfioAir

of rest," says Jessica Lan, director of product management for Essity.

The product is 35% more absorbent than TENA Protective Underwear Extra. It features a secure barrier system with standing leg gathers and soft gathers at the back. Like other TENA products, it fits the contours of the body. The soft, nonwoven material offers lie-down protection for nights and extended day use.

is the next major stage in the evolution of briefs, Forsberg maintains.

"Changes [in briefs] have happened slowly," he says. "It used to be that a cloth diaper with rubberized backing was the best thing we could do."

As disposable products evolved, the furniture was fine, but the resident was not. After superabsorbent polymers came

on the scene, providers looked at skin health.

"We now can protect the skin, keep moisture off the skin and maintain the microclimate. We haven't seen a step this big in the last 25 to 30 years," he says.

He compares the innovation to the advancement in modern rainwear.

"If I think back to when I was young, I had to put on my yellow raincoat and walk to school," Forsberg says. "I'd be soaking wet, regardless if it rained or not. Now, I put on my modern raincoat, and it's so comfortable I wear it as a windbreaker or just on a cool day. Until now, we haven't had breathable fronts and backs."

Lan is equally thrilled.

"I think it will change the way people think about products in terms of comfort and skin. I hope it opens up people's eyes to what is possible." ■



Incontinence Meets Tech

TENA Identifi tracks voiding patterns, allowing providers to better meet residents' needs

Case study

One Northern California long-term care facility faced a challenge related to skin care for incontinent residents.

They were using dry wipes and a non-rinse perineal wash, causing excessive leakages and high costs, especially for barrier creams.

TENA Solutions recommended:

- The TENA Ultra Stretch Briefs to reduce leaks
- The TENA 3-1 Cleansing Cream and TENA Classic Washcloth to streamline perineal care and improve skin health
- TENA Staff Education tools to improve product sizing and absorbency selections. This included eliminating double padding
- Re-establishing the TENA Manager program to help staff
- Implementing the TENA Electronic Order Guide (EOG) stocking and ordering tool

Through these changes, the facility saved \$8,800 in continence-related products and had more than a 50% reduction in time on continence-related tasks. Plus, the facility had a 20% reduction in laundry over three days.

As one staff member said, "These TENA products are awesome. We need them!"

One of the challenges in creating an individualized care plan for a skilled nursing resident is the lack of knowledge about when, and how often, a resident needs to use the toilet.

"To look for voiding patterns, you have to know the time of the void and the volume," explains Laura Gunter, business development manager with Essity. "These are not factored in when individualized care plans are being designed because, until recently, there has not been an accurate way to record incontinence episodes. Without this information, prompted voiding programs may not be timed to meet the resident's needs. It can be hard to determine the most effective containment product for the resident."

The same problem occurs when establishing a three-day voiding record for a new resident, adds Tony Forsberg, clinical director at Essity: "The limitation we see with [the record] is that even in a perfect world, even if the resident has had an incontinent episode, we don't know how much or when."

Essity has been conducting trials for a new product in the United States to help answer these major questions about

quantity and timing of voiding. TENA® Identifi, a regular brief that contains moisture-sensing threads embedded deep in the product, is connected to a logger that tracks the voiding pattern of a resident over a 72-hour period. It then converts the information into actionable reports so the caregivers can proactively manage continence care.

"The moisture-sensing threads sense urine when it absorbs into the Sensor Wear brief so the voiding time is captured," Gunter says.

When the brief is changed, the program automatically tallies the

urine volume and a visual of the voiding pattern report begins to develop, she says. "The product continues to measure subsequent voids. It produces a visual of a resident's voiding patterns over 72 hours."

Thanks to TENA® Identifi, long-term care professionals can make resident-centered decisions about containment products and toileting routines. It's a more dignified, skin-friendly and cost-effective approach. Using voiding information, "facilities were surprised that some residents, with the correct toilet-



How TENA IDENTIFI Works



ing needed just a pad or nothing at all," Gunter says. Some facilities that have conducted trials for the product "were surprised to see some of the residents that they thought needed full briefs in the daytime could be managed with small pads, which are more dignified and purchased at less cost," Gunter says.

In other cases, TENA® Identifi helped caregivers figure out why some residents were experiencing skin issues. It turned out that these residents were voiding larger volumes at night. After switching to a more absorbent product to reduce excess moisture at night, the skin redness

improved.

Essity also knows nursing home professionals are under increased regulatory pressure related to managing falls, skin care and bladder/bowel programs. Knowing when a resident is likely to need the bathroom during the night also could help reduce the risk of falls at that time. Other benefits may include helping to improve Quality Measures scores.

Equally important, TENA® Identifi can bring reassurance to family members, Gunter notes. "It can help stimulate meaningful dialogue based on evidence," she says. ■

A Note From Essity (formerly SCA):

In April, SCA took the first step to become a more focused hygiene and health company when our shareholders voted to split SCA into two companies – one dedicated fully to forest products and the other to hygiene and health products, services and solutions. In June the split became official.

That means parts of SCA's business, including TENA, Tork and BSN medical, are now operating under the new name of Essity. The forest products business has retained the name SCA.

The name Essity reflects how our products are made, essential to, and a necessity for the people who use them. They not only fill a basic need, they do it in a way that ensures good

hygiene and contributes to overall health and well-being.

Our tissue and personal care brands will remain and so will our sales force, customer service and local support. All of the products you buy from us will keep their SKU numbers, ecolabels and quality. We will notify you of any changes that impact you as a long-term care provider.

The things that make SCA strong – leading innovations, a demonstrated commitment to sustainable practices, dependable products, employees who deliver exceptional service – will remain a hallmark of Essity.

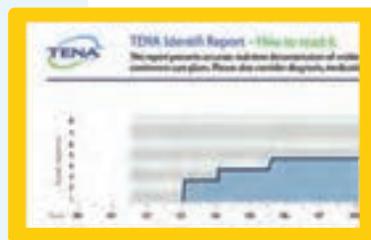
1 During the 72-hour assessment period, absorbent, comfortable TENA® Identifi Sensor Wear is used in place of other protective undergarments.

2 These disposable products measure urine voids through thread-like sensors imbedded deep into the absorbent product away from resident skin.

3 A silent TENA® Identifi logger records the filling of urine. This reusable logger can be easily removed for product change and reattached to a fresh Sensor Wear garment.

4 The information is transmitted to a secure web portal and automatically converted to a voiding report.

5 Tracking is confidential, non-disruptive, and the resident's privacy and dignity are completely protected.





Confidence

Jenny believes in living large.
And wishing big.

In her 78 years, Jenny Bond has always lived life with confidence. Whitewater rafting. Paragliding. Skydiving. Scuba diving. And back in 1960, Jenny was enchanted with an elephant at the Munich Zoo, when she was living overseas. That memory stayed with her and Jenny's wish was to help care and feed an elephant, up close and personal. Partnering with Wish of A Lifetime, SCA was happy to make that wish come true, spending time at the Houston Zoo caring for Tupelo the elephant. SCA, the maker of TENA® incontinence and skin care products is committed to enriching the lives of seniors. It's why we proudly partnered with non-profit Wish of a Lifetime that fulfills the lifelong wishes of senior citizens like Jenny Bond. Jenny shows us all that when it comes to dreaming big, age should never be an obstacle.

For more information on TENA's passion for the quality of the lives of the elderly, visit www.tenaprofessionals.us.

