



## Prevention & Treatment Recommendations Personal Protective Equipment (PPE) Skin Injury

### At Home: Hands & Face - Prevention and Treatment Options

**Prevention/Treatment of Moisture Associated Skin Damage (MASD):**  
moisturizer or barrier cream with dimethicone, silicone (e.g. Hydraguard), ceramides (CeraVe) or ointment with petrolatum (e.g. Vaseline)

**Treatment of acne breakouts:** wash face well with mild soap (Dove, Ivory), pat skin dry. If using an acne treatment, apply and allow to dry. Do not apply make-up over affected areas.

### At Work: Hands - Prevention and Treatment Options

**Concern:** Moisture Associated Skin Damage (MASD)

**Goal: Prevention**

- Regular, frequent moisturizing
- Ensure hands are dry prior to donning gloves
- Avoid jewelry & wrist watches

**Intact hands**

1. Deb Moisturizer
2. Remedy Nourishing Cream (moisturizer)

**Fissures/cracks**

- S&N No-Sting Skin Prep (barrier film) in cracks or fissures

### At Work: Face - Prevention and Treatment Options

**Concern:** a pressure injury with/without MASD.




**Goal:** minimize the friction, pressure and the moisture(sweat) as much as possible. Follow HA policy regarding when to remove PPE during your shift:

- Remove PPE. After proper hand washing, face/neck should be gently cleansed using soap and water. Do not rub areas.
- Inspect pressure areas (nose, cheekbones, ears & forehead) for injury:
  - Intact skin: Pat skin dry and then apply moisturizer or barrier, allow to absorb/dry.
  - Non-intact skin: Pat intact skin dry, do not apply moisturizer.

Tissue Damage	Surgical Masks, Face Shields, Goggles	N95 Mask
<b>Level One/Prevention</b> • For prevention of Moisture Associated Skin Damage (MASD)	Escalate PRN: 1. Deb Moisturizer 2. <a href="#">Remedy Nourishing Cream</a> (moisturizer) 3. CeraVe (moisturizer) if available 4. <a href="#">S&amp;N No-Sting Skin Prep</a> (barrier film) Allow time for the product to dry before donning PPE	Mask should only be worn during AGMP times; wearing during non-AGMP times ↑ risk of skin damage. Escalate PRN: 1. Deb Moisturizer 2. <a href="#">Remedy Nourishing Cream</a> (moisturizer) 3. CeraVe (moisturizer) if available 4. <a href="#">S&amp;N No-Sting Skin Prep</a> (barrier film) Allow time for the product to dry before donning PPE and <b>ensure the mask fits properly.</b>
<b>Level Two/Treatment</b> • Stage 1 Pressure Injury (intact, non-blanchable) • MASD mild	Escalate PRN: 1. If the above Prevention options were not used; then choose one of them 2. S&N No-Sting Skin Prep with Tegaderm Transparent Film (not IV version): nil - scant exudate 3. <a href="#">Duoderm Extra Thin</a> (hydrocolloid): nil - scant exudate	
<b>Level Three/Treatment</b> • Stage 2 Pressure Injury (open wound) • MASD moderate/severe	1. <a href="#">Mepilex Lite</a> (non-border) or 2. <a href="#">Mepilex</a> (non-border)	

### Tips for Application of Dressings

Choose the most appropriate for your PPE

<p><b>Forehead</b> →</p> <p><b>Cheeks, Bridge of Nose</b> →</p> <p><b>Cheeks/Ears</b> →</p>		<b>Surgical Mask, Face Shield, Goggles</b>	
		 <p style="text-align: center;"><b>Duoderm Extra-Thin</b></p>	 <p style="text-align: center;"><b>Mepilex Non-Border</b></p>

- Duoderm, Transparent Film or Mepilex can be cut into the same shapes as above
- Secure Mepilex Lite Non-Border or Mepilex Non-Border with paper or silicone tape
- If dressing is needed, leave in place for as long as possible. Use these dressings sparingly. Store remaining pieces for future use.

IF none of the above is working, then please contact HA OH&S \_\_\_\_\_

Products	Ordering Number	Comments
Remedy Nourishing Cream 59 ml		
Remedy Nourishing Cream 118ml		
Remedy Nourishing Cream 946ml		
No-Sting Skin Prep 1ml wipe		
Duoderm Extra Thin 10 x 10cm		
Duoderm Extra Thin 5 x 20cm		
Tegaderm Film Roll (non-sterile) 5cm x 10m		
Tegaderm Film Dressing 6 x7cm		
Tegaderm Film Dressing 10 x 20cm		
Mepilex Lite Non-Bordered 10 x 10 cm		
Mepilex Non-Bordered 10 x 10 cm		

Please see the [Connecting Learners with Knowledge: Skin & Wound/Product Information Sheets \(clwk.ca\)](#) for product use instructions