

# Skin Care



## promoting healthy skin

*Champions for Skin Integrity*



Use unscented, **soap-free** body wash

**Moisturise** skin twice daily—  
apply in the direction of  
hair growth

**Pat** skin dry, do not rub

**Protect** skin from friction or  
rubbing (e.g. from shoes or  
rough surfaces)

Eat a **healthy** balanced diet  
and drink six to eight glasses  
of **fluid** every day



Avoid **overheating** skin

Avoid leaving skin in contact  
with **moisture** (e.g. sweating)—  
barrier creams may help

Avoid **tapes** and adhesives  
on the skin





60 Musk Ave  
Kelvin Grove Qld 4059  
Brisbane, Australia

Email: [ihbi@qut.edu.au](mailto:ihbi@qut.edu.au)

Email (Wound Healing): [woundresearch@qut.edu.au](mailto:woundresearch@qut.edu.au)

[www.qut.edu.au/ihbi](http://www.qut.edu.au/ihbi)

CRICOS No. 00213J

**References:**

Wounds UK, Best Practice: Maintaining Skin Integrity. 2018, London.

<https://www.wounds-uk.com/resources/details/maintaining-skin-integrity>

Lichterfeld A et al. Evidence-Based Skin Care. Journal of Wound, Ostomy & Continence Nursing 2015; 42:501-24.

Beeckman D et al. Incontinence-associated dermatitis. Global IAD Expert Panel, 2015: Wounds International. [www.woundsinternational.com](http://www.woundsinternational.com)

EPUAP, NPIAP, PPIA, Prevention and treatment of Pressure Ulcers, Haesler (Ed) 2019. EPUAP, NPIAP, PPIA.

LeBlanc K, et al. Best practice recommendations for the prevention and management of skin tears in aged skin. Wounds International 2018; [www.woundsinternational.com](http://www.woundsinternational.com)

This project was funded by the Australian Government Department of Health and Ageing under the Encouraging Better Practice in Aged Care (EBPAC) program