ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
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Incontinence Care

Changing incontinence briefs regularly is essential to keep the patient clean, comfortable, and to prevent skin irritation or breakdown.

Materials Needed:

- Clean incontinence briefs
- Disposable gloves
- Disposable wipes or a damp washcloth
- Barrier cream or ointment (optional, to prevent skin irritation)
- Disposable pad or towel (optional to protect bedding)
- Trash bag for soiled briefs and wipes

Steps for Incontinence Brief Change:

1. **Prepare the Area**: Gather all supplies and place them within easy reach. Ensure the room is warm and comfortable. If possible, close doors or draw curtains for privacy.
2. **Wash Your Hands and Put on Gloves**: Before beginning, wash your hands thoroughly with soap and water, then put on disposable gloves to maintain hygiene.
3. **Position the Patient**:
    a. Gently roll the patient onto their side, facing away from you.
    b. Place a disposable pad or towel under the patient's hips to protect the bedding.
4. **Remove the Soiled Brief:**
    a. Carefully unfasten the soiled brief. If the patient is on their side, fold the brief inward to contain any mess and slide it out from under the patient, rolling it up as you go.
    b. If there is any stool or urine, use wipes or a damp washcloth to clean the genital area from front to back. For female patients, always wipe from front to back to prevent infections.
5. **Clean the Area**:
    a. Use disposable wipes or a damp washcloth to gently clean the skin. Pay attention to skin folds and creases. Make sure the skin is thoroughly cleaned and dried.

   b. If the skin is irritated, apply a barrier cream or ointment to protect against further irritation.
6. **Apply a New Brief**:
   a. Slide a clean brief under the patient's hips. Gently roll the patient onto their back, then secure the brief's tabs around the waist. Make sure the brief fits snugly but comfortably.
   b. Remove the disposable pad or towel and discard it, along with the soiled brief, in a trash bag.
7. **Dispose of Waste and Clean Up**:
   a. Place soiled items in a trash bag and tie it securely before disposing of it. Wash your hands thoroughly after removing gloves and disposing of waste.
8. **Reposition the Patient**:
   a. Make sure the patient is in a comfortable position. Adjust pillows and blankets as needed. Check that there are no wrinkles in the bedding that could cause discomfort.
9. **Wash Your Hands**: After finishing, wash your hands thoroughly with soap and water.