

# QUICK FACTS: CARING FOR AT-RISK SKIN

## PROTECT, PREVENT, PRESERVE



### WHAT IS AT RISK SKIN?

- Skin with a weakened barrier
- More prone to damage, tears, and infection
- Caused by underlying conditions or external factors
- Needs early care to prevent complications



### CONTRIBUTING CONDITIONS<sup>1,2</sup>

- Pressure injuries
- Incontinence-associated dermatitis (IAD)
- Medical adhesive-related injury (MARSII)
- Moisture-associated skin damage (MASD)



### RISK FACTORS<sup>1,2</sup>

- Moisture, incontinence
- Immobility
- Diabetes, obesity, malnutrition



### DAILY SKIN CARE

- Cleanse gently (pH 4–5, no hot water)<sup>1,2</sup>
- Twice-daily moisturizing with barrier-rich formulas<sup>1,3</sup>



### MOISTURIZER KEY INGREDIENTS

- Humectants: Attract moisture (eg, glycerin)<sup>1</sup>
- Emollients: Soften skin (eg, lanolin)<sup>2</sup>
- Occlusives: Seal in moisture (eg, petroleum)<sup>1,3</sup>



### MOISTURE MANAGEMENT

- Use absorbent incontinence products<sup>2</sup>
- Keep skin clean and protected<sup>1,2</sup>



### FRICTION & ADHESIVE CARE

- Use protective barriers and gentle adhesives<sup>2, 3, 5</sup>
- Place barrier films under medical devices<sup>2</sup>

# REFERENCES

1. LeBlanc K et al. Best practice recommendations for the prevention and management of skin tears in aged skin. Wounds International. May 1, 2018. Accessed March 28, 2025. <https://woundsinternational.com/best-practice-statements/istap-best-practice-recommendations-prevention-and-management-skin-tears-aged-skin/>
2. Morgan M, Milne C, Atwater E, et al. At-risk skin: 21 consensus statements from the Coalition for At-Risk Skin. Wound Manage Prevent. November 2022 supplement. Accessed March 7, 2025. <https://www.idhca.org/wp-content/uploads/2024/09/17-At-risk-skin-consensus-statements-Coalition-for-At-Risk-Skin-2022.pdf>
3. Beeckman D, Campbell KE, LeBlanc K, et al. Best practice recommendations for holistic strategies to promote and maintain skin integrity. Wounds International. February 28, 2020. Accessed March 7, 2025. <https://www.woundsinternational.com/resources/details/best-practice-recommendations-holistic-strategies-promote-and-maintain-skin-integrity>
4. Woo KY, Beeckman D, Chakravarthy D. Management of moisture-associated skin damage: A scoping review. Adv Skin Wound Care. 2017;30(11):494-501. doi:10.1097/01.ASW.0000525627.54569.da
5. European Pressure Ulcer Advisory Panel, National Pressure Injury Advisory Panel and Pan Pacific Pressure Injury Alliance. Emily Haesler, ed. Prevention and Treatment of Pressure Ulcers/Injuries: Clinical Practice Guideline. The International Guideline. EPUAP/NPIAP/PPPIA: 2019.

This educational content was developed with the Post Acute Wound & Skin Integrity Council (PAWSIC) and is shared under a limited license with O&M Halyard through December 31, 2026. It is intended for use by licensed healthcare professionals and is not a substitute for medical advice. PAWSIC and HMP Global are not responsible for the use of outdated or modified information beyond the original context or timeframe.