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This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

You may also find our other Specialist Continence leaflet series useful.

You can view or download them from the Trust's website at:

[www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service](http://www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service)

## Specialist Continence Services/Community Nurse contact details:

[www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)



## Specialist Continence Advisory Service

### Local Partnerships



### Patient Information Leaflet Number 14 All in One Pads

#### What is an All in One Pad?

All-in-one pads are containment products for patients who have severe urinary or faecal incontinence which cannot be contained with a shaped pad and fixation pant.

## Features of the All in One Pad

- Anti leak barriers - to help contain unformed faeces
- Hook and tape fastening - tapes can be taken off and put back which allows re-fastening and adjustment to get a good fit or to re-apply the pad after toileting if the absorbency of the product has not been reached
- Hook in line tapes - using a press and pull technique. Gently press the tape in place and pull backward to secure
- Wetness indicators change colour as the pad absorbs more urine. The wetness indicator line on the outside of the pad changes from yellow to blue, this indicates the pad has reached its absorbency. When 75% of this line has changed colour it has reached its full absorbency.
- Stay dry top surface - this keeps the skin dry
- Pulp and super absorbency layer - this locks the urine away
- Breathable waterproof backing - this keeps the clothing dry and is more comfortable to wear
- Elasticated around the leg area to give a close fit

## Notes

## Storage of continence products

- ✓ Keep pads in packets
- ✓ Store at room temperature
- ✗ Do not keep your pads in the bathroom
- ✗ Do not keep your pads near radiators or heaters
- ✗ Storing pads in extreme cold or rooms with high moisture levels such as bathrooms will affect their absorbency

If you still have an excess of products left when your next delivery is due, contact your nurse as you may need to review your order.

**If you have a problem with your continence products or your needs change contact the District Nursing Team on the number at the back of this leaflet or your GP practice.**

## Further Information

Further useful information can be accessed on the NHS website: [www.nhs.uk](http://www.nhs.uk)

## Selection of an All in One Pad

- A range of different absorbency all in one pads are available
- Your assessing nurse will identify the absorbency required to meet your needs
- Pads are designed to absorb more than one void of urine as they lock the urine away
- Lower absorbency pads will be prescribed for faecal incontinence as the pads will need to be changed after any faecal incontinence
- All in One products are available in 3 different sizes depending on hip measurement:

Small	50 - 80cm
Medium	70 -110cm
Large	106 -150cm
- Some patients use a shaped pad in the day but an all in one product at night

## How to fit an All in One Pad

- Fold the pad lengthways to create a bowl shape, cup the pad, do not touch the pulp area & do not shake the pad
- The pad can be fitted lying down or standing up
- Insert the pad from front to back and wrap around the waist
- When standing up it is easier to fit with 2 carers if the patient cannot help to hold it in place

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- ◆ Firstly fit the bottom tapes one at a time, angle slightly upwards, press and smooth the tape and give a gentle pull to anchor the tape in place
- Then fit the top tapes in the same manner angling these tapes slightly downwards
- Re-adjust the tape as needed to achieve a comfortable close fit. Remember to gently press the tapes onto the back sheet and give a gentle pull to anchor

## How to keep your skin healthy

- ✓ Wear the pad close to your skin
- ✓ Have enough to drink 7 - 8 drinks per day aiming for a total of 1.5 - 2 litres per day
- ✓ Eat a balanced diet
- ✓ Wash your skin using an unscented soap
- ✗ **Do not** use talcum powder
- ✗ Do not use creams unless prescribed by your GP Practice and then use very sparingly. Creams can stop pads absorbing properly
- ✗ Do not fit one pad inside another; this will not increase the absorbency and may make your skin sore
- ✗ Never sit on open pads; you may suffer from sore skin if you expose urine to the air

## Removing soiled/used pads

- Always remove from the back/rear
- Dispose of by placing in disposable bag in general waste
- Report any skin soreness or concerns to your community nursing teams via Single Point of Access for your area.