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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 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

County Health Partnerships  
The Continence Advisory Service,  
Ashfield Community Hospital  
Kirkby-in-Ashfield. NG17 7AE  
Tel: 01623 784785

Nottingham CityCare Partnership  
The Continence Advisory Service  
Sherwood Rise Health Centre  
29 Nottingham Road  
Nottingham. NG7 7AD  
Tel: 0115 8838900

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

NH401

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## All in One Pads

### Patient Information Leaflet



### 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.

positive  
about community services

## Features of the All in One Pad

- Anti leak barriers - to help contain unformed faeces.
- 'Shiny band' running across front of pad to fasten tapes on - tapes can be taken off and put back on this band 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
- Wetness indicators - identifies when the pad needs changed
- Wetness indicators change colour as the pad absorbs more urine. The wetness indicator changes from 'yellow lines to blue lines' - when the line is  $\frac{2}{3}$  blue, this indicates the pad needs changing.
- Stay dry top surface- this keeps the skin dry
- Pulp and super absorbency layer- this locks the urine away
- Waterproof backing - this keeps the clothing dry
- Elasticated around waist and leg area to give a close fit.

## What to do if you have a problem with your continence products?

- **Contact your District Nursing Team on:**  
SPA (Single Point of Access) 03004564951  
for advice or to book an appointment for a reassessment of your needs.

### To activate your next delivery - Community Patients

- Ring 0800 085 4907 (SCA automated service)
- OR
- Online ordering [www.tena.co.uk/order](http://www.tena.co.uk/order)

## PALS contact details:

### County

Patient Advice & Liaison  
0800 028 3693  
[pals@nottspct.nhs.uk](mailto:pals@nottspct.nhs.uk)

### City

Patient Advice & Liaison  
0800 183 0456  
[pals@nottinghamcity.nhs.uk](mailto:pals@nottinghamcity.nhs.uk)

## Best Practice - product fitting

- Never place one pad inside another to increase absorbency– it does not work and will increase risk of leakage.
- Never use Talcum powder as it reduces the absorbency of the product by blocking the pores in the inner layer of the pad.

## Removing soiled/used pads

- Always remove from the back/rear
- Dispose of: by placing in disposable bag in general waste.

## 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

## Selection of an All –in-One Pad

- A range of different absorbency shaped pads are available
- Your assessing nurse will identify the absorbency required to meet your needs
- If a ‘high’ absorbency pad is used this could cause your skin to become dry and sore
- Pads are designed to absorb more than one void of urine, they do not need changed after each wetting episode
- Lower absorbency pads will be prescribed for faecal incontinence as the pads will need changed after faecal incontinence
- Lower absorbency pads will be prescribed for faecal incontinence episodes
- All-in-One products are available in 3 different sizes depending on hip measurement:

Small	50-80cm
Medium	70-110cm
Large	106-150cm
- All patients should have a hip measurement to determine the size needed
- 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—to 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 wait
- When standing up it is easier to fit with 2 carers if the patient cannot help to hold it in place



- ♦ Seal the bottom tabs first onto the shiny band—pointing them upwards
- Then seal the top tabs on the shiny band—pointing downwards
- Re-adjust the tabs as needed to achieve a comfortable close fit
- There should be no gaps around the legs or waist

## How to keep your skin healthy

- ✓ Wear the pad close to your skin
- ✓ Drink at least 6 cups of water a day
- ✓ Eat a balanced diet
- ✓ Wash your skin using an unscented soap
- × **Do not** use talcum powder
- × Do not use creams unless prescribed by the Doctor & then use very sparingly. Creams can stop pads absorbing properly
- × Do not fit one pad inside the other; this will not increase the absorbency and may make your skin sore
- × Never sit on open pads; you may suffer from sore skin