



## Prevention & Treatment Recommendations Personal Protective Equipment (PPE) Skin Injury

### At Home: Hands & Face - Prevention and Treatment Options

**Prevention/Treatment of Moisture Associated Skin Damage (MASD):**  
moisturizer or barrier cream with dimethicone, silicone (e.g. Hydraguard), ceramides (CeraVe) or ointment with petrolatum (e.g. Vaseline)

**Treatment of acne breakouts:** wash face well with mild soap (Dove, Ivory), pat skin dry. If using an acne treatment, apply and allow to dry. Do not apply make-up over affected areas.

### At Work: Hands - Prevention and Treatment Options

**Concern:** Moisture Associated Skin Damage (MASD)  
**Goal: Prevention**

- Regular, frequent moisturizing
- Ensure hands are dry prior to donning gloves
- Avoid jewelry & wrist watches

**Prevention for Intact Skin:**

- Deb Moisturizer
- Remedy Nourishing Cream (moisturizer)

**Treatment:**

**Irritated Skin**  
CeraVe (lotion or moisturizer) if available

**Fissures/Cracks**  
S&N No-Sting Skin Prep (barrier film)

### At Work: Face - Prevention and Treatment Options

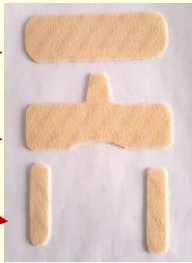
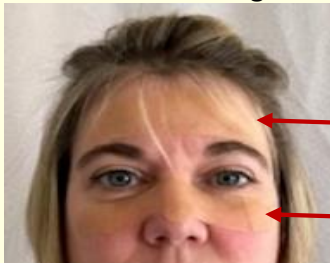

**Concern:** a pressure injury with/without MASD.  
**Goal:** minimize the friction, pressure and the moisture (sweat) as much as possible. Follow HA policy regarding when to remove PPE during your shift:

- Remove PPE. After proper hand washing, face/neck should be gently cleansed using soap and water. Do not rub areas.
- Inspect pressure areas (nose, cheekbones, ears & forehead) for injury:
  - Intact skin: Pat skin dry and then apply moisturizer or barrier, allow to absorb/dry.
  - Non-intact skin: Pat intact skin dry, do not apply moisturizer.

Tissue Damage	Surgical Masks, Face Shields, Goggles	N95 Mask
<b>Level One/Prevention</b> <ul style="list-style-type: none"> <li>For prevention of Moisture Associated Skin Damage (MASD)</li> </ul>	Escalate PRN: <ol style="list-style-type: none"> <li>Deb Moisturizer</li> <li><a href="#">Remedy Nourishing Cream</a> (moisturizer)</li> <li>CeraVe Moisturizing Cream if available</li> <li><a href="#">S&amp;N No-Sting Skin Prep</a> (barrier film)</li> </ol> Allow time for the product to dry before donning PPE	Masks should only be worn during AGMP times; wearing during non-AGMP times ↑ risk of skin damage. Escalate PRN: <ol style="list-style-type: none"> <li>Deb Moisturizer</li> <li><a href="#">Remedy Nourishing Cream</a> (moisturizer)</li> <li>CeraVe Moisturizing Cream if available</li> <li><a href="#">S&amp;N No-Sting Skin Prep</a> (barrier film)</li> </ol> Allow time for the product to dry before donning PPE and <b>ensure the mask fits properly.</b>  <b>Dressings are not to be used with N95 Masks.</b>
<b>Level Two/Treatment</b> <ul style="list-style-type: none"> <li>Stage 1 Pressure Injury (intact, non-blanchable)</li> <li>MASD mild</li> </ul>	Escalate PRN: <ol style="list-style-type: none"> <li>If the above Prevention options were not used; then choose one of them</li> <li>S&amp;N No-Sting Skin Prep with Tegaderm Transparent Film (not IV version): nil - scant exudate</li> <li><a href="#">Duoderm Extra Thin</a> (hydrocolloid): nil - scant exudate</li> </ol>	
<b>Level Three/Treatment</b> <ul style="list-style-type: none"> <li>Stage 2 Pressure Injury (open wound)</li> <li>MASD moderate/severe</li> </ul>	<ol style="list-style-type: none"> <li><a href="#">Mepilex Lite</a> (non-border) or</li> <li><a href="#">Mepilex</a> (non-border)</li> </ol>	

### Tips for Application of Dressings

Choose the most appropriate for your PPE

<p><b>Forehead</b> →</p> <p><b>Cheeks, Bridge of Nose</b> →</p> <p><b>Cheeks/Ears</b> →</p>		<b>Surgical Mask, Face Shield, Goggles</b>	
		 <p><b>Duoderm Extra-Thin</b></p>	 <p><b>Mepilex Non-Border</b></p>

- Duoderm, Transparent Film or Mepilex can be cut into the same shapes as above
- Secure Mepilex Lite Non-Border or Mepilex Non-Border with paper or silicone tape
- If dressing is needed, leave in place for as long as possible. Use these dressings sparingly. Store remaining pieces for future use.

If none of the above works, then please contact HA OH&S ohs@providencehealth.bc.ca

Products	Ordering Number	Comments
Remedy Nourishing Cream 59 ml	00115067	Ward stock on most PHC patient/ resident units at PHC
Remedy Nourishing Cream 118ml	00115068	
Remedy Nourishing Cream 946ml	00120681	
CeraVe 57 gm	00112830	Order if other moisturizers ineffective. Limited supply in warehouse
CeraVe 355 gm	00120938	
Remedy Hydraguard 59 ml	00115069	Ward stock on most PHC patient/ resident units at PHC
Remedy Hydraguard 118 ml	00115070	
Duoderm Extra Thin 10x 10	00006827	Stored in Grey Tote for N95 masks. Either size may be available. Use sparingly and store excess for future use.
Duoderm Extra Thin 5 x 20 cm	00090831	
Mepilex Lite Non-Bordered 10x 10 cm	00103578	Must be ordered. Only order if non-lite Mepilex is too thick
Mepilex Non-Bordered 10 x 10 cm	00090786	Ward stock on most PHC patient/ resident units at PHC

Please see the [Connecting Learners with Knowledge: Skin & Wound/Product Information Sheets \(clwk.ca\)](#) for product use instructions