

Self-care in hard-to-dress wounds with HidraWear™

made easy

WOUNDS | UK

© Wounds UK | March 2024 www.wounds-uk.com

Introduction

Depending on the anatomical location and aetiology, many wounds can be a challenge to dress in practice, even for clinicians and patients, which can affect patients' quality of life and healing outcomes. Areas such as the axilla (underarm), groin, buttocks or perianal region can present a particular challenge in practice, both in terms of dressing logistics and securement. Potential complications, such as medical adhesive-related skin injuries (MARSI) or moisture-associated skin damage (MASD), can also pose a risk in these locations.

HidraWear™ presents a unique solution for these hard-to-dress and awkward areas, supporting clinicians and patients with dressing changes and facilitating self-care in suitable patients. This wearable wound care system can empower patients and improve their quality of life, as well as provide overall time and cost savings for clinicians and healthcare providers. Being able to dress wounds in difficult areas safely and effectively reduces the risk of complications and can improve patient outcomes.

*exclusively distributed by Daylong Direct in the UK

Hard-to-dress wound sites

Consideration of anatomical location should be included in any wound assessment framework to ensure the appropriate dressing is used for the wound. Assessment should address any particular difficulties the location may present (Bishop, 2021).

Challenges in hard-to-dress anatomical locations can include:

- Joint movement — making it difficult to ensure dressings stay in place
- Body hair — increasing pain during dressing changes and reducing dressing adhesion
- Heat and moisture — increasing the risk of MASD and making it difficult to keep dressings in place
- Skin folds, body shape and contours — affecting dressing application
- An increased need for dressing changes — causing fixation issues.

These hard-to-dress areas (see **Figure 1** for examples) can often involve complicated wounds that pose an even greater challenge in practice, including:

- Pilonidal sinus (NICE, 2019)
- Hidradenitis suppurativa (British Dermatological Nursing, 2022)

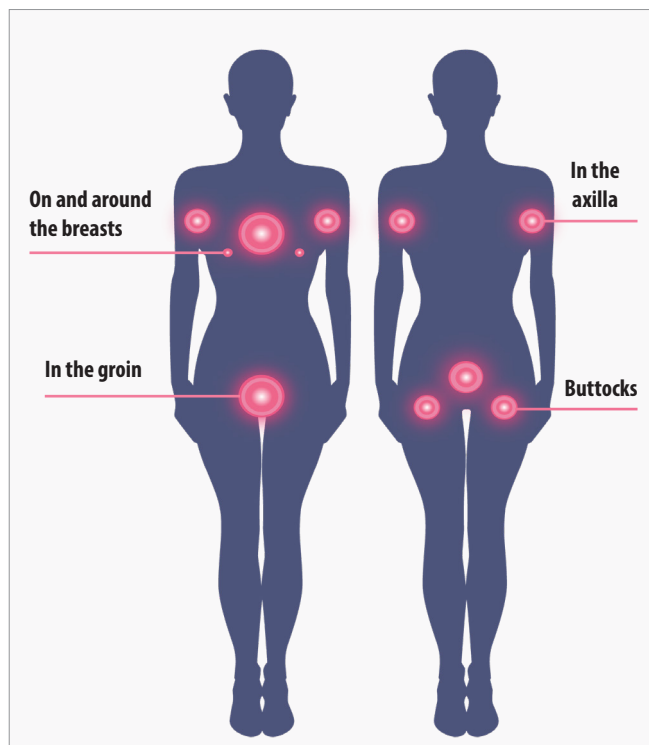


Figure 1. Examples of hard-to-dress anatomical locations

- Fungating breast (Rupert and Fehl, 2020)
- Pressure ulcers (NWCSP, 2023)
- Complex surgical wounds/dehiscence (Morgan-Jones et al, 2023)
- Lymphoedema-related open wounds (WHO, 2010)
- Perianal/genital abscesses/oedema (Sigmon et al, 2023)
- Wounds relating to dermatological conditions (LeBlanc et al, 2021).

Medical adhesive-related skin injuries (MARSI)

In hard-to-dress wound sites, MARSI can be a particular problem. MARSI is a prevalent yet under-recognised and preventable complication that occurs across all care settings, age groups and patient types, from healthy patients in ambulatory care to patients with multiple comorbidities in critical care (McNichol et al, 2013).

Key risk factors for the development of MARSI include: underlying illness or medical conditions, extremes of age, immunosuppression, skin changes and/or existing skin injuries, and treatments for other medical conditions. In individuals where risk factors are identified, steps should be taken to prevent potential skin damage, such as avoiding highly adhesive dressings, using alternative products and taking extra care at dressing changes.

Furthermore, components of adhesive products may cause inflammation of the skin in some patients – particularly those

Self-care in hard-to-dress wounds with HidraWear™

made easy

with skin conditions or underlying illness – resulting in irritant contact or allergic dermatitis-type MARS. These factors must be considered together when determining MARS risk and, subsequently, a prevention regimen (McNichol and Bianchi, 2016).

Moisture-associated skin damage (MASD)

In the perianal area, incontinence-associated dermatitis (IAD) can be an issue. Additionally, if a wound is present, proximity to urine and faeces can cause further issues, such as an increased risk of infection (Beeckman et al, 2020).

In many hard-to-dress areas, particularly where there may be skin folds, intertriginous dermatitis (also known as intertrigo) can be a significant issue, which is often also under-recognised in practice (WHO, 2019). Intertrigo develops in opposing skin surfaces in response to friction, humidity and reduced air circulation (occlusion) — e.g. inflammation resulting from bodily fluids trapped in skin folds subjected to friction (Sibbald et al, 2013; Metin et al, 2018). Intertrigo has a high incidence of infection and can be very painful for the patient, so it is vital to keep the area clean and dry and to minimise friction as much as possible (Fletcher et al, 2020).

Peri wound maceration is associated with high exudate levels, but also if a dressing with low absorptive capacity is used on

a heavily exuding wound. Maceration is a change to the skin resulting from moisture (e.g. exudate, sweat or other fluids) being trapped against the skin for a prolonged period, causing the skin to appear wrinkled and often white/grey in colour and be more prone to damage (McNichol and Bianchi, 2016).

HidraWear™

HidraWear™ is the world's first wearable wound care system that empowers patients living with chronic wounds (e.g. hidradenitis suppurativa, fungating breast and perianal abscesses) in hard-to-dress areas to self-care. Its unique dressing retention system (Figure 2) combines the HidraWear™ dressing retention baselayer and HidraWear™ dressings with SecureLock™ Technology (Velcro). This SecureLock Technology ensures that the superabsorbent and/or foam dressings stay securely and safely in place without the need for skin-damaging adhesives. It also makes it easy for patients to adjust and freshen up with a new dressing whenever they need. See Table 1 for more information on product selection criteria.

Self-care and benefits of the HidraWear™ system

Patient self-care is a focal point of the National Wound Care Strategy Programme, which aims to provide support for patients to be able to look after their own wounds and take an active role in their care (NWCSP, 2023).



Figure 2. Combination of HidraWear™ garment: HidraWear™ retention baselayers and HidraWear™ dressings with SecureLock technology

Table 1. Wound assessment product selection criteria for self-care (adapted from British Dermatological Nursing Group, 2022)

Criteria	HidraWear™ dressing retention system	Foam adhesive dressing	Superabsorbent adhesive dressing	Superabsorbent non-adhesive dressing
Dressing difficulty Easy to apply and adjust while enabling movement	✓	✗	✗	✓
Dressing pain Kind to the skin and adhesive-free	✓	✗	✗	✓
Retention and leak confidence Superabsorbent, and dressing stays in place	✓	✗	✓	✗
Time consumption Easy to apply, readjust and remove	✓	✗	✗	✓
Dressing comfort Conforming secure dressing retention	✓	✓	✓	✗
Body confidence Can discreetly manage wounds (e.g. around the groin, buttocks and axilla) and empowers self-care	✓	✗	✗	✗
Quality of life Reduces the impact of chronic wounds on the patient's life and reduces the risk of skin damage	✓	✗	✗	✗

An increasing drive towards greater patient engagement and self-care has the potential to benefit patients with wounds, especially in the case of chronic or recurring wounds and conditions, where demand for care is growing due to the rising prevalence of wounds, reduction in available trained staff and increasing healthcare costs (Moore, 2016; Gray et al, 2018).

Benefits of self-care in suitable patients for clinicians, patients themselves and healthcare systems include (Wounds UK, 2023):

- Improved reporting, as the patient understands their wound better and can give more accurate updates to the clinician
- Reduced cost burden with fewer visits and dressing changes
- Reduced stress and improved wellbeing for everyone involved.

HidraWear™ is user-friendly, making it easy to apply, adjust and remove — all within just 30 seconds — allowing patients to apply their dressing effortlessly, whether it's day or night. This provides a practical solution that supports self-care, enabling patients to feel more empowered and in control over their wounds and care.

A recent study found that the use of HidraWear™ resulted in reduced pain (pain score reduced from 5.53 out of 10 at baseline, to 0.8 on day 21) and greater quality of life for patients (Dermatology quality of life reduced from 19.4 out of 30 to 4.6 in three weeks). Additionally, significant improvements were observed in terms of patient comfort, time spent on changing dressings (leading to associated cost and resource savings), body confidence and the dressing's ability to retain exudate (Moloney et al, 2022).

Benefits of HidraWear™ in summary

- ✓ **No adhesive needed:** HidraHex Hook and Loop retention technology secures the dressing in place without the use of any adhesives. The two-part system means the retainer and baselayer keep the dressings secure
- ✓ **Suitable dressing selection:** Choose between foam and superabsorbent dressings depending on the needs of the patient and their wound
- ✓ **Superabsorbent dressing locks away moisture and bacteria:** Dressings lock exudate and potentially harmful bacteria away from the wound, keeping the dressing dry to the touch, improving comfort and facilitating healing
- ✓ **Anti-strikethrough protective clothing layer:** Fluid-repellent backing prevents external contamination and protects clothes and bed linen from exudate strikethrough
- ✓ **Premium fabric:** All HidraWear™ garments are made of a high-quality micromodal and elastane blend, providing a soft and breathable feel for maximum comfort, making the baselayer easy to put on and take off. They are washable, so the patient can have one available to wash and one to wear
- ✓ **Wearable wound care:** Empowers and enables patients to change their dressing themselves
- ✓ **SeamSense:** Outward-facing seams protect patients' skin and reduce irritation.

Authors:

Cheryl Handley, Registered Nurse, Dermatology, Surgical / Patch Testing Lead Nurse, Corbett Hospital

Alison Schofield, Independent Tissue Viability Nurse; Tissue Viability Nurse Consultant, Pioneer Sussex Wound Healing and Lymphoedema Centres

To cite this document:

Handley C and Schofield A (2024) Self-care in hard-to-dress wounds with HydraWear™ Made Easy. Available from: www.woundsuk.com/made-easy

This document
is supported by
HydraWear™



The HydraWear™ range

- **HydraWear™ AX Crop Top Dressing Retention Baselayer (Black):** This unisex garment is designed for wounds in the axilla; the garment has increased adjustability in comparison to the T-shirt
- **HydraWear™ AX Unisex T-Shirt Baselayer (Grey Melange):** This unisex garment is designed for wounds in the axilla, patients can find this particularly useful for night time care
- **HydraWear™ BB Women's Briefs Baselayer (Black):** This unisex garment is designed for wounds in the groin and buttocks. This open-crotch garment features a slightly higher waistline than the BB Briefs Boxers which may be useful for wounds that are higher on the buttocks. Men may also prefer this option as they can wear their underwear over the top of the baselayers and without removing their dressing while visiting the bathroom
- **HydraWear™ BB Men's Boxer Briefs (Black):** This unisex garment is designed for wounds in the groin and buttocks. This garment features a closed crotch area and a slightly lower waistline compared to the BB Women's Briefs which may be more comfortable for wounds in the groin area.

Please note: Choosing the correct size is extremely important to ensure maximum benefit from HydraWear™. Please ensure measurements are taken and crosschecked with our comprehensive measuring and sizing guide to ensure that the user gets the optimal fit to deliver best results.



Tips for use

Scan the QR code for HydraWear™ specific wound dressing system tips

References

- Beeckman D, Campbell K, Le Blanc K et al (2020) Best practice recommendations for holistic strategies to promote and maintain skin integrity. *Wounds International*
- Bishop A (2021) Wound assessment and dressing selection: an overview. *BJN* 30(5)
- British Dermatological Nursing Group (2022) Optimising hidradenitis suppurativa care: A multi-professional consensus statement
- Fletcher J, Beeckman D, Boyles A et al (2020) International best practice recommendations: Prevention and management of moisture-associated skin damage (MASD). *Wounds International*
- Gray TA, Rhodes S, Atkinson RA et al (2018) Opportunities for better value wound care: a multiservice, cross-sectional survey of complex wounds and their care in a UK community population. *BMJ Open* 8: e019440
- LeBlanc K, Beeckman D, Campbell K et al (2021) Best practice recommendations for prevention and management of periwound skin complications. *Wounds International*
- McNichol L, Lund C, Rosen T, Gray M (2013). Medical Adhesives and Patient Safety: State of the Science: Consensus statements for the assessment, prevention, and treatment of adhesive-related skin injuries. *J Wound Ostomy Continence Nurs* 40(4): 365-80
- McNichol L, Bianchi J (2016) Medical adhesive-related skin injuries (MARS) Made Easy. *Wounds UK*
- Metin A, Dilek N, Bilgili SG (2018) Recurrent candidal intertrigo: challenges and solutions. *Clin Cosmet Investig Dermatol* 11: 175-85
- Moloney S, Fitzgerald D, Roshan D, Gethin G (2022) Impact of hidradenitis suppurativa-specific wound dressing system on patient quality of life and dressing-related pain: pilot study. *JWC* 31(11): 898-906
- Moore Z (2016) Patient empowerment in wound management. *Wound Essentials* 11(1): 32-5
- Morgan-Jones R, Downie F, Dowsett C et al (2023) Prevention, identification and management of surgical wound dehiscence (SWD). *Wounds UK*
- National Institute for Health and Care Excellence (2019) Pilonidal sinus disease. Available online at: <https://cks.nice.org.uk/topics/pilonidal-sinus-disease/> (accessed 30.11.2023)
- National Wound Care Strategy Programme (2023) Available online at: <https://www.nationalwoundcarestrategy.net> (accessed 13.11.2023)
- Ousey K, Atkin L, Chouliara Z et al (2023) Best Practice Statement. Personalised self-care for people with venous leg ulcers: A toolkit for change. *Wounds UK*
- Rupert KL, Fehl AJ (2020) A patient-centred approach for the treatment of fungating breast wounds. *J Adv Pract Oncol* 11(5)
- Sibbald RG, Kelley J, Kennedy-Evans KL et al (2013) A practical approach to the prevention and management of intertrigo, or moisture-associated skin damage, due to perspiration: Expert consensus on best practice. *Wound Care Canada*
- Sigmon DF, Emmanuel B, Tuma F (2023) Perianal abscess. *National Library of Medicine*
- World Health Organization (2010) Wound and lymphoedema management. Available online at: <https://www.who.int/publications/i/item/9789241599139> (accessed 30.11.2023)
- World Health Organization (2019) ICD 10. Available online at: <https://icd.who.int/browse10/2019/en#/L20-L30> (accessed 10.11.2023)
- Wounds UK (2023) Best Practice Statement: Personalised self-care for people with venous leg ulcers: a toolkit for change. *Wounds UK*