Caring for clinically obese people

1. A growing problem

Obesity is a growing issue in society. Worldwide more than 600 MILLION adults are obese\(^1\)

This has more than doubled since 1980\(^1\)

1 in 6 adults in the EU is obese\(^2\)

2. Obesity can cause incontinence

Excess weight causes additional pressure on the bladder which often leads to incontinence

Each 5-unit increase in BMI is associated with 20% to 70% increase in the risk of daily incontinence\(^3\)

3. Obesity makes caring more difficult

Obese residents are likely to experience:

- Leakages, due to poorly fitting absorbent products
- Difficult personal hygiene, due to inability to reach areas of the body\(^4\)
- Skin irritation and infection, due to moisture in skin folds and increased perspiration\(^4-6\)

4. Best practice advice

- Regularly inspect and monitor areas of the skin which are more prone to breakdown
- Keep the skin clean and dry
- Use products that are the right size and fit well
- Use a moisture-barrier to prevent skin irritation
- Liaise with experts for advice on the most effective treatment
- Protect the perineal skin during frequent continence care routines