



Restore[®]

WELCOME TO THE RESTORE 10 DAY HAND CARE CHALLENGE.

As a nurse, your hands are your most valuable tool. You use them around the clock for everything from taking vitals, administering medication and changing dressings to providing comfort to patients and their families.

The constant hand washing, scrubbing and sanitising to help reduce the transmission of germs can lead to dry, chapped skin. In fact, about 88 percent of healthcare professionals at a hospital in the UK feel they have experienced skin problems as a result of hand hygiene protocols.¹

Medline can't change the rules on hand hygiene compliance, but we have developed an innovative exam glove called Restore™ that helps soothe caregivers' hands. These nitrile gloves put a layer of colloidal oatmeal between the skin and glove, offering a more comfortable and moisturising environment where sweating and irritation often occurs.

We want you to experience how Restore can help relieve itchy, dry skin so you can focus on your job and not the discomfort of irritated skin. Take part in the challenge, [click here](#).

HERE'S HOW THE RESTORE 10 DAY HAND CARE CHALLENGE WORKS:

GLOVE UP

- 1** Sign up by filling out the 10 day Restore Challenge Form [here](#).
- 2** Once you receive your box of gloves, use Restore gloves for 10 days in place of the normal gloves you use during your shift.
- 3** Pay attention to how your hands are feeling.
- 4** At the end of 10 days, you'll receive a short survey to report your observations and comments.

SHARE YOUR EXPERIENCE

We want to hear about your experience before, during and after the challenge:

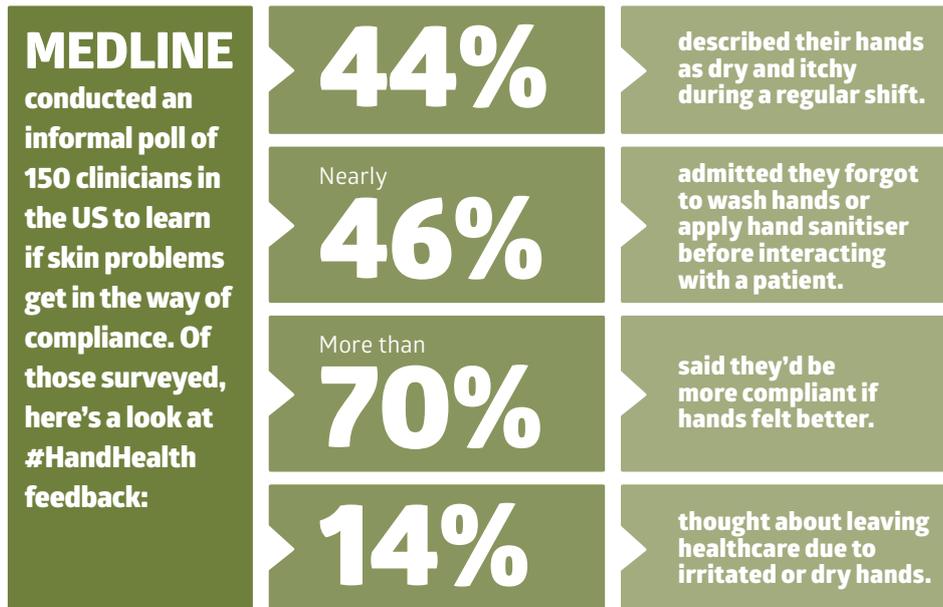
- » Prior to using the gloves, send us "before" photos of your hands to restorechallenge@medline.com
- » During the 10 days, if you notice any changes, let us know by emailing feedback and/or photos.
- » At the end of 10 days, send us "after" photos of your hands.
- » If you're happy with the gloves and their moisturising effects, speak to nurse leadership or the share government structure about getting Restore into your facility.
- » Fill out the post challenge survey form.



Restore®

WHY YOUR PARTICIPATION IS VITAL.

More than any other group, healthcare workers are vulnerable to dry skin—largely due to the frequent hand washing required to reduce the spread of germs and prevent infection.² Yet the discomfort caused by dry skin may discourage caregivers from practicing proper hand hygiene, putting themselves and their patients at risk.



The [Restore 10 Day Challenge](#) is a simple way to highlight the important link between hand hygiene compliance and skin care. Why? Because your hands have the ability to positively impact lives every day and we want to protect them.

With billions of gloves used by healthcare professionals in Europe every year, gloves are like a second skin for clinicians. The colloidal oatmeal in Restore gloves temporarily protects and helps relieve minor skin irritation and itching due to rashes or eczema.

Do you have a hand care routine or product that you find particularly helpful? Email restorechallenge@medline.com.

If you have any questions about the Restore 10 Day Challenge, contact restorechallenge@medline.com. To learn more about Restore nitrile exam gloves with colloidal oatmeal, visit www.medline.eu/uk.

LOVE THE SKIN YOU'RE IN.

From nutrition to protection, here are some tips to keep your skin healthy and comfortable:

1. Wash with care.

For everyday hand washing, remember that you want to remove the dirt and germs, but not your natural oils.

2. Rinse hands well and pat dry.

Don't rub.

3. Choose your skin cleanser carefully.

Make sure your healthcare facility uses a pH-balanced skin cleanser.

4. Consider a hydrating hand sanitiser.

If you need to sanitise, look for hydrating versions that are dermatologist-recommended.

5. Use a moisturiser that fits your skin type.

Creams are thicker and longer lasting than lotions. Extremely dry skin may benefit from oil-based creams, which hold water inside your skin longer.

6. Keep hands nourished in-between moisturising.

Make wearing Restore oatmeal gloves part of your daily routine.

7. Protect hands.

From exposure to cold and dry weather.

8. Manage stress.

Stress can cause rashes, eczema and nail biting.

9. Stay well hydrated and eat healthy.

A diet rich in omega-3 fatty acids helps keep your skin from drying and flaking.

References:

1 McKenzie SN, Turton P, Castle K, et al. JRSJ Short Reports. 2011;2:68. <http://shr.sagepub.com/content/2/8/68.full> Accessed Sept. 25, 2014.

2 Littau CA, Thompson KM. Keep Consumer Hand Lotions at Home. American Nurse Today. 2011 April;6(4). <http://www.americannursetoday.com/keep-consumer-hand-lotions-at-home/> Accessed Sept. 25, 2014.

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