

The Prevention & Management of Intertriginous Dermatitis.

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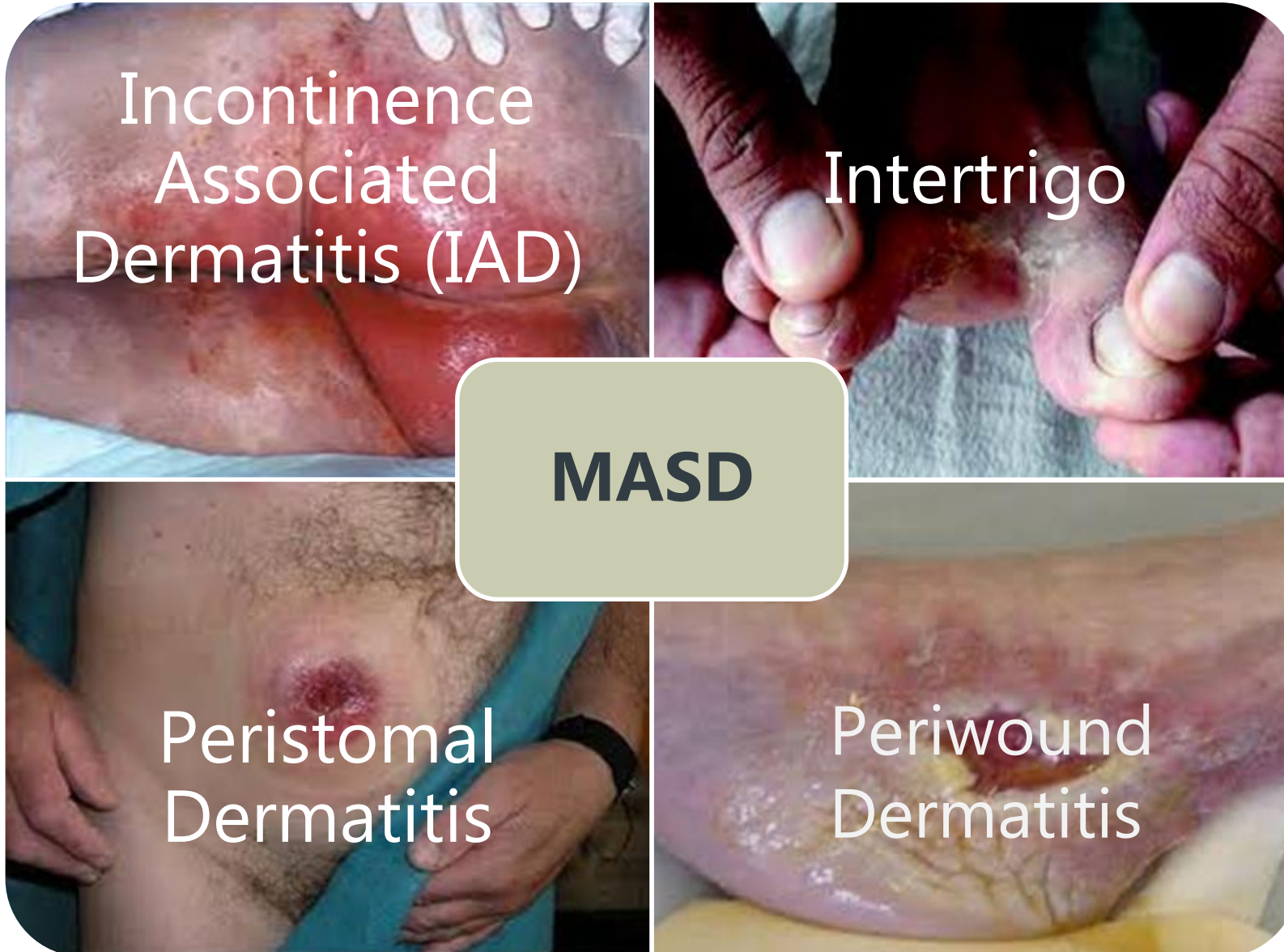
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Moisture Associated Skin Damage



What is Intertriginous Dermatitis (ITD)?

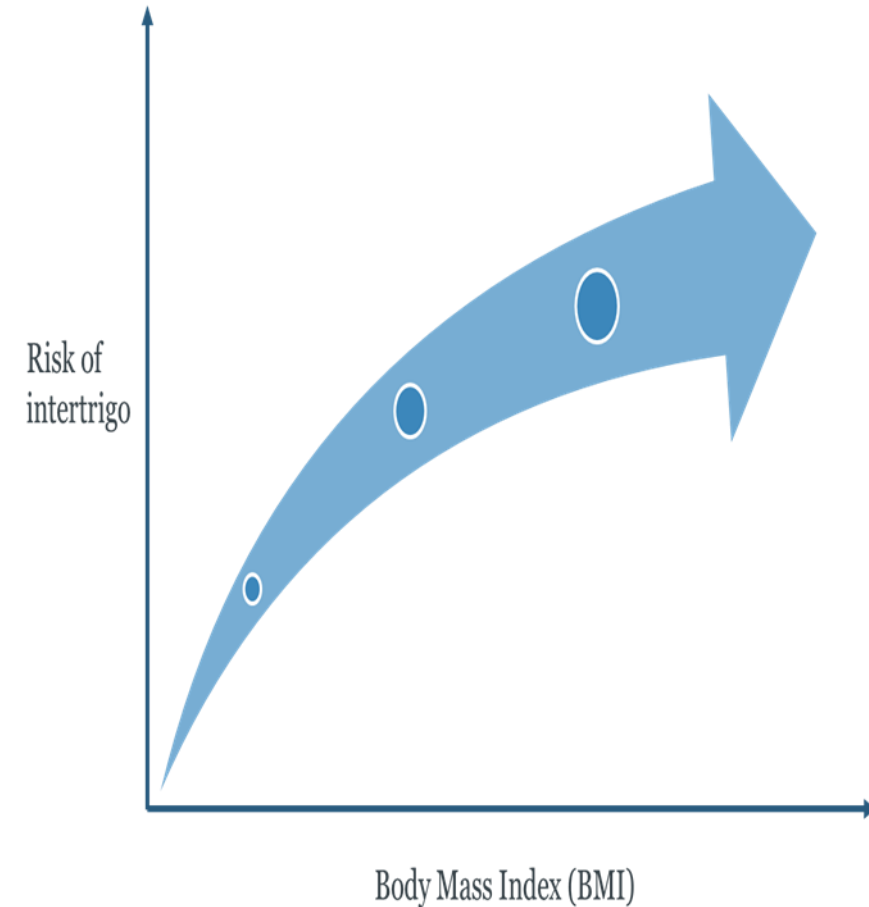
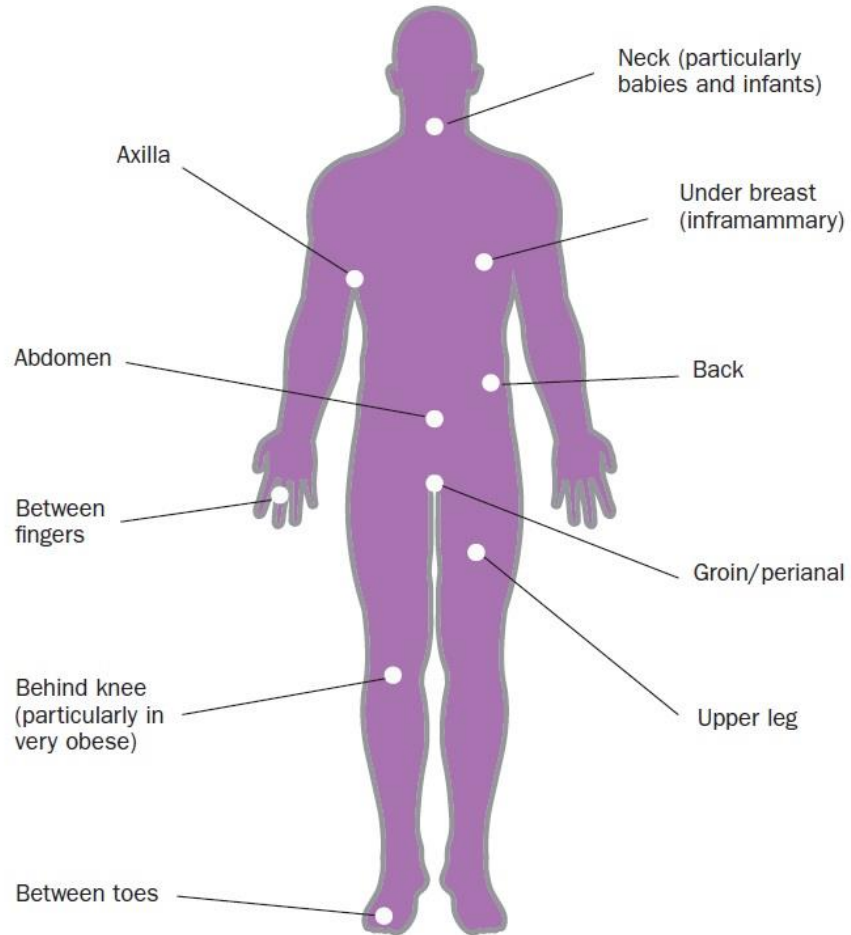
- Intertriginous dermatitis (intertrigo) is an inflammatory condition that develops in opposing skin surfaces in response to friction, humidity, and reduced air circulation.
- Can occur in any area of the body where there are two skin surfaces in close contact with each other.
- Initially presents as mirror-image erythema in the skin folds, but may progress with erosion, oozing, exudation, maceration, and secondary infection



How common is Intertriginous Dermatitis (ITD)?

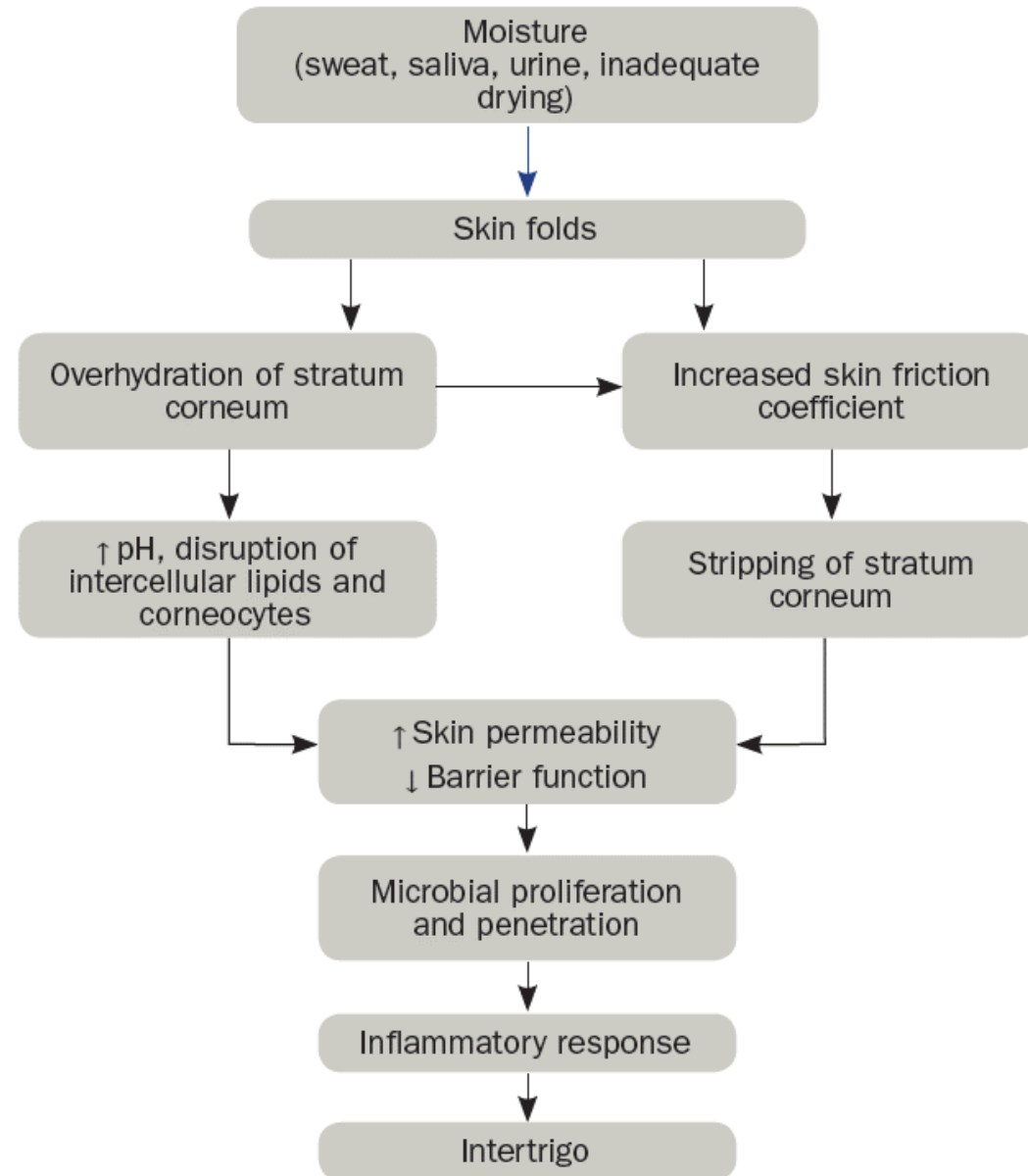
- Accurate incidence and prevalence data for intertrigo remains elusive, certainly in the UK.
- USA – 2.6% – 40% (Arnold-Long & Johnson, 2019; Werth & Justice, 2019).
- Europe - Kottner et al (2020) published a secondary data analysis of four annual multicentre prevalence studies from the Netherlands.
- ITD prevalences of 2%, 7% and 10% were reported for hospitals, care homes and home care respectively.
- This suggests there is a strong association between the presence of intertrigo and the degree of dependency on care staff to maintain hygiene needs.

Common locations & risk factors for ITD.



Risk factors for ITD include: Obesity, Hyperhidrosis, Compromised mobility, Inability to perform personal hygiene, Diabetes mellitus, Hot & humid environments.

Mechanisms of skin damage in ITD (Voegeli 2020)



Common secondary infections complicating ITD



Classic 'satellite' lesions indicative of *Candida* infection.



'Fiery' red lesions indicative of *streptococcal* infection e.g. GABHS.



Brown skin discolouration (erythrasma) seen in intertriginous areas due to infection with *Corynebacterium minutissimum*.

What else could it be?

Condition	Characteristics
Inverse psoriasis	Occurs in axillae, behind the ears and in perianal, inframammary, genital and inguinal skin folds. Erythematous plaques with shiny/ glazed appearance and less scaly than plaque psoriasis.
Hailey-Hailey disease	Rare autosomal dominant skin disorder. Characterised by vesicles, erosions, plaques, fissures, scale and crust. Lesions symmetrically localised in intertriginous areas, such as axillae, the groin, the neck, inframammary folds, perineum and, more rarely, the vulva and mucosa.
Hidradenitis suppurativa	Chronic inflammatory disease of skin that contains sweat glands. Characterised by nodules, abscesses, fistulas, sinus tracts and scarring in the axillae or anogenital regions.
Baboon syndrome	Drug-related symmetric asymptomatic dermatitis with bright-red, well-demarcated lesions. Involves buttocks, intertriginous and flexor areas. Linked to some antibiotics and chemotherapy agents

Why do we need to think differently about intertrigo?

We don't always know it when we see it!

Assessment challenges

We don't always know what to do about it!

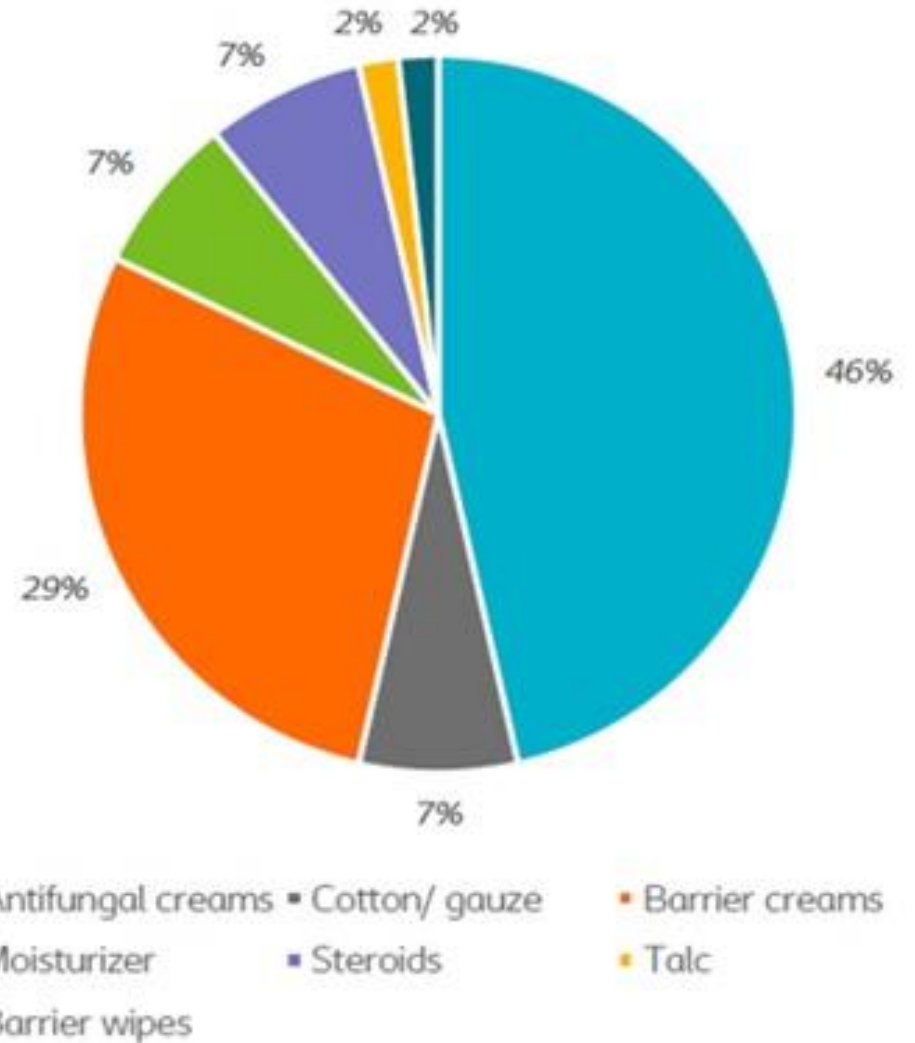
Many ineffective treatments continue to be promoted.

Lack of high-quality evidence.



Ineffective / unproven treatments

- Ineffective interventions continue to be proposed, particularly on the internet, even on sites aimed at healthcare professionals!
- Use of talc / corn starch powder.
- Applying antiperspirants.
- Vinegar soaks.
- Wet tea bags!
- Use of gauze, cotton wool, paper towels.



Evidence based care

- Unfortunately limited high quality evidence.
- However consensus clinical opinion on best practice.
- Four primary interventions in the management of MASD:
 1. Minimise skin-on-skin contact & friction;
 2. Adoption of a structured skin-care regime;
 3. Use of products that wick moisture away from at risk skin / protect skin;
 3. control of the cause of excessive moisture;
 4. Prevention / treatment of secondary infection.

Best Practice Recommendations for ITD.

Emphasise the importance of maintaining good principles of hygiene / care of skin folds for individuals at risk.

Keep the skin areas at risk clean and dry and inspect regularly.



Before applying skin care products, rule out infection!

Consider the use of moisture-wicking textiles specifically indicated for skin fold management

Summary & Conclusions

- Moisture-associated skin damage (MASD) is an umbrella term for skin breakdown caused by a range of factors in which the skin is exposed to excessive wetness.
- Intertrigo is a form of MASD caused by moisture becoming trapped in skin folds and the skin surfaces rubbing together, leading to inflammation and secondary infection.
- Prevention and management require **regular assessment**, coupled with a skin care regimen to **protect the skin from excessive wetness, wick away excessive moisture**, and **treat any secondary infection**.
- The adoption of skin fold management protocols based on clinical consensus can have significant benefits on patient outcome.

Thank you for your
time.....



.....Any Questions?

References & Further Reading.

Arnold-Long M, Johnson E. (2019) Epidemiology of incontinence-associated dermatitis and intertriginous dermatitis (intertrigo) in an acute care facility. *J Wound Ostomy Continence Nurs.* 46(3):201–206.

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