Comparison of exit-site infection with the use of pure liquid soap and chlorhexidine soap in daily exit-site care

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Objective: Exit-site care to prevent exit-site infection is important to achieve a successful peritoneal dialysis. A prospective randomized study was conducted to search for a simple and effective exit-site care method.

Methods: We compared the effects of two different methods of exit-site care on exit-site infection in the continuous ambulatory peritoneal dialysis population in a dialysis unit. In the first method, pure liquid soap was used, and in the second method, chlorhexidine soap was used in exit-site cleansing during showering.

Results: The results showed that there was a statistically significant lower exit-site infection rate in the group of patients that used chlorhexidine soap compared with the group that used pure liquid soap. In particular, there was a significant difference in exit-site infections caused by gram-positive microorganisms between the two groups.

Conclusions: These data suggest that the use of chlorhexidine soap in exit-site care is effective in reducing exit-site infection. Further study should be performed to identify more effective exit-site care methods to reduce exit-site infections caused by gram-negative microorganisms, particularly Pseudomonas aeruginosa. (Hong Kong J Nephrol 2002;4(1):54-59)

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