



TENA®

Continence Care e-Learning

Current and Relevant Information Now
at your Fingertips

TENA® U, Essity's E-Learning site, addresses the need for current and relevant information and education in a self-directed approach. It delivers on customer mandates and regulations in providing in-home education to staff.

TENA® U provides you the freedom and convenience to complete the courses on your own time and at your own place, offering courses in 15-20 minute modules for ease of completion.

Personal Hygiene Solutions

PHS 101 - Personal Hygiene Care
PHS 102 - Skin and Associated Skin Conditions
PHS 103 - Skin Care Products (CA)
PHS 104 - Skin Reactions
PHS 105 - Daily Personal Hygiene Routines

Incontinence Night Care

NIC 101 - The ABC of Good Practice
NIC 102 - Importance of Sleep

Understanding Urinary Incontinence

UI 101 - The Urinary System
UI 102 - Incontinence Types and Treatments
UI 103 - Incontinence in the Frail and Elderly

Bowel Management

BMC 101 - Bowel Management: What is Fecal Incontinence
BMC 102 - Causes of Fecal Incontinence
BMC 103 - Management of Fecal Incontinence

Training Videos

TRV 101 - Perineal Care
TRV 102 - TENA Brief sApplication
TRV 103 - TENA Pad and Pant Application
TRV 104 - TENA Stretch Brief Application

Flex Video

For more information, please contact us at
1-800-510-8023 | tenaprofessionals.com