

# Skin Tear Resource Kit



# Skin Tear: A Clinical Problem

## An Often Painful But Largely Preventable Health Care Issue

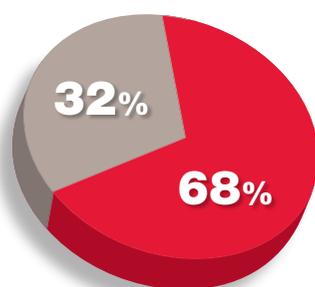
Skin tears affect all ages and continue to be a common problem in all health care settings. They are often painful, acute wounds resulting from trauma to the skin.

## When Mismanaged And Misdiagnosed, Complications May Follow<sup>1</sup>

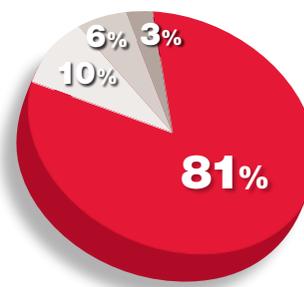
Despite preliminary studies that suggest skin tears may be more prevalent than pressure ulcers<sup>1</sup>, there remains a paucity of literature to guide the prevention, assessment, and treatment of skin tears. As a result complications including pain, infection, and delayed wound healing may occur.

### Identification of the Problem<sup>1</sup>

Based on a recent survey of 1127 healthcare professionals from 16 countries, the following results were shown:



**68%** believe there is a problem with skin tear assessment and documentation



**81%** do not currently use a tool or classification system for assessing and documenting skin tears

- Use Nothing
- STAR\* Classification
- Payne-Martin Classification
- CAWC\*\* Best Practice

**89.5%** favor a simplified method for documenting and assessing skin tears

*As a result of this survey, International Skin Tear Advisory Panel (ISTAP) developed a tool kit which was subjected to a global review by 13 countries and input from a wide group of 46 international wound care reviewers. A 98% consensus was reached among the reviewers for the accuracy of the content.<sup>3</sup>*

# Steps to Implementing a Skin Tear Management Program



## Step One: Educate

### Education Leads to Empowerment

Implementing a skin tear educational empowerment tool, including a risk assessment component, could increase knowledge among patient caregivers and help lead to successful patient outcomes. A similar educational empowerment program was implemented by the WOC nurse group at a level 1 trauma center with approximately 700 bedside nurses. The goals were to increase bedside nurses' knowledge and perceptions related to wound care and documentation of hospital-acquired pressure ulcers. The use of the educational modules for wound care and documentation yielded a 96% reduction in pressure ulcers and appropriate WOC nurse consultations over a two year time period.<sup>2</sup> The **ConnectEd Learning Management System™** offered by Hollister was used at this facility.



Hollister offers the ConnectEd learning management system—a comprehensive interactive program that allows you to customize your own educational catalog with our evidence-based content. Customized learning modules authored by ISTAP members, addressing the prevention, management, and treatment of skin tears are available for use.

ConnectEd modules can be made available through your existing learning management system or directly through the internet.

Visit [www.hollisterwoundcare.com/connect-ed](http://www.hollisterwoundcare.com/connect-ed)

*“By supplying the tools and resources, we can empower nurses.  
Empowered nurses achieve better patient care outcomes.”*

Regan, MB (2001) Patient Care Outcomes and the Relationship to Staff Nurses' Perceptions of Empowerment. Unpublished doctoral dissertation. University of Miami.

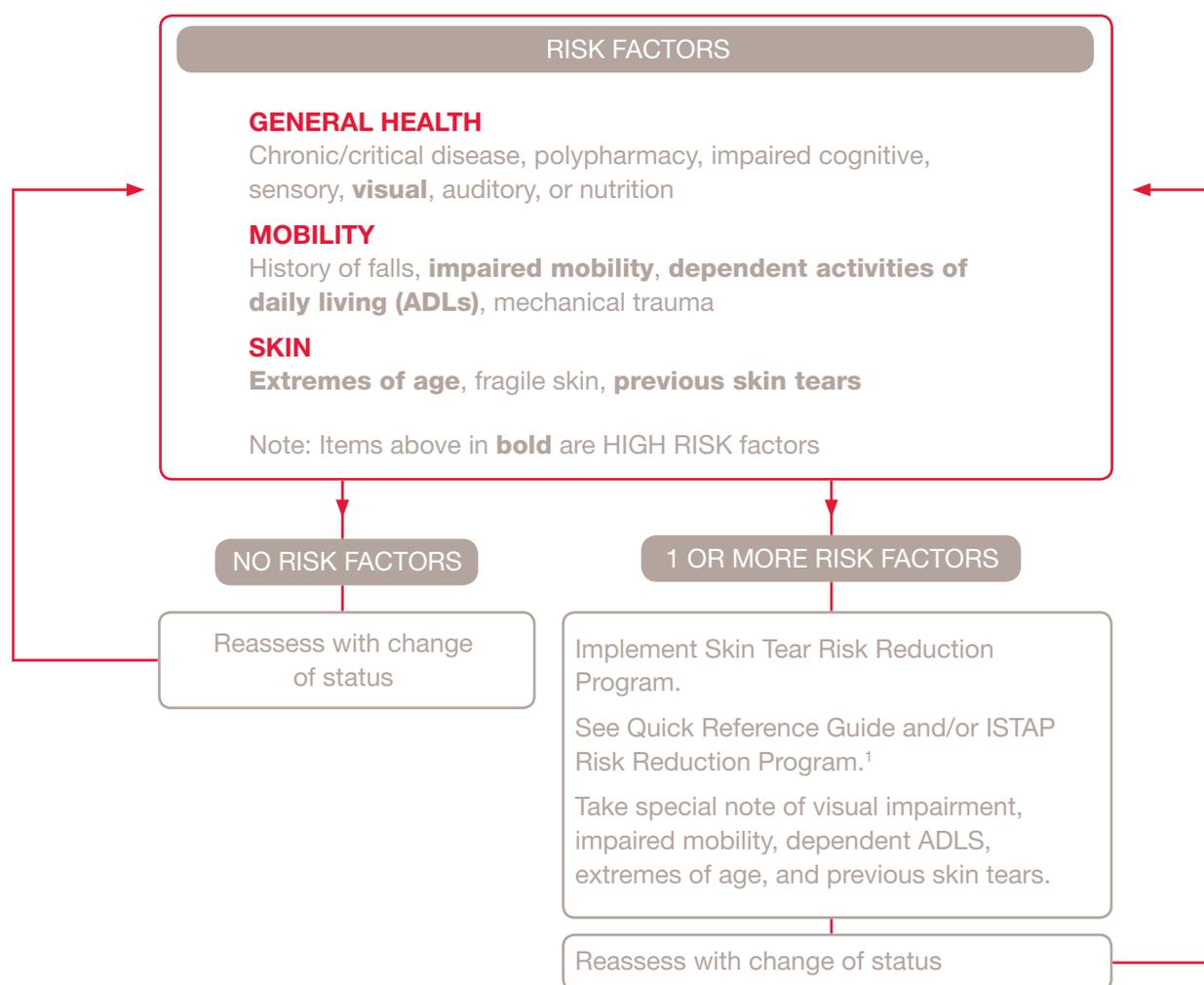
# Steps to Implementing a Skin Tear Management Program

## Step Two: Prevent

### Skin Tears Defined

A wound caused by shear, friction, and/or blunt force resulting in separation of skin layers. A skin tear can be partial-thickness (separation of the epidermis from the dermis) or full-thickness (separation of both the epidermis and dermis from underlying structures.)<sup>1</sup>

Use the **Skin Tear Risk Assessment Pathway**<sup>3</sup> below to help assess your patient's risk for a skin tear.

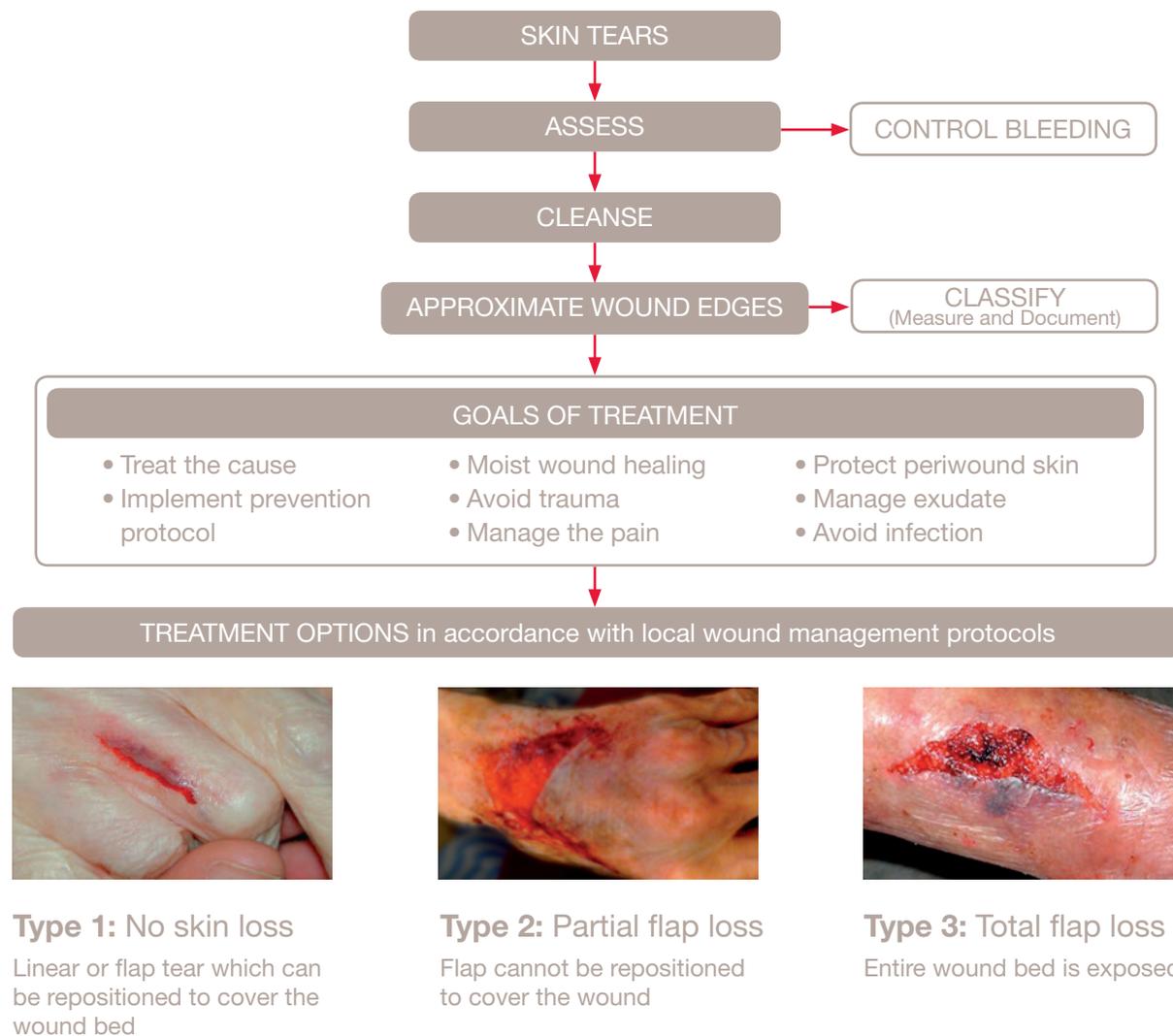


*Identify the most common risk factors and take steps to mitigate them. Impaired senses or mobility, nutrition, medication related effects, and environmental factors should all be taken into account.*

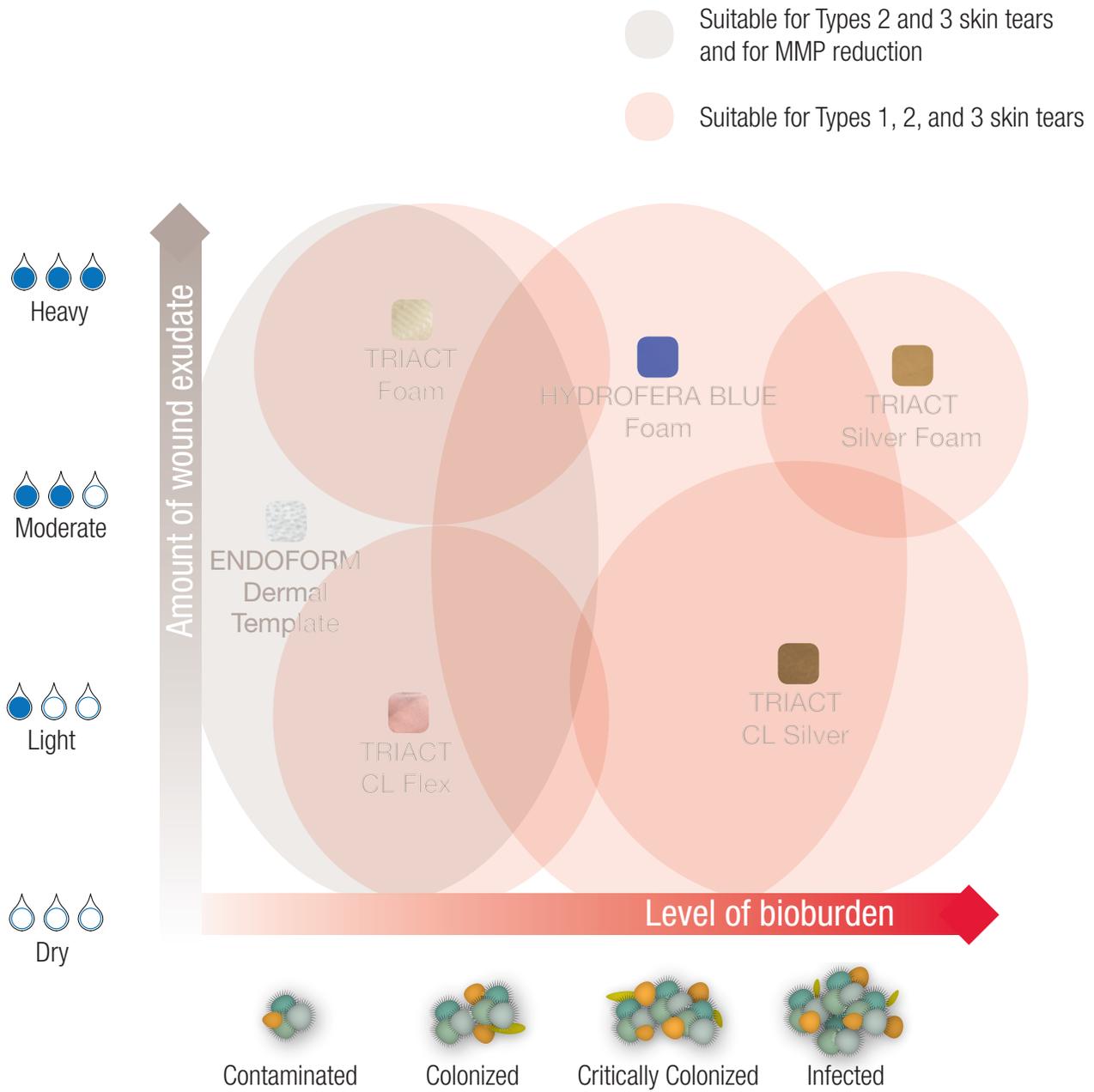
## Step Three: Assess and Manage

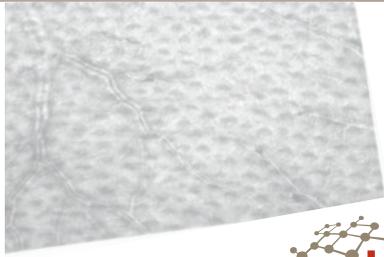
The ISTAP Skin Tear Classification was developed through international consensus using clinical evidence. The system was developed to classify skin tears easily and quickly. Proper wound management includes an assessment, control of bleeding, wound cleaning, infection prevention, and control of pain. The correct dressing should be selected based on the wound condition.

### Skin Tear Decision Algorithm<sup>3</sup>



# Skin Tear Solutions





## Endoform™ Dermal Template

The strength of a dermal template, the simplicity of collagen

- Appropriate for Type 2 and Type 3 skin tears with partial or total flap loss
- Broad spectrum MMP reduction<sup>4</sup>
- Advanced care accessible to all clinicians



## Hydrofera Blue™ Foam

Managing bioburden to help prevent infection

- Helps prevent infection through broad-spectrum bioburden management
- Product is non-cytotoxic<sup>5</sup>
- Appropriate secondary dressing when bioburden management is needed



## TRIACT™ Contact Layer Flex

Virtually pain-free removal and enhanced conformability

- Non adherent, virtually pain-free dressing removal for patient comfort
- Maintains a moist wound environment



## TRIACT™ Contact Layer Silver

An antimicrobial option for contact layers

- Non adherent, virtually pain-free removal
- Silver release demonstrates sustained antibacterial activity for up to 7 days



## TRIACT™ Foam

Virtually pain-free, highly absorbent foam dressing

- Provides vertical wicking and containment of exudates, protecting the periwound skin from maceration
- Non adherent, virtually pain-free removal for patient comfort
- Also available in silver

Hollister Incorporated develops, manufactures, and markets quality wound care, ostomy, continence, and critical care products. Supporting clinicians and patients in more than 90 countries across six continents, Hollister embodies its mission to help healthcare professionals deliver better products and services, and to make life more rewarding and dignified for those who use them. We are proud to support the International Skin Tear Advisory Panel in the prevention, assessment, and treatment of skin tears. Hollister support has been provided through an unrestricted educational grant.

The ISTAP Skin Tear Resource Kit has been designed to help implement a systematic approach to the prevention, management, and treatment of skin tears. This information is provided for general medical educational purposes only.

More information is available at [www.skintears.org](http://www.skintears.org)



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#### References

<sup>1</sup>LeBlanc, K., Baranoski, S. et al. Skin Tears: State of the Science: Consensus Statements for the Prevention, Prediction, Assessment, and Treatment of Skin Tears. *Advances in Skin and Wound Care*. 2011;24(9Suppl):2-15.

<sup>2</sup>Ellman, C. et al. (2013) Sustained Results: A learning management system platform which empowers and educates bedside staff.

<sup>3</sup>LeBlanc K., Baranoski S., et al. International Skin Tear Advisory Panel: A Tool Kit to Aid in the Prevention, Assessment, and Treatment of Skin Tears Using a Simplified Classification System. *Advances in Skin and Wound Care*. 2013;26:459-476.

<sup>4</sup>Negron L., Lun S., May BC, Ovine forestomach matrix biomaterial is a broad spectrum inhibitor of matrix metalloproteinases and neutrophil elastase. *Int Wound J*. 2012 Nov 1.

<sup>5</sup>Data on file #130107-1CYT

#### Definitions

\*Skin Tear Audit Research (STAR)

\*\*Canadian Association of Wound Care (CAWC)

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