ISTAP Skin Tear Tool Kit

Purpose:
To provide healthcare professionals the tools necessary to promote the prevention, assessment and treatment of skin tears

ISTAP Skin Tear Tool Kit

Currently Under Development

• Skin Tear Risk Assessment Pathway
• Skin Tear Risk reduction Program
• Skin Tear Treatment Pathway
• Skin Tear Prevalence study data collection sheet

ISTAP Skin Tear Risk Assessment

1. Extremes of Age or
2. Critical Disease/ Chronic Illness or
3. History of Skin Tears
4. Mobility related issues
5. Altered sensory status
6. Cognitive impairment
7. Dependence for ADLs
8. History or risk of falls
9. Skin Concern: Dry / fragile skin, ecchymosis, peripheral Randma etc
10. Nutritional Concerns
11. Environment
12. Mechanical Trauma
13. Polypharmacy (steroids, blood

No – reassess with change in condition
Yes to any above risk factors Implement Risk Reduction Program
ISTAP Skin Tear Risk Reduction
Risk Reduction Program Based on Key Risk Categories

• Mobility related issues
• Assistive devices
• Altered sensory status / visual and auditory impairment, neuropathy
• Cognitive impairment
• Assistance with ADLs
• History or risk of falls
• Skin Concerns: Dry / fragile skin, ecchymosis, peripheral edema etc.
• Nutritional Concerns
• Polypharmacy (steroids, blood thinners etc)
• Mechanical Trauma

ISTAP Skin Tear Treatment Pathway

Summary: Best Practice Principles

• Provide and support an optimal wound-healing environment
• Assess the wound
• Document skin tear category
• Cleanse wound, remove necrotic tissue, and secure pedicle/flap
• Cover with a non-adherent dressing
• Change as indicated

Summary: Best Practice Principles

• Remove potential causes of trauma; protect from self-injury
• Assess risk for skin injury; Individuals at-risk
  • Protect with long sleeves, pants, shin wraps, etc.
• Moisturizer and hydrate skin at least twice a day with hypoallergenic products
• Ensure proper positioning, transferring & lifting techniques "lift don’t pull" to prevent friction insults. Safe patient handling
Summary: Best Practice Principles

- Pad bedrails, wheelchairs or other objects that can lead to blunt trauma
- Use no-rinse, soap-less or pH-balanced bathing products to prevent skin dryness
- Optimize fluid & nutritional intake
- Avoid adhesive products on frail skin
- Use non-adherent products that support a healing environment

ISTAP Skin Tear Prevalence Data Collection Tool

<table>
<thead>
<tr>
<th>Location of Skin Tear</th>
<th>Type of Skin Tear</th>
<th>Cause of Skin Tear</th>
<th>Abnormal Appearance</th>
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<td>Pressure</td>
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ISTAP: Moving Forward

- Published and Disseminated the Consensus Statements
- Developed and Validated a new Classification System for Skin Tears
- Continue to increase the awareness of Skin Tears through lectures, publication and continued studies
- Encourage Prevalence Studies to demonstrate the extent of Skin Tears
- Goal to have Skin Tears Globally recognized as a complex acute wound
The ISTAP recommends the following future research and tool development projects in order to fill the gaps in current literature:

- International prevalence and incidence studies across different healthcare settings are needed to determine the true extent of the problem of skin tears.
- Development of a valid and reliable risk assessment tool applicable to skin tears in all health care settings.
- Conduct randomized controlled trials to determine best practices for the prevention and treatment of skin tears.
- Identify unpreventable skin tear situations as protective measure to the health care systems.

The End