



SKIN TEARS Risk Identification and Prevention

RISK FACTORS:

General Health and Condition

- Chronic conditions/co-morbidities
- Aggressive behavior/ Resistance to care
- Aging skin
- Edema
- Ecchymosis
- Hematoma
- Cognitive impairment
- History of skin tears
- Sensory impairment
- Visual Impairment
- Incontinence
- Dry skin
- Poor nutrition
- Dehydration
- Smoking
- Long/jagged nails

Medical Procedures/Devices

- Adhesive dressing/tape injury
- Blood draws
- Prosthetic device/brace use
- Assistive device use/ Side rails
- Compression stockings

Medications

- Topical/systemic steroid use
- Anti-coagulant use

Mobility

- Dependence/assistance w/ADL's
- Dependence/assistance for transfers
- Mobility deficits
- Fall/History of falls
- Mechanical life use

Physical Forces or Motion

- Shear
- Friction

Caregiver

- Long /jagged nails
- Knowledge of skin tear prevention strategies
- Practice or approach

INTERVENTIONS:

- Moisturizers to manage dry skin
- Individual skin hygiene- pH neutral skin cleansers
- Encourage hydration and proper nutrition
- RD consult
- Behavior management program
- Routine skin audits
- Nails trimmed and filed
- Smoking cessation program
- Avoid strong adhesives with dressings/tapes
- Pad equipment/ observe for sharp edges
- Observe to ensure staff are properly applying and removing prosthetic devices/ braces reeducate if needed
- Observe to ensure compression stockings are being applied at appropriate times per MD order. Observe for careful/ proper techniques for application and removal
- Medication review
- Proper lighting
- Walkways free of clutter
- Use of protective clothing(long sleeves and pants/shin and elbow guards)
- Apply clothing carefully
- Avoid clothing that is too tight or has zippers
- Proper transferring and positioning techniques
- Avoid sharp nails and jewelry in resident contact
- Routine education for resident/staff/family on resident risks for skin tears