

Skin Tear Prevention

What are skin tears?

A skin tear is a traumatic wound caused by mechanical forces, including removal of adhesives. Severity may vary by depth (not extending through the subcutaneous layer).¹

Skin tears can be painful wounds, affecting quality of life and causing distress to the patient.



The costs associated with skin tears can be significant. Skin tears may increase the likelihood of hospitalisation and prolong hospitalisation time. Delays in healing due to infection or other complications can add to the health cost burden.²



Patients with aged and fragile skin are at increased risk of skin tears. In a study conducted in two Aged Care facilities in South Australia, the majority of wounds was skin tears equaling 73%.³



Skin Care Prevention Intervention

The application of moisturiser twice daily was shown to reduce the incidence of skin tears by almost 50% in residents living in aged care facilities.⁴

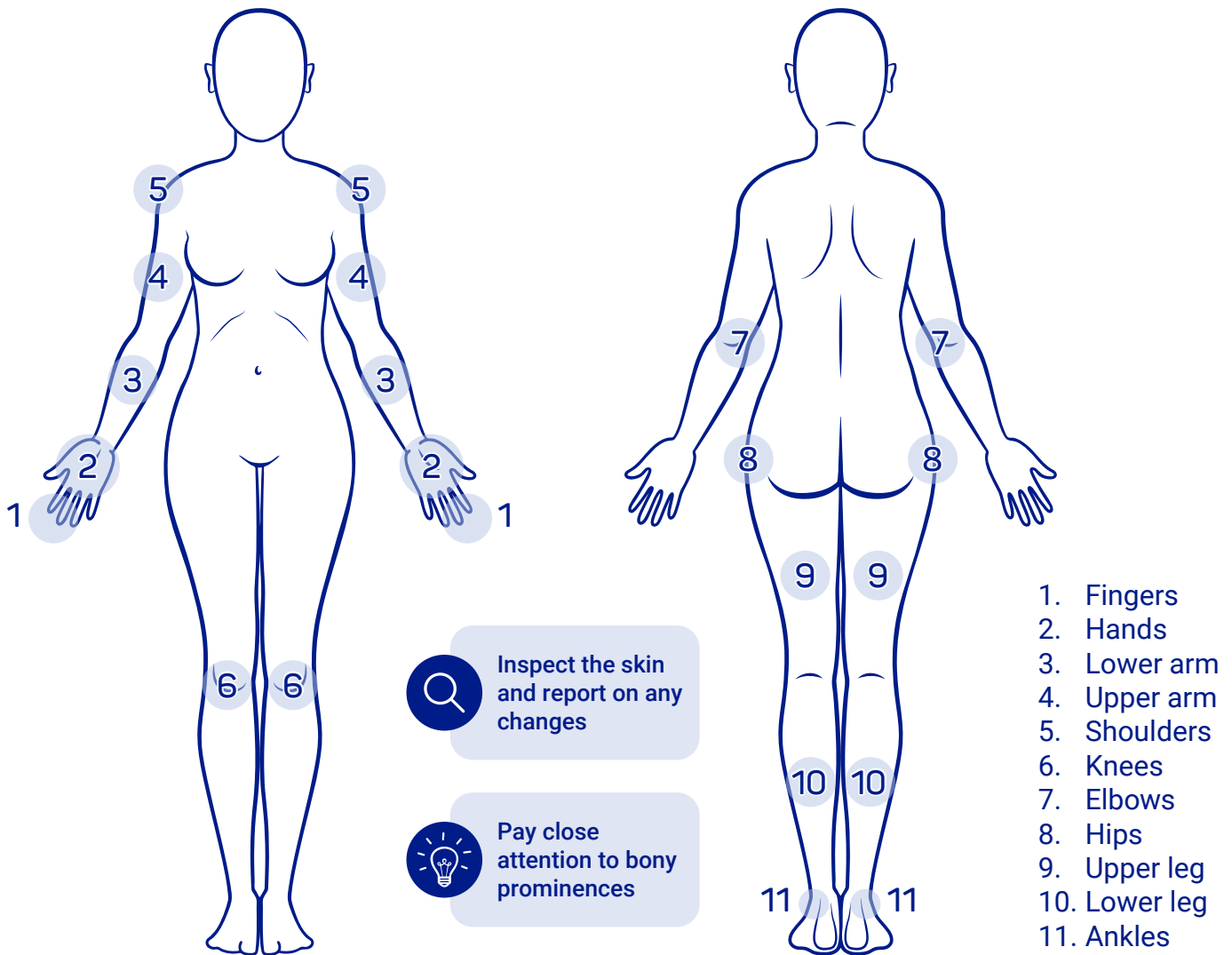


Skin tears are often preventable wounds that create avoidable costs.

PREVENTION PROTOCOL

| | | |
|------------|--|---|
| 1 | Inspect the skin Report any skin tears, skin breakdown, non blanchable redness, pain, temperature changes, and changes in tissue consistency. ¹ | |
| 2 | Keep the skin clean, dry and moisturised. | |
| 3 CLEAN | Cleanse the skin Use pH balanced MoliCare Skin Wash Gloves as an alternative to shower or wash with water. Or use MoliCare Skin Wash Lotion : <ul style="list-style-type: none"> • Dilute in water (1 pump per 500ml bowl of water). • Wash as normal with wash cloth or sponge. • Rinse off with clean water (optional). • Can be used in shower (1 to 2 pumps is enough for full body wash). |  <p>MoliCare Skin Impregnated Wash Gloves Gentle whole-body clean is ideal for bedbound patients.</p> |
| 4 CARE | Moisturise the skin twice daily - especially the extremities Use MoliCare Skin Body Lotion for long lasting moisture: <ul style="list-style-type: none"> • For general body use. • Apply and distribute by gently dabbing in a downward direction to follow the hair follicles. • Only a small amount required, there should be no greasy feeling a minute after application. |  |

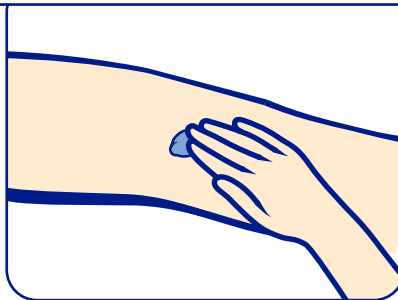
Skin Tear Prevention Assessment Zones



MoliCare Skin Body Lotion Application Guide



Dispense 2 - 3 pumps into the palm of the hand or onto desired area of the body.



Gently massage the lotion into the skin.



Twice-daily skin-moisturising is clinically linked to a lower occurrence of skin tears by 50%.⁴

1. LeBlanc K et al. Best practice recommendations for the prevention and management of skin tears in aged skin. WoundsInternational 2018. Available to download from www.woundsinternational.com 2. Stephen-Haynes J, Carville, K, Skin Tears Made Easy, Wounds International, 2011 3. Rando, T, Kang, AC, et al. Simplifying wound dressing selection for residential aged care, Journal of Wound Care Volume 27, No. 8, August 2018. 4. Carville K, Leslie G, Osseiran-Moisson R et al (2014) The effectiveness of a twice-daily skin-moisturising regimen for reducing the incidence of skin tears. Int Wound J 11: 446-53