

The Challenge of Skin Tears

Prevention

- Reducing friction and shearing
- Using a draw sheet
- Padding bed rails & equipment edges

- Using paper tape and skin prep
- Using adhesive remover & rolling off tape gently
- Educating patients, families and staff

Category I

Linear with no tissue loss or,



Flap with a 10% approximation



Category II

Scant, not more than 25% tissue loss or,



Large with more than 25% loss



Category III

Flap completely missing, total tissue loss



Treatment

- Use normal saline to rinse the wound.
- Let area air dry or carefully pat dry.
- Gently approximate the flap.

- Use a moist, non adherent dressing.
- Place an arrow in the direction of the tear.
- Document assessment & treatment.



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Meuleneire F. Using a soft silicone coated net dressing to manage skin tears. J Wound Care. 11(10):365-9, 2002 Nov.