



CCA Tips for the *Prevention of Skin Tears* in Long-Term Care

Risk Factors:

- History of previous skin tears
- Fragile, thin, vulnerable skin
- Advanced age
- Poor nutritional status
- Cognitive impairment
- Dependency on others for activities of daily living
- Medications
- Impaired mobility
- Dry skin and dehydration
- Presence of friction, shearing, or pressure
- Impaired sensory perception
- Disease process and comorbidities

(International Skin Tear Advisory Panel)

Risk Reduction and Prevention Strategies:

- **Every resident should have a skin care routine including application of a moisturizer at least twice daily.**
- Use a skin friendly pH balanced cleanser (not traditional soap) and warm water (not hot).
- Gently remove dry skin and use a moisturizer to rehydrate limbs.
- Use barrier creams and films on vulnerable skin as advised.
- Minimize skin trauma from adhesives, dressings and tapes.
- Encourage active involvement/exercises as appropriate.
- Avoid friction and shearing (glider sheets, lifts) using good manual handling techniques as per facility guidelines.
- Ensure that appropriate/comfortable shoes are worn.
- Apply clothing and compression garments carefully.
- Ensure a safe environment adequate lighting, removing obstacles.
- Use padding for furniture and equipment (as per facility policy).
- Assist with eating and drinking.
- Encourage consumption of a balanced diet (as advised by dietitian) based on individualized requirements.
- Ensure good oral hygiene/ denture care.
- **Report any concerns or changes to a supervisor. Do not forget to document.**

(Wounds Canada)

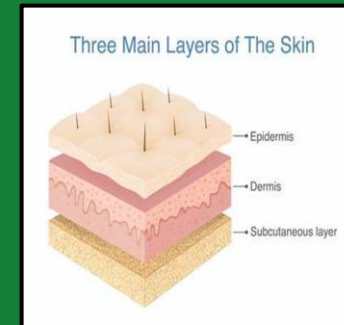
Basic Skin Inspection: Temperature, Color, Moisture, Turgor, and Integrity.

What are Skin Tears?

“A Skin Tear is a traumatic wound caused by mechanical forces, including removal of adhesives.”

(International Skin Tear Advisory Panel)

Skin Tears are an unintentional mechanical separation of the skin layers.



(Wounds Canada)

Did YOU Know?

- Skin Tears are largely preventable with risk assessments and skin inspections.
- Skin Tears tend to heal slowly, can be challenging to treat, and very painful.
- Skin Tears have a high risk of becoming a complex chronic wound.

(International Skin Tear Advisory Panel)