Skin Tear Prevention and Management Protocol.

Reference
1. Carville, K., Lewin, G., Newall, N., Haslehurst, P., Michael, R., Santamaria, N. & Roberts, P. (2007) STAR: A consensus for skin tear classification. Primary Intention. 15(1): The Skin Tear Audit Research (STAR) Skin Tear Classification Tool was developed by the Silver Chain Nursing Association and School of Nursing and Midwifery, Curtin University of Technology, WA. Permission has been given to 3M to use this tool.

Ordering Information

3M™ Reston™ Self-Adhering Foam
Product code Size Items/box Boxes/case
1560 11cm x 20 cm x 30 cm 10 pads 1
1561 2.5 cm x 20 cm x 30 cm 5 pads 1
1563 5 cm x 6 m 1 roll 1

3M™ Cavilon™ No Sting Barrier Film
Product code Size Items/box Boxes/case
3344E 1 mL wipe 50 5
3343E 1 mL wand 25 4
3345E 3 mL wand 25 4
3346E 28 g spray 12 1

3M™ Tegaderm™ Absorbent Clear Acrylic Dressing
Product Code Shapes Dressing Pad Size Overall Dressing Size Items/box Boxes/case
90800 Oval 3.7 x 5.2 cm 7.6 x 9.5 cm 5 6
90801 Oval 6.0 x 7.6 cm 11.1 x 12.7 cm 5 6
90802 Square 3.8 x 3.8 cm 14.0 x 15.2 cm 5 6
90803 Oval 8.5 x 10.7 cm 14.2 x 15.8 cm 5 6
90804 Square 8.8 x 8.8 cm 20.0 x 20.3 cm 5 6
90805 Square 11.7 x 11.7 cm 16.8 x 19 cm 5 4
90807 Sacral 11.7 x 11.7 cm 16.8 x 19 cm 5 4

3M™ Cavilon™ Extra Dry Skin Cream
Product code Size Items/box Boxes/case
3386 118 mL tube 12 1

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**Skin Tear Prevention and Management Protocol**

### Simple 4 step approach

1. **Create a safer environment.**
   - Pad sharp borders of furniture or equipment.
   - Use 3M™ Reston™ Foam Products.

2. **Maintain skin integrity.**
   - Apply moisturiser twice daily.
   - Use 3M™ Cavilon™ Extra Dry Skin Cream.

3. **Protect the periwound.**
   - Apply every dressing change.
   - Use 3M™ Cavilon™ No Sting Barrier Film.

4. **Manage the wound.**
   - Clear dressings allow for assessment and extended wear time.
   - Use 3M™ Tegaderm™ Absorbent Clear Acrylic Dressing.

### Manage the wound

Follow facility infection control and wound management guidelines.

Adapted from STARR Skin Tear Classification System Guidelines, (Carville et al 2010)

#### Basic Principles

1. Control bleeding and clean the wound according to protocol.
2. Realise (if possible) any skin or flap.
3. Assess degree of tissue loss and skin or flap colour using the STARR Classification System.
4. Assess the surrounding skin condition for fragility, swelling, discoloration or bruising.
5. Assess the person, their wound and their healing environment as per protocol.

#### CATEGORY MANAGEMENT

**CATEGORY 1**

- A skin tear where the skin flap is completely absent.
- The absorbent pad appears full and hardens slightly.
- Leaking occurs

**MANAGEMENT**

- Control bleeding
- Cleanse the wound with normal saline
- Realign (if possible) any skin or flap
- Apply 3M™ Tegaderm™ Absorbent Clear Acrylic Dressing

**CATEGORY 2a**

- A skin tear where the edges cannot be realigned to the normal anatomical position (without undue stretching) and the skin or flap colour is not pale, dusky or darkened.
- Control bleeding
- Cleanse the wound with normal saline
- Realign (if possible) any skin or flap
- Apply an even layer of Cavilon No Sting Barrier Film (wipe) to the wound edges and to realign borders where the dressing will be
- Apply 3M™ Tegaderm™ Absorbent Clear Acrylic Dressing

**CATEGORY 2b**

- A skin tear where the edges cannot be realigned to the normal anatomical position (without undue stretching) and the skin or flap colour is not pale, dusky or darkened.
- Control bleeding
- Cleanse the wound with normal saline
- Realign (if possible) any skin or flap
- Apply an even layer of Cavilon No Sting Barrier Film (wipe) to the wound edges and to realign borders where the dressing will be
- Apply 3M™ Tegaderm™ Absorbent Clear Acrylic Dressing

**CATEGORY 3**

- A skin tear where the skin flap is completely absent.
- The absorbent pad appears full and hardens slightly.
- Leaking occurs

**MANAGEMENT**

- Control bleeding
- Cleanse the wound with normal saline
- Realign (if possible) any skin or flap
- Apply an even layer of Cavilon No Sting Barrier Film (wipe) to the wound edges and to realign borders where the dressing will be
- Apply 3M™ Tegaderm™ Absorbent Clear Acrylic Dressing

**CATEGORY 4**

- A skin tear where the edges cannot be realigned to the normal anatomical position (without undue stretching) and the skin or flap colour is not pale, dusky or darkened.
- Control bleeding
- Cleanse the wound with normal saline
- Realign (if possible) any skin or flap
- Apply an even layer of Cavilon No Sting Barrier Film (wipe) to the wound edges and to realign borders where the dressing will be
- Apply 3M™ Tegaderm™ Absorbent Clear Acrylic Dressing

#### When to change

A change is required when:

- Leaking occurs.
- The absorbent pad appears full and hardens slightly.
- If there are signs of infection such as fever, pain, redness, hot & inflamed surrounding skin, bleeding (notify RN/GP).
- Edge lift occurs and dressing becomes wet and saturated.
- Dressing can become wet if it is not stuck down properly to the skin. The dressings crystalise to a soft, malleable and “jelly like” feel.

### 3M Tegaderm Absorbent Clear Acrylic Dressing

**In use**

It is expected that some wound exudate drainage will occur and this will be visible in the dressing. This is normal and expected. It does not mean the dressing needs changing. Early removal may interfere with wound healing. Below are some examples of normal appearance of the dressing in place.

<table>
<thead>
<tr>
<th>Wound</th>
<th>Day</th>
<th>Healed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wound 1</td>
<td>22 days</td>
<td>Healed</td>
</tr>
<tr>
<td>Wound 2</td>
<td>6</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Wound 3</td>
<td>1 month</td>
<td>Healed</td>
</tr>
</tbody>
</table>

### For further instructions refer to product information leaflet and www.3m.com.au/C3SD or www.3m.co.nz/C3SD