

Your name:

Date:



Part A

Please tick the correct TRUE or FALSE ANSWER.

Example: A care plan should evolve over time to incorporate changes in the resident's needs.

True False

1. The Star Skin Tear Classification System has 3 categories and 2 sub categories.

True False

2. As people age the skin thins due to a reduction in collagen and elastic fibre production.

True False

3. Skin can be stretched when realigning the flap on the wound.

True False

4. While assessing the wound it is not important to consider the condition and colour of the skin flap.

True False

5. Wearing long socks and long-sleeved shirts can help reduce the risk of skin tears.

True False



PART B

Select the **MOST CORRECT** answer from the options below each question.

Example: Person centred care planning should consider these needs of the older person:

- A. Physical and medical
- B. Medical and psychological
- C. Social and spiritual
- D. Physical, medical, psychological, social and spiritual

1. A skin tear is a wound that is the result of the
 - a) Dermis and epidermis becoming attached
 - b) Dermis and epidermis separating
 - c) Dermis and epidermis peeling off together
 - d) None of the other answers

2. Older people can be at risk of skin tears due to
 - a) dehydration
 - b) poor nutrition
 - c) medication
 - d) all of the other answers

3. It is important to place the rubbish bin
 - a) on the floor
 - b) in the sterile field
 - c) outside of the sterile field
 - d) on the older person's bed

4. A wound that is bleeding needs to be controlled by
 - a) applying pressure and elevating
 - b) an ice pack directly to the wound
 - c) applying a tourniquet above the wound
 - d) none of the other answers

5. Moisturisers and barrier creams should be applied to resident's skin at least
 - a) once a day
 - b) twice a day
 - c) once a week
 - d) once a month



PART C

Select the **MOST CORRECT** word or phrase to complete the sentence.

Example: A resident's.....signs such as temperature are also described as "obs" or "observations."

- A. life
- B. vital
- C. key
- D. health

1. The difference between the 'a' or 'b' category on the STAR Chart is the of the flap.

- a) colour
- b) texture
- c) size

2. According to the program dementia and issues are a risk factor for skin tears.

- a) hearing
- b) speech
- c) mobility

3. The secondary dressing should be at least larger than the wound.

- a) 4cm to 5cm
- b) 1.5cm to 2cm
- c) 6cm to 8cm

4. Nurses must the wound for signs of infection.

- a) monitor
- b) smell
- c) touch

5. Staff need to ensure that resident rooms are clutter to reduce the risk of skin tears.

- a) full of
- b) have some
- c) free of



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