

Program code: C160420

Live transmission: 20th April 2016

Program type: Core

Program category and standard: Clinical
Care/Wound Management
2.3,2.5,2.11

Program aim: Explore why older people are at more risk of skin tears and how to reduce this risk. Learn how to assess and dress a skin tear and how to provide follow-up care

Target audience: New Care Staff, Experienced Care Staff, Registered Nurses, Enrolled Nurses, Management.

Learning outcomes: After viewing this program participants should be able to:

- Define a skin tear
- Identify why older people are at risk of skin tears
- Outline strategies that can help minimise the risk of skin tears
- Recognise the key steps in the management of a skin tear

Think about:

Consider the following questions:

- Why are older people at a higher risk of skin tears?
- How do you categorise skin tears?
- How do wounds heal and how do you perform a follow up treatment?
- Why do skin tears occur and how do you prevent them from happening?

Active Learning Hours: This program and the accompanying assessment may require up to three hours of active learning. It is the learner's responsibility to calculate how many hours of active learning have taken place. The program viewed must be relevant to the care worker or nurse's context of practice for it to be considered continuing professional development. Certificates are available from your coordinator.

Subject Matter Expert

Dr Kathleen Finlayson (RN, PhD) has a Masters in Primary Health Care and undertook her PhD in the area of chronic wounds. In 2013 she was awarded a National Health and Medical Research Council Early Career Research Fellowship and works in the School of Nursing and Institute of Health and Biomedical Innovation at Queensland University of Technology. Over the past 20 years Kathleen has worked on research projects relating to wound management and prevention, primary health care and service delivery, chronic disease management, evidence based practice and implementation science.

Key definitions

Haemostasis	This is the first stage in wound healing where the blood clots to form a seal over the damaged vessels and acts as a temporary barrier.
Inflammatory phase	During this phase the skin becomes inflamed as the body tries to clean itself by releasing enzymes and chemicals to eliminate bacteria and foreign bodies. Pain, swelling and redness are common natural symptoms of this phase and are often mistaken for infection.
Proliferation or granulation phase	During this phase the wound bed develops a pebbled red tissue, The wound contracts at the edges and the flaps reunite with the bed of the wound, the dermis.
Epithelisation phase	During this phase the outer layer of the skin cells grow.
Maturation phase	During this phase the dermal tissues acquires greater tensile strength. This can go on for several months or even years.

Resources to support your learning



https://cms.qut.edu.au/_data/assets/pdf_file/0009/451764/flow-chart-skin-tear-management.pdf
Skin Tear Management Flow Chart

https://cms.qut.edu.au/_data/assets/pdf_file/0009/451809/skin-tear-assessment-tool.pdf
Skin Tear Assessment Tool

http://www.awma.com.au/publications/2010_wa_star-skin-tear-tool-g-04022010.pdf
STAR Skin Tear Classification System

<http://promoting-healthy-skin.qut.edu.au/>
Promoting Healthy Skin – A self directed learning resource



The resources for this ACC program have been developed with the support of the Health Television Network Pty Limited. www.htn.edu.au

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