

SKIN TEARS PREVENTION – RISK REDUCTION CHECKLIST

<p>SKIN</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1) Look at the skin and determine if there is a previous history of skin tears. <input type="checkbox"/> 2) If the patient has particularly dry and fragile skin use an emollient to moisturise areas such as the hands, arms, and legs. <input type="checkbox"/> 3) Bathe using a pH balanced cleanser and avoid using hot water. <input type="checkbox"/> 4) Avoid the use of strong adhesives, dressings, and tapes (e.g. Steri-strips). <input type="checkbox"/> 5) Use protective clothing on the body's extremities (e.g. long sleeves and limb protectors). <input type="checkbox"/> 6) Keep fingernails short and avoid jewellery that could snag the skin. <input type="checkbox"/> 7) Use satin or silk pillows covers to reduce the risk of friction and shearing.
<p>GENERAL HEALTH</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1) Awareness of the increased risk of skin tears due to age. <input type="checkbox"/> 2) Ensure proper nutrition and hydration. <input type="checkbox"/> 3) Assess if patient has any comorbidities that may affect skin health or mobility (e.g. diabetes or visual impairment). <input type="checkbox"/> 4) Consider if the patient is on any medications that affect skin health (e.g. topical steroids). <input type="checkbox"/> 5) Take into account if the patient is undergoing any medical treatment that can impact the skin (e.g. chemotherapy). <input type="checkbox"/> 6) Identify if the patient has any cognitive impairment (e.g. dementia). <input type="checkbox"/> 7) Educate patients and carers on skin tear risk, prevention, and management.
<p>MOBILITY</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1) Conduct an environmental and fall risk assessment. <input type="checkbox"/> 2) Create a safe environment by padding furniture and equipment, as well as removing rugs that increase the risk of slipping. <input type="checkbox"/> 3) Ensure that sensible footwear is always worn. <input type="checkbox"/> 4) Improve manual handling techniques when lifting or repositioning a patient to avoid further friction or bumps. <input type="checkbox"/> 5) Maintain adequate lighting. <input type="checkbox"/> 6) Assess possible skin damage from pets. <input type="checkbox"/> 7) Use caution when dressing or bathing.

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