

MANNING BASE HOSPITAL

SKIN TEAR MANAGEMENT GUIDELINES



STAR CLASSIFICATION SYSTEM FOR SKIN TEARS²



Category 1a

A skin tear where the edges **can** be realigned to the normal anatomical position (without undue stretching) and the skin or flap colour **is not** pale, dusky or darkened.



Category 1b

A skin tear where the edges **can** be realigned to the normal anatomical position (without undue stretching) and the skin or flap colour **is** pale, dusky or darkened.



Category 2a

A skin tear where the edges **cannot** be realigned to the normal anatomical position and the skin or flap colour **is not** pale, dusky or darkened.



Category 2b

A skin tear where the edges **cannot** be realigned to the normal anatomical position and the skin or flap colour **is** pale, dusky or darkened.



Category 3

A skin tear where the edges **cannot** be realigned to the normal anatomical position and the skin flap is completely absent.

STEP 1: STOP BLEEDING

- Apply firm pressure and elevate
- Add alginate if required
- Remove once bleeding has stopped

MANAGE PAIN

STEP 2: CLEANSE

- Irrigate skin tear with warm 0.9% N/Saline
- Pat dry surrounding skin

STEP 3: APPROXIMATE

- Gently realign skin flap with moist sterile cotton bud
- **DO NOT** attempt to stretch skin "to make it fit" - leave wound open where skin is missing

STEP 4: LOCAL WOUND CARE

- Mepilex Border (shower-proof), Mepilex or Mepitel One (large, irregular shaped skin tears)
- Ensure dressing extends at least 1 cm beyond skin tear onto intact skin
- Draw arrow, if appropriate, on dressing in the direction of the skin flap and due date for removal

STEP 5: LIMB PROTECTION

- Limb Protector™
- Crepe bandage or Tubular retention bandage (e.g. Tubifast™)

STEP 7: TETANUS IMMUNOPROPHYLAXIS

- Check status
- Update if required

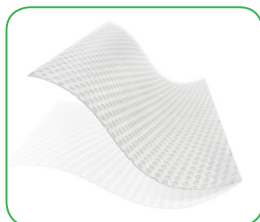
STEP 6: DOCUMENTATION

- Document Skin Tear Category
- Commence Wound Chart
- Referral to CH for ongoing care
- Hand out patient instruction sheet

STEP 8: MONITOR

- Check for signs of complication / infection
- ANY INCREASE IN:
 - Pain
 - Warmth
 - Tenderness
 - Odour
 - Redness
 - Purulent exudate
 - Fever

Mepitel® One



Mepilex®



Mepilex® Border



Tubifast™



PREVENTION TIPS

1. Control bleeding and clean the wound according to protocol.
2. Realign (if possible) any skin or flap.
3. Assess degree of tissue loss and skin or flap colour using the STAR
4. Classification System.
5. Assess the person, their wound and their
6. healing environment as per protocol. If skin or flap colour is pale, dusky or darkened reassess in 24-48 hours or at the first dressing change.

Provide good nutrition and make sure patients are well hydrated