

# The South West Regional Wound Care Program

## Skin Tear Risk Assessment Tool

Person's Name:

ID Number:

Assessment Date:

### Skin Tear Risk Classification

#### Group 1

- History of skin tears
- Actual number of skin tears

#### Group 2

- Decision making skills highly impaired
- Decision making skills slightly or moderately impaired
- Extensive/total assistance required for ADLs
- Wheel chair assistance needed
- Impaired balance
- Bed or chair confined
- Unsteady gait
- Bruises

#### Group 3

- Physically abusive
- Resists assistance with ADL care
- Agitation
- Hearing impaired
- Decreased tactile stimulation
- Wheels self
- Manually/mechanically lifted
- Contractures of arms, legs, shoulders, hands

- Hemiplegia, hemiparesis
- Trunk-partial or total loss of balance or turn body
- Pitting edema of legs
- Open lesions on extremities
- 3-4 senile purpura on extremities
- Dry, scaly skin

### Recommendations Based on Risk:

- Positive response for any one item in Group I: automatic placement in risk-reduction program.
- Positive response to any four items in Group II: automatic placement in risk-reduction program.
- Positive response to five or more items in Group III: automatic placement in risk-reduction program.
- Positive response to three items in Group II with three or more in Group III: automatic placement in risk-reduction program.

### Interventions for People at Risk

#### Provide Safe Environment

- Free room of any obstacles that obstruct pathway around bed and bathroom
- Protect arms and legs with long sleeves, long socks, leg warmers or special leggings
- Padded side rails, padded wheelchair devices, padded table edges
- Provide a safe area for wanderers
- Provide adequate lighting to reduce risk of bumping into furniture, doorways
- Leave night light on in bathroom
- Leave side rails down at night if possible
- Make hourly rounds
- Install bed alarm
- Provide well-fitting shoes with skid-free soles
- Loose-fitting adaptive clothing with back closures
- Protect all areas of previous purpura
- Use pillows between bony prominences
- Use pillows to keep arms and legs inside bed rails
- Check for sharp edges on wheelchairs and recliners

X

Signature and Designation

Person's Name: \_\_\_\_\_ ID Number: \_\_\_\_\_ Date: \_\_\_\_\_

- Proper transferring and lifting techniques including mechanical lifts
- Avoid touching skin on arms and legs when transferring; use palms of hands.
- Get OT or PT consult for positioning and transferring; wheelchair assessment
- Extra precautions taken with people requiring extensive or total assistance with ADL's (dressing, bathing, toileting and transferring)
- Safe removal of tapes and dressings

**Maintain Nutrition and Hydration**

- Dietary assessment
- Offer fluids between meals two times every shift
- Track intake and output
- Keep skin hydrated with lubricating cream twice daily

**Other Interventions**

Signature and Designation: \_\_\_\_\_ Date: \_\_\_\_\_

