The International Skin Tear Advisory Panel (ISTAP) has developed an "International Skin Tear Advisory Panel: Evidence Based Prediction, Prevention, Assessment, and Management of Skin Tears" document. This resource provides guidance on recognizing skin tears, understanding the risk factors, and implementing prevention strategies. The document highlights the importance of interdisciplinary collaboration and the need for ongoing education to enhance skin tear awareness.

### Skin Tear Risk Assessment Pathway *

- **GENERAL HEALTH**
  - Chronic/critical disease
  - Polypharmacy
  - Impaired: cognitive, sensory, visual, auditory, nutrition

- **MOBILITY**
  - Falls
  - Mobility, dependent activities of daily living (ADLs), mechanical trauma

- **SKIN**
  - Extremes of age, fragile skin

#### At Risk: 1 or more of the risk factors listed above

#### High Risk: 2 or more risk factors

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### Skin Tear Prevention Guide

- **Risk Factor**
  - **Initial**
    - General health
    - Mobility
    - Skin
    - Healthcare setting
  - **Contributor**
    - Medications: Anticoagulants
    - Devices: Canes, walkers, crutches

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### Quick Reference Guide for the ISTAP Risk Reduction Program

- **Risk Evaluation**
  - **Skin Tear Type**
    - Grade 1
    - Grade 2
    - Grade 3
  - **Considerations**
    - Non-adherent cover dressing
    - Adherent cover dressing

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### Summary

The ISTAP Skin Tear Tool Kit is designed to provide a foundation for assessment and intervention for skin tears. It includes the following key points:

- Skin Tear Risk Assessment Pathway
- Prevention Study Data Collection Sheet
- Pathway to Assessment/Treatment of Skin Tears

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### Key Points

- Skin tears are acute wounds that have a high risk of becoming complex chronic wounds.
- Skin tears have been reported in the literature to have prevalence rates equal to or greater than those of pressure ulcers.
- Although commonly associated with the older adult population, skin tears are also common in the critically ill, pediatric, and premature neonatal population.
- A comprehensive risk assessment should include assessment of the individual’s physical health (chronic/critical illness, polypharmacy, cognitive, sensory, visual, auditory, and nutrional status), mobility, falls, impaired mobility, dependent activities, and mechanical trauma.
- Skin (extremes of age, fragile skin, and previous skin tears).

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### References

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