



# Indigenous Person with a Skin Tear

## Identify the Cause

### GENERAL HEALTH:

- Chronic/critical diseases
- Polypharmacy and potential interactions with traditional medicine
- Cognitive, sensory, visual, auditory
- Nutrition and hydration

### PHYSICAL FUNCTIONING:

- History of falls,
- Altered mobility
- Activities of daily living (ADLs)

### SKIN:

- Extremes of age
- Mechanical injury
- Fragile skin
- Previous skin tears

### SOCIAL DETERMINANTS OF HEALTH:

- Financial security
- Food security
- Health equity and equality
- Mental health and well-being
- Literacy
- Cultural safety and trust in health care system
- Environmental health and sanitation (water, climate, air, land)
- Transportation

## Local Wound Care

- Acknowledge and integrate traditional knowledge, practices and medicine
- Careful dressing removal
- Cleanse, control bleeding
- Approximate wound edges
- Assess and classify according to ISTAP™ Indigenous Skin Tear Algorithm

## Person-Centred Concerns

- Support the use of traditional practices and medicines
- Create a culturally safe environment
- Address pain and other symptoms
- Educate person and their circle of care/caregivers
- Enable activities of daily living (ADLs)

## Debridement

- Nonviable tissue only
- Do not use sutures, staples, or adhesive wound/skin-closure strips

## Infection/Inflammation

- Topical antimicrobials for local infection
- Systemic antibiotics for deep tissue infection
- Consider tetanus immunization

## Moisture Balance

- Periwound protection (e.g., film-forming liquid acrylate)
- Wound: nonadherent or low-tack dressing
- Facilitate moist wound healing

## Nonadvancing Edge

- Reevaluate the skin tear
- Consider active therapy

## Nonhealing Wound

- Reevaluate the skin tear

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NURSES SPECIALIZED IN WOUND, OSTOMY AND CONTINENCE CANADA  
INFIRMIÈRES SPÉCIALISÉES EN PLAIES, STOMIES ET CONTINENCE CANADA



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Working towards a **world without skin tears.**

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