



WORKING TOWARDS A WORLD WITHOUT SKIN TEARS

What are skin tears?

Fragile or thin skin that tears easily can predispose an individual to skin tears.

Skin tears are painful and are a common problem in all health care settings, affecting all ages. Nevertheless, skin tears are a preventable health care issue.

- "A skin tear is a traumatic wound caused by mechanical forces, including removal of adhesives. Severity may vary by depth (not extending through the subcutaneous layer)" LeBlanc et al, 2018
- A loose flap of tissue can result, and can usually be reapproximated.
- Skin tears have a high risk of becoming a complex chronic wound.
- A comprehensive risk assessment should be performed. Consult the ISTAP website to access the *Pathway to Assessment/Treatment* and the *Risk Assessment Pathway* at www.skintears.org/resources
- Consult the *2018 Best practice recommendations for the prevention and management of skin tears in aged skin* on the ISTAP Website for more information.

Tools and Resources

Visit the ISTAP website to access other tools and resources available to you, including:

- Assessment and Treatment Pathway
- Risk Assessment Pathway
- Risk Reduction Program
- Decision Algorithm

International Skin Tear Advisory Panel (ISTAP)

The International Skin Tear Advisory Panel (ISTAP) is an interprofessional collaboration dedicated to improving outcomes for individuals with skin frailty, at risk of and/or experiencing skin tears across the continuum of care through education, research, advocacy, and collaboration.

Comprised of a global panel of multidisciplinary healthcare professionals, ISTAP actively participates in global education and promotes evidence-based practice in the prevention and treatment of skin tears.

The ISTAP website (www.skintears.org) has information and tools available for you to use in your facilities and at home to help prevent and care for skin tears.

Join Today! www.skintears.org

Join now for **free** to gain access to the latest information on skin tears, including *2020 ISTAP Best Practice Recommendations For Holistic Strategies To Promote and Maintain Skin Integrity* in order for you to improve your patient outcomes.

As a member, you will also receive our ISTAP Communiqué four times per year via email, which contains updates on the latest information in skin tear prevention across the globe, ISTAP organization updates, and news about upcoming events hosted by ISTAP and our International Official Partners.



ISTAP Skin Tear Classification System

The ISTAP Skin Tear Classification System should be utilized to ensure a common language for identifying and documenting skin tears. It can be accessed in several languages online at www.skintears.org/resources, including:

- Arabic
- Chinese
- Czech
- Danish
- Dutch
- English
- French
- German
- Hebrew
- Italian
- Japanese
- Portuguese
- Brazilian
- Portugese
- Spanish
- Swedish
- Turkish

If you'd like the tool translated into another language, please contact info@skintears.org.

Type 1: No Skin Loss



Linear or Flap Tear which can be repositioned to cover the wound bed

Type 2: Partial Flap Loss



Partial Flap loss which cannot be repositioned to cover the wound bed

Type 3: Total flap loss



Total Flap loss exposing entire wound bed

Definition of a flap: "A flap in skin tears is defined as a portion of the skin (epidermis/dermis) that is unintentionally separated (partially or fully) from its original place due to shear, friction, and/or blunt force. This concept is not to be confused with tissue that is intentionally detached from its place of origin for therapeutic use e.g. surgical skin grafting" Van Tiggelen et al, 2020

LeBlanc et al 2013

International Official Partners

ISTAP currently has formal partnerships with 15 organisations globally including global & national associations, research centres, and higher education institutions. For a full list of ISTAP's International Official Partners, please visit: www.skintears.org/partners. To inquire about becoming an International Official Partner, please contact info@skintears.org.



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

ISTAP is an Official Interest Group of Nurses Specialized in Wound, Ostomy and Continence Canada (NSWOCC).

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