

# Title: Skin tear E-Kit and instruction card to improve the workflow of skin tear management in care home

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## Background

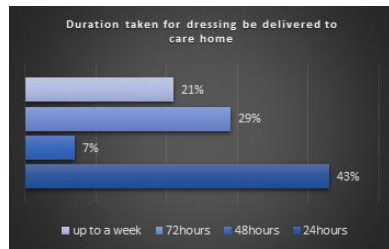
Skin tear is a traumatic acute wound and most common skin problem in older adult, and it can be a painful wound that can compromise the quality of life and cause distress to the resident (LeBlanc K et al, 2018)

According to International Skin Tear Advisory Panel (ISTAP), treatment of skin tears should aim to preserve the skin flap and maintain the surrounding tissue, re-approximate the edges of the wound, and reduce the risk of infection and further injury while considering any comorbidities. In order to preserve the viability of the skin flap, appropriate treatment should initial as soon as possible with appropriate wound care product chosen is important to optimize the wound healing process and minimize pain upon dressing change.

However, inappropriate dressing product, E.g., strong adhesive component dressing, adhesive strips or gauze has been used in care homes as there are no appropriate wound product available when a skin tear occurred. Hence, the large parts of the epidermis was tear off and resident are suffering in pain upon dressing removal.

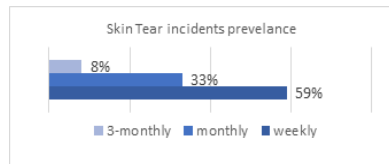
A preliminary survey in 2 residential care home and 4 nursing home in Sanctuary care Scotland found that:

- 59% of skin tears happen weekly in these care homes
- total of 57% of participants reported delays as long as 48hours up to 1 week in getting dressing, affecting wound healing and resident comfort.



In additionally, considering the knowledge and access to skin tear dressing:

- 64% have access to proper dressing for skin tears, while 36% do not.
- 71% claims they know the right dressing for skin tears, but only half answered correctly. This suggests that while 64% claim to have access to dressing, the actual percentage of staff with correct dressing for skin tears might be lower, potentially increasing the percentage of staff without proper dressing. This highlight opportunities for improvement in both knowledge and access to appropriate dressing for skin tear



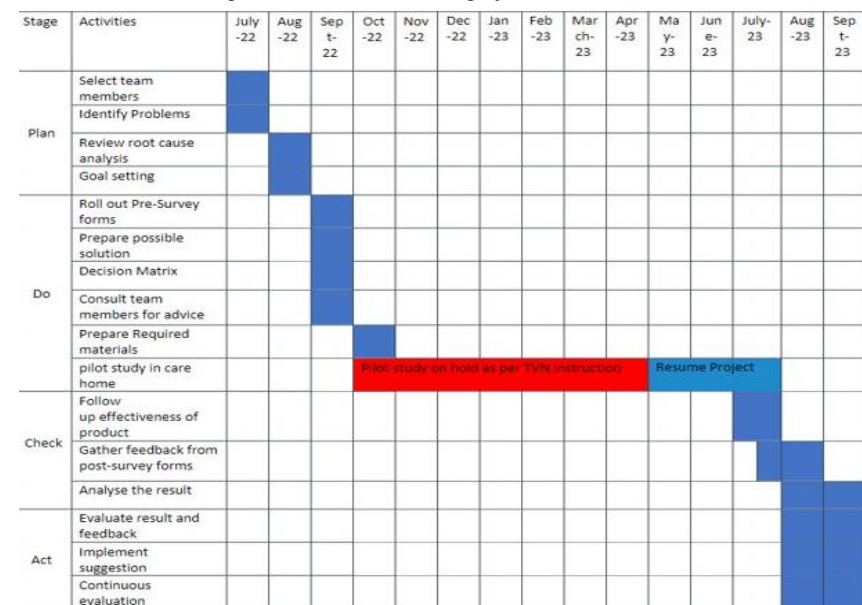
## Objective

To improve staff knowledge and accessibility to appropriate dressing product when skin tear occurs by mean of having a Skin Tear E-kit and instruction card by:

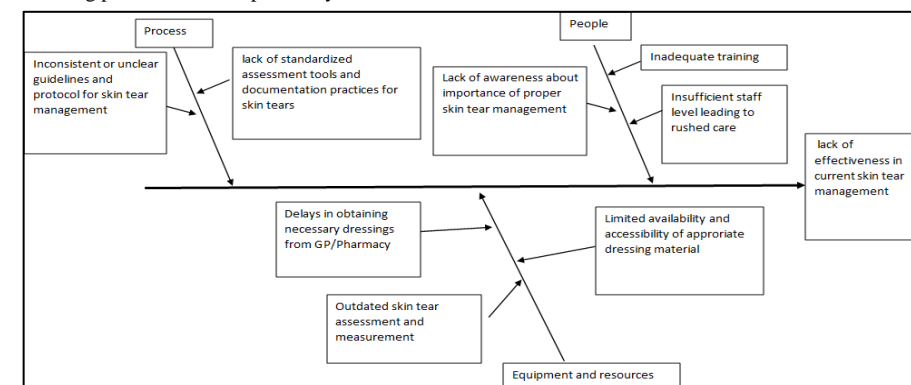
- Increase 80% of staff knowledge toward skin tear management by Sept 2023
- Enhance 100% staff compliance to use appropriate dressing product when skin tear incident occurred by Sept 2023
- Achieve 80% of staff satisfaction with the use of skin tear E-Kit by Sept 2023
- Increase 80% of staff confidence level on skin tear management by Sept 2023

## Target Setting tool & Root Cause analysis.

Gantt Chart were used to plan and monitor the whole project



Project derived the root cause of the lack of effectiveness on current skin tear management with Ishikawa fishbone diagram. The root cause analysis identified lack of knowledge, lack of standardised assessment tool, limited accessibility to skin tear dressing and delays in obtaining dressing product from GP/pharmacy as the root causes



## Project development

2 possible solutions suggested and listed out the advantages and disadvantages, to weigh out the best option in the decision for the solutions and decided upon creating a Skin Tear E-kit and Instruction Card as the best solution. The Skin Tear E-kit and Instruction Card was piloted on 8 selected care home of a period of 3 months for its effectiveness.

Possible solution	Advantages	Disadvantages
1 Staff education on Skin tear management	-Increase awareness of the skin tear management, leading to optimize the wound healing process and minimize pain upon dressing change -more cost effective	-Trained staff may still not able to comply after training as no appropriate dressing product available - Staff education requires dedicated time for training sessions, which can place additional demands on the already busy schedules of staff
2 Produce a Skin tear E-kit and instruction card	-Easy and convenient to implement with simple instruction card in place -increase staff compliancy of skin tear management when skin tear occurred -immediate access to the right dressing product for skin tear to reserve the viability of the skin flap when skin tear occurred -Instruction card included in E-kit can provide clear and standardized guidance on how to manage skin tear -Instruction card can serve as an educational tool, providing essential information on skin tear assessment. This improves knowledge of skin tear management effectively	-Requires financial investment -Requires regular maintenance of E-kit to ensure adequate supply of dressing -variability in adherence to protocol and procedures can impact the effectiveness of the E-kit

## Intervention

The intervention included create a E-kit and instruction card.

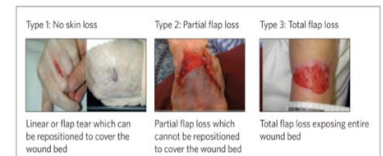
Skin Tear E-kit contains a dressing pack, saline, Mepital One dressing, Kliniderm silicone-based dressing and instruction card.



**Initial skin tear management guidance as per ISTAP**

- Control bleeding by gently apply pressure and elevate limb if appropriate
- Cleanse with saline and remove visible debris
- Re-approximate skin flap if viable gently by ease the flap back in place with gloved fingers/dampened gauze tip then classify type of skin tear (refer back of the card)
- Apply silicone web dressing (Primary dressing) to secure the skin flap then apply silicone based foam dressing (secondary dressing)
- Mark the dressing with an arrow to indicate the direction of removal
- Document and formulate care plan. Request dressing product and refer to GP/district nurse if needed
- Refill the E-kit with appropriate dressing product

- Front design of instruction card contained simple instruction for staff to follow when skin tear incident occur
- Back design of instruction card contained the picture of the skin tears categories.



## Result

Feedback collected in trial care homes to find out the effectiveness of Skin Tear E-Kit and instruction card found:

1. Improvement in staff knowledge and understanding:
  - 100% of participants agreed that the Skin Tear E-kit and instruction card will improve staff knowledge and understanding of skin tear management.
2. Overall Satisfaction:
  - 78% of staff members reported "very satisfied" with their overall experience using the E-kit.
  - 22% of staff members reported "satisfied" with their overall experience using the E-kit.
3. Enhancing Staff Compliance:
  - 100% of participants believe that the Skin Tear E-kit and instruction card will enhance staff compliance in using appropriate dressing and technique.
4. Increase in Confidence:
  - 89% of participants stated that their confidence level increased by using the kit.
5. Ease of Use - Instruction Card:
  - 67% of participants found the instruction card "very easy to follow."
  - 33% of participants found the instruction card "easy to follow."
6. Overall Effectiveness:
  - The Skin Tear E-kit and instruction card received an impressive average score of 4.78 out of 5 for overall effectiveness in improving the management of skin tear.
7. Permanently Implementing the E-kit:
  - 100% of participants expressed that implementing the Skin Tear E-kit and instruction card permanently in care homes would be beneficial.

These results showcase the positive impact of the Skin Tear E-kit and instruction card, with strong agreement on their effectiveness, usability, and the desire for permanent implementation in care home settings.

## Continuous improvement & sustainability

The feedback of Skin Tear E-Kit and instruction card has been overwhelmingly positive. Notably, 100% of the staff believe that implementation of the E-Kit permanently would be beneficial. This reflects the potential to enhance the current skin tear management process. As this is the pilot phase of project, we aims to roll out the E-kit project to the rest of care homes under Sanctuary Care Scotland.

In order to implement E-kit successfully across care homes, actions will include; Provide thorough training to all staff members on how to use the E-kit effectively, which will potentially increase the staff confident level and overall effectiveness of E-kit. Develop a comprehensive implementation plan, engaging with stakeholders for funding the implementation, establish a feedback system to collect input from staff member and assess the impact and performance of the skin tear E-kit in each care home.

## Conclusion

Implementing a skin tear E-kit with appropriate dressings and an instruction card can enhance the overall management of skin tears by addressing the lack of access to proper dressings, providing standardized guidance, improving knowledge, streamlining the process, and promoting consistent documentation. However, it's important to consider other factors such as training, monitoring, and ongoing evaluation to ensure successful implementation and sustained improvements in skin tear management.