

# SKIN TEARS IN THE ELDERLY : WOUNDS THAT ARE DIFFICULT TO TREAT

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(Translation ReSkin Medical NV)

## What is a skin tear?

It is a detachment of the superficial dermis associated with minimal trauma during shock or manipulation. It is a predominantly acute wound to the limbs, most often leaving a skin flap and an underlying hemorrhagic area. Its prevalence is underestimated, and is probably higher than that of pressure ulcers.

## What kind of care?

- + Control bleeding,
- + Clean with saline,
- + Appreciate the vitality of the flap and reposition it,
- + Do not suture the wound,
- + No consensus on the type of dressing to be applied.

## How can they be prevented?

- + Careful handling of the patient,
- + Twice-daily skin moisturization of risk areas,
- + Wear suitable clothing (long sleeves),
- + Use of specific polymer gel skin protectors.

## What are the predisposing factors?

Skin tears are promoted by skin aging, which leads to thinning of the skin, loss of elasticity and reduced tensile strength. There are other precipitating factors such as: dehydration, undernutrition, drugs (corticoids, anticoagulants, anti-aggregants), sensory and motor disorders, cognitive disorders...

## An innovative bandage: SPYCRA Protect®

- + It is an interface consisting of elastic Lycra® fibers coated with silicone on one side. The dressing is micro-adherent, conformable and repositionable.
- + It is applied directly to the wound after replacing the skin flap without traction.
- + The dressing is left on for an average of 7 days until the flap is reattached.

## Our experience

**Patient 1 (UGA): 92-year-old man, COPD under inhaled corticosteroid therapy. Hand wound.**



D0



D0: Repositioning of the flap



D0: Coverage by the dressing



D + 7 days:  
Removal of the dressing

After  
7 days

**Patient 2 (USLD) : 90-year-old woman, leg wound against her wheelchair**



D0



D0: Repositioning of the flap



D0: Coverage by the dressing



D + 9 days:  
Removal of the dressing

After  
9 days

## Conclusion

- + Skin tears are a frequent wound in geriatrics, difficult to treat.
- + A new conformable dressing allows a simple, quick, inexpensive, painless and patient friendly management of these wounds, with a very satisfactory functional result.

