

## NURSING QUICK REFERENCE: WOUND CARE BASICS

Provided by Singh Wound Care | Dr. Singh, MD *Mobile Physician Services* • (833) WOUNDOC

### GUIDE 5: Skin Tears (The "Fragile Skin" Injury)

- **Primary Cause: Trauma (bump/shear) on fragile/elderly skin. Most Common Sites: Arms, Hands, Shins.**
- 🔍 **Identification (Payne-Martin System)**
- **Category 1: Skin flap is intact and can cover the wound completely.**
- **Category 2: Partial skin flap loss (cannot cover the whole wound).**
- **Category 3: Total skin flap loss (wound is open).**
- ✅ **The Singh Standard (Management)**
- **Preserve the Flap: If the skin flap is still there, roll it back over the wound gently using a wet Q-tip (saline). It acts as a "biological dressing."**
- **Non-Adherent: Use silicone or non-adherent dressings (Mepitel, Adaptic). NEVER use strong adhesive tapes directly on fragile skin.**
- **Arrow Drawing: Draw an arrow on the dressing indicating which direction to pull when removing, so you don't rip the flap open again.**
- 🚩 **Red Flags**
- **Uncontrolled bleeding (patient on blood thinners).**
- **Hematoma (large blood blister) forming rapidly under the flap.**