Skin tear prevention

HE LIKES THE REDUCTION IN OPERATING COSTS

SHE LIKES THE REDUCTION IN SKIN TEARS

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The dual burdens of skin tears

1. The quality of life impact of skin tears
   - Skin tears in aged care residents can lead to:
     - Distress for patients and families
     - Ulcers
     - Prolonged hospital stays
     - Infection

2. The economic impact of skin tears
   - Treatment can be lengthy, requiring daily wound dressing changes, care and waste disposal
   - An Australian study analysing the costs of treating wounds estimated the mean cost of treating a skin tear to be $488.95

Skin tears become more common as we age

UP TO 41.5% prevalence rate in aged care populations
QV can significantly reduce aged care costs

Australian study analysed cost of treating wounds

QV skin lotion has been proven to reduce skin tears by half

Mean cost of wound treatment: $488.95

Total cost of wound treatment: $79,210

162 wounds in 82 patients over 20 weeks

SO HOW MUCH COULD QV SAVE?

$36,292 total saving ($79,210 - $39,116 - $3,802)

or

$94,359 over a year

Reduction in number of wounds: 162 down to 80

Reduction in cost of wound treatment: $79,210 to $39,116

Total cost of QV skin lotion over 20 weeks: $3,802
Skin tear prevention studies show positive results

Trial 1 Carville et al, Western Australia\(^5\)

- 984 aged care residents from 14 facilities, divided into intervention (n=420) and control (n=564) groups
- Residents in intervention group received twice-daily application of moisturiser on their arms and legs
- Residents in control group received ad hoc or no standardised skin-moisturising regimen

**Average monthly incidence rate per 1,000 occupied bed days\(^5\)**

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<th>0</th>
<th>2</th>
<th>4</th>
<th>6</th>
<th>8</th>
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<tbody>
<tr>
<td>Control group</td>
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<tr>
<td>Intervention (Moisturiser) group</td>
<td>5.76*</td>
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\(\text{p}=0.004\). A total of 1,396 skin tears on 424 residents were recorded during the study.
Trial 2  Finch, Queensland

- 430 patients aged over 65 years who were hospitalised
- All patients received twice-daily application of moisturiser (QV Skin Lotion) on their arms and legs
- Incidence of skin tears was compared to data from an incidence survey from the hospital

<table>
<thead>
<tr>
<th>45%</th>
<th>51%</th>
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<tbody>
<tr>
<td>Reduction in skin tear patients</td>
<td>Reduction in skin tears</td>
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Real-world experience in preventing skin tears

Case study 1
Bucklands Lodge, North Plympton, SA

Bucklands Lodge is a high care facility in Adelaide with 147 residents.

After conducting a skin assessment on the residents and identifying that 75% were at risk of injury, the care team decided to monitor the frequency of skin tears over a six-month period.

At the end of this period, residents’ arms and legs were moisturised twice daily with QV Skin Lotion for a further six months and the frequency of skin tears was again monitored.

Overall, there was a 31% reduction in skin tears.

Given this very pleasing result, all residents continue to receive twice-daily moisturising with QV – residents at low risk of skin tears use QV Skin Lotion, those at high risk use QV Cream, and those with very dry skin use QV Bath Oil.

“We are very impressed with the QV products, they have given us a brilliant outcome.”

Nan Lui, Care Manager

<table>
<thead>
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<th>Baseline period:</th>
<th>1 July to 31 December 2015</th>
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<tr>
<td>Number of skin tears:</td>
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<table>
<thead>
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<th>Intervention period:</th>
<th>1 January to 30 June 2016</th>
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<tr>
<td>Intervention:</td>
<td>Moisturising arms and legs with QV Skin Lotion twice daily</td>
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<td>Number of skin tears:</td>
<td>58</td>
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</tbody>
</table>

| Decrease in skin tears: | 26 (31%) |
Case study 2
Willowbrooke Aged Care Facility, Ferntree Gully, Victoria

With 49 residents, Willowbrooke is a small-to-medium sized facility in Melbourne.

In August 2016, the care team reviewed skin tear incidents in the facility. Based on this, 20 residents who had a high incidence of skin tears were identified and invited to take part in a skin tear prevention trial.

Each resident’s arms and legs were moisturised twice daily with QV Skin Lotion for a period of three months. Training was also provided to staff to help mitigate situations where skin tears can occur.

At the end of the trial, skin condition was improved in 85% of residents and there was a 27% reduction in skin tears.

It was also noted that when skin tears did occur, they tended to be less severe than those prior to the trial.

“We were really happy with the products, as well as the education and support that Ego provided.”

Sherryn Allen, Care Manager

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<tr>
<th>Baseline period:</th>
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<td>Intervention period:</td>
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<td>Intervention:</td>
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<td>Number of skin tears:</td>
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<tr>
<td>Decrease in skin tears:</td>
<td>6 (27%)</td>
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How QV Gentle Wash and QV Skin Lotion help prevent tears in ageing skin

In addition to using a moisturiser that contains humectants twice daily, a soap-free, moisturising cleanser may also help reduce the risk of skin tears.

1 Cleanse with QV Gentle Wash

- 15% glycerin
- pH balanced
- Free from fragrance, colour, lanolin and propylene glycol
- Designed to cleanse the skin without drying

Benefits for patients:

- Non-drying
- Low irritation potential
- Suitable for patients with eczema, dermatitis, psoriasis, dry and very dry skin
- Non-soap surfactants foam and clean effectively without drying
- Added humectant (glycerin) helps hydrate the skin

2 Moisturise with QV Skin Lotion twice daily

- pH balanced
- Low-irritant formulation
- Light, non-greasy lotion
- Free from fragrance, colour, lanolin and propylene glycol

Benefits for patients:

- Helps seal in natural moisture by acting as a protective barrier
- Suitable for patients with eczema, dermatitis, psoriasis and dry skin
- Helps prevent and relieve dry skin