



- Only staff trained by an Appropriately Qualified Health Professional (AQHP) can perform this procedure.
- This procedure is a guide only and may not be appropriate in all circumstances. Therefore, instructions from an AQHP must always be obtained and followed.
- This procedure should be read with the [NDIS LWB 5600 High Intensity Daily Personal Activities - Procedure](#), [NDIS LWB 5501 Health and Wellbeing - Procedure](#), [Medication Administration Procedures](#) and in consultation with the person.

Only an AQHP (e.g., Wound Care Registered Nurse) can apply dressings and wound healing devices.

The AQHP is to provide training in any required wound care and is in the scope of practice of a Disability Support Worker (DSW).



## Skin Tear Support Procedure



### Check

- Check and follow the person's Complex Wound Care – Plan.
- Check that the required equipment and consumables are available and ready for use.
- Confirm how the person would like to be actively involved in their support, as outlined in their plan, and to the level they choose.
- Explain the procedure to the person and seek their consent to proceed.



### Support

- **Call emergency services on 000 (triple 0)** if the bleeding cannot be stopped.
- **Seek urgent medical advice whenever:**
  - There are signs of infection, fever, red wound, hot and swelling, foul smelling, pus is observed, or the person has ongoing pain and discomfort.

- The wound is a full skin-thickness tear.
- The person has a weakened immune system.
- Wear the appropriate PPE – latex-free disposable gloves, gown or apron, face shield, or protective goggles. Refer to the [NDIS LWB 5507 Let's Talk About PPE for Support Activities](#) for the correct PPE requirements and follow hygiene and infection control procedures.
- DSWs should have short fingernails when providing personal care.
- Ensure a safe environment to prevent scratches, cuts and grazes.
- Ensure bed linen and clothing are wrinkle-free.
- Ensure the correct lifting techniques are followed per the person's [Transferring, Repositioning, and Mobility \(TRAM\) Plan](#) when supporting the person to change position. For example, a slide sheet or hoist may be appropriate.

### **Skin Tear**

- Apply direct pressure on the wound to control bleeding. Do not rub the wound.
- Rinse the wound with clean water or saline solution (from a first aid kit).
- Let the wound dry.
- Apply a non-stick gauze bandage to the wound.
- Place any used equipment or dressings in a plastic bag and dispose of them in the general rubbish bin.
- Obtain medical advice as soon as a skin tear injury is identified.
- Follow the Complex Wound Care Plan, which an AQHP has developed.
- Actively involve the person in their support, as outlined in their plan, and to their chosen level.
- Assist the person in keeping their skin clean and moisturised.



### **Report**

- Note the location on the body, size (e.g., length and width), appearance (shape, pattern, and colour), and any presentation of pain or discomfort.
- If skin integrity issues, pressure injury or wounds result from a failure to implement the person's documented support strategies, this should be recorded in iReport as *Category Client Wellbeing> Category Type Neglect*.
- Any unexplained bruising, suspicious mark or injury must be reported immediately to the DSL or On Call, and iReport event created – *Category Client Wellbeing>Category type Injury>Category Subtype Unexplained Serious/Minor Injury*

- Report any skin tear injury, concerns, and issues immediately to the Disability Support Leader<sup>1</sup> (DSL) or On Call and complete iReport event.
- Document all wound care and prevention methods in progress notes and record any areas of skin changes or pressure damage in the [NDIS LWB 5553 Bruising, Injury and Skin Integrity - Recording Chart](#).

## For Further Guidance and Advice

Contact the AQHP who developed the person's support plan.

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<sup>1</sup> All references to Disability Support Leader (DSL), includes all Frontline Leadership roles, such as House Supervisor.