

# TOP 10 CHECKLIST FOR HOME OR SELF-MANAGEMENT OF SKIN TEARS

- 1) Have I been given an individualised skin tear prevention and management plan?
- 2) Am I ensuring I eat enough nutritious food?
- 3) Am I staying hydrated?
- 4) Am I bathing using pH-balanced cleanser?
- 5) Am I using an emollient to moisturise my skin (especially the arms, hands, legs)?
- 6) Am I wearing protective clothing (e.g. long sleeves and tubular bandages)?
- 7) Am I wearing sensible footwear to prevent slips and falls?
- 8) Have I created a safe environment (e.g. padding furniture and adequate lighting)?
- 9) Am I keeping as active as possible?
- 10) Am I keeping my nails short and avoiding jewellery that can scratch or snag the skin?

Find out more at [www.richardsonhealthcare.com](http://www.richardsonhealthcare.com)

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