

Nurses' perception of pain and skin tearing during dressing change

Jung Yoon Kim

RN.,Ph.D.,KGAPN.,CWCN, WOCN

Division of Nursing, Seoul National University Bundang Hospital, Seongnam-si,
Republic of Korea

Introduction

Purpose

This study aimed to investigate Korean nurses' level of awareness of pain and skin tearing in wound bed and/or peri-wound skin at dressing change.

Method

A descriptive study was performed. Convenience sampling was employed and registered nurses were recruited from attendees of continuing education program. A total of 399 participants (RN) completed questionnaire. Data was collected from September to November 2022.

Result

Many of them perceived skin tearing and wound related pain associated with dressing changing, but most of them did not assess and record it. More than half of respondents reported that they did not provide nursing intervention to prevent it. Many of them reported that a systematic educational program for preventing pain and skin tearing at dressing change was needed.

Result & Conclusion

Table 1. Evaluation and documentation of pain and skin tearing at dressing change (N=399)

Variables	Characteristics	n (%)
Assessment of pain	Yes	172 (43.1)
	No	227 (56.9)
Assessment of skin tearing	Yes	264 (66.2)
	No	135 (33.8)
Documentation of pain	Yes	168 (42.1)
	No	231 (57.9)
Documentation of skin tearing	Yes	132 (33.1)
	No	267 (66.9)
Use scale or classification tool related to skin tearing	Yes	71 (17.8)
	No	328 (82.2)
I observe frequently patients feel pain at dressing change	Yes	325 (81.5)
	No	74 (18.5)
I observe frequently skin tearing at dressing change	Yes	257 (64.4)
	No	142 (35.6)
Frequency of observing pain (per week)	>20	84 (25.8)
	20-40	200 (61.5)
	<40	41 (12.6)
	>20	17 (6.6)
Frequency of observing skin tearing (per week)	<10	117 (45.5)
	10-20	123 (47.9)
	>20	17 (6.6)

Table 2. Dressing type causing pain and skin tearing at dressing change(N=399)

Characteristics	Mean ± SD
Soft cloth tape (Adhesive non-woven fabric)	2.51 ± 1.61
Transparent film	2.96 ± 1.35
Hydrocolloid	3.23 ± 1.41
Foam dressing with acrylate adhesion on polyurethane foam based	3.38 ± 1.51
Soft silicone adhesive	4.05 ± 1.81

Table 3. Strategies to prevent pain and skin tearing at dressing change (N=399)

Variables	Characteristics	n (%)
Use intervention to prevent pain	Yes	160 (40.1)
	No	239 (59.9)
Use intervention to prevent skin tearing	Yes	152 (38.1)
	No	247 (61.9)
Strategies to prevent pain	Soak or spray old dressing in N/S before removal	48 (30.0)
	Use pain medication	46 (28.8)
	Support surrounding skin (e.g. Window using hydrocolloid, skin sealant, skin barrier cream, crusting method)	5 (3.1)
	Select non traumatizing dressings	19 (11.9)
	Slowly remove dressing along skin texture direction	19 (11.9)
	Use medical adhesive remover	13 (8.1)
Strategies to prevent skin tearing	Emotional support (encouraging the patient to get involved, distraction)	10 (6.3)
	Soak or spray old dressing in N/S before removal	57 (37.5)
	Select non-traumatizing dressings	30 (19.7)
	Support surrounding skin (e.g. Window using hydrocolloid, skin sealant, skin barrier cream)	29 (19.1)
	Slowly remove dressing along skin texture direction	26 (17.1)
	Non adhesive fixation (bandage)	5 (3.3)
Need education for preventing pain and skin tearing	Frequently Change location for fixing or sealing dressing	5 (3.3)
	Yes	382 (95.7)
	No	17 (4.3)

N/S, normal saline.

Conclusion

Many of respondents were aware of pain and skin tearing at dressing change, but did not take any further necessary measures, including nursing intervention, for the most appropriate, systematic pain and skin tearing management. Therefore, this study suggested that a systematic and comprehensive educational program for Korean healthcare professions needs to be developed and implemented in Korea's hospital settings.