

## **Assessing Knowledge Among Endoscopy Nurses with A Skin Tear Prevention Intervention**

Team Leader: Bethany Biardi MSN RN CPN  
HonorHealth, Scottsdale, Arizona

**Background Information:** Endoscopy patients frequently have multiple risk factors associated with skin tears including advanced age, critical illness, nutritional compromise, and mobility issues. Upon identifying an opportunity for improved skin tear prevention an evidence-based quality improvement (EBQI) project was designed and implemented.

**Objectives of Project:** Assess knowledge among endoscopy nurses about skin tear prevention with endoscopy patients  $\geq 65$  years through evaluating the effectiveness of an evidenced based skin tear prevention intervention over three months.

**Process of Implementation:** A multidisciplinary approach was taken to identify evidence-based skin tear prevention measures specific to the endoscopy setting. We developed a skin tear prevention protocol (STPP) including a skin tear assessment tool (STAT) for endoscopy patients  $\geq 65$  years old. Patients with a positive risk receive skin preparation prior to adhesives, safe turning/transferring techniques, stockinette sleeves, and the use of adhesive remover. A feasibility study with a pre/post timed series survey design was used to measure nursing knowledge on skin tear prevention and the usability of the protocol. Prior to implementation, baseline knowledge was assessed via an 8-question survey. Knowledge was measured using the same survey at one month, and at three months post implementation. After 3 months the STPP and STAT were evaluated using the RN Opinion of Effectiveness Survey.

**Statement of Successful Practice:** Throughout the feasibility study there were 603 risk assessments completed with 537 at risk patients  $\geq 65$  years old identified. Endoscopy nurses implemented 911 nursing interventions. This project demonstrated an 88% gain in nursing knowledge and a 66% skin tear reduction in endoscopy for the duration of the study. For the STPP, 77% “agreed” or “strongly agreed” the STPP is helpful to my practice. For the STAT, 82% “agreed” or “strongly agreed” the STAT accurately identified patients at risk for skin tears.

**Implications for Advancing the Practice of Perianesthesia Nursing:** Skin tears are painful and may result in emotional distress, infection, and healing complications. Increased healthcare costs are related to staff workload, materials, patient satisfaction, and delayed discharge. This nurse driven intervention, specific to perianesthesia in endoscopy, improves the safety and quality of care for patients.