

H.E.A.R.T. 4 Seniors Foundation

Skin Tear Protocol Case Study

In Advance of Need At Home Wound Care

Member: Male, Age 76

Incident Date: January 30, 2026

Healing Outcome: March 4, 2026

Care Setting: Private residence — self-administered care

Protocol: H4S Skin Tear Protocol – Supplies Available *In Advance of Need At Home*

Background

Skin tears are among the most common traumatic injuries affecting adults over age 65. Age-related skin changes—including reduced collagen production, diminished elasticity, and thinning dermal layers—make the skin significantly more vulnerable to tearing during minor trauma or falls.

A primary driver of Emergency Department visits for skin tears is **lack of appropriate wound care supplies and protocols available at the time of injury.**

The H.E.A.R.T. 4 Seniors Skin Tear Protocol addresses this gap by ensuring specialized wound care supplies are available **In Advance of Need At Home**, allowing immediate treatment following injury.

This case demonstrates how preparation **In Advance of Need At Home** enabled successful self-treatment of a traumatic skin tear without escalation to emergency care.

Clinical Context

Research consistently identifies skin tears as a common injury among older adults.

Evidence Summary

- Millions of skin tears occur annually in older adults in the United States.
- Skin tears are one of the most common traumatic wounds among seniors.
- Many cases present to Emergency Departments despite being treatable with appropriate wound care supplies.
- First responders don't have appropriate skin tear supplies, which cause additional skin breakdown.

References

LeBlanc K., et al. *International Skin Tear Advisory Panel (ISTAP) Best Practice Recommendations for Prevention and Management of Skin Tears in Aged Skin.* Advances in Skin & Wound Care.

Wounds International. *Best Practice Statement: Management of Skin Tears in Aged Skin.*

Incident Description

Date: January 30, 2026

Location: Private residence

- Open skin tear with dermal tissue exposure.
- Localized bleeding.
- Surrounding bruising from blunt trauma.
- Fragile surrounding skin typical of senior patients.

Prior to the fall, the member had **H4S Skin Tear Protocol supplies available In Advance of Need At Home**, including proprietary advanced wound care materials specifically designed for fragile senior skin.

Immediately following the injury, the member initiated **self-administered wound care using the H4S protocol**.

Skin Tear Classification

Using the **International Skin Tear Advisory Panel (ISTAP)** classification system, the injury was consistent with:

ISTAP Type 2 Skin Tear

Partial flap loss with exposed dermis.

Management typically involves protective dressings and moisture-balanced wound care to support tissue regeneration.

Treatment Protocol

Supplies Available In Advance of Need At Home

The member followed the **H4S Skin Tear Protocol**, designed to ensure specialized wound care materials are available **In Advance of Need At Home** so treatment can begin immediately following injury.

Proprietary Advanced Wound Care Products

Vitale® Silicone Composite Dressings

The wound was protected using **Vitale® Silicone Composite Dressings**, a proprietary wound care technology available exclusively through the H.E.A.R.T. 4 Seniors Skin Tear Protocol.

These dressings were engineered specifically for **fragile senior skin**, incorporating advanced materials not typically found in conventional wound dressings.

- Ultra thin film, gentle silicone adhesive technology enabling trauma-free removal and protecting fragile surrounding tissue.
- High-absorbency central pad that manages wound exudate while maintaining optimal moisture balance.

- **Waterproof yet breathable protective barrier** allowing oxygen exchange while shielding the wound.
- Flexible conforming structure designed to prevent additional tearing of delicate skin.

Vitále® Silicone Composite Dressings represent a **specialized proprietary dressing technology trusted by healthcare professionals for advanced wound management.**

Vitále® Collagen Powder

During dressing changes, **Vitále® Collagen Powder** was applied directly to the wound bed.

Vitále® Collagen Powder is formulated with **100% bovine collagen** and is designed to support tissue repair in wounds including:

- Pressure sores
- Ulcers
- Burns
- Post-operative wounds

Clinical benefits include:

- Highly absorbent formulation that maintains optimal wound moisture balance.
- Supports extracellular matrix reconstruction.
- Promotes fibroblast activity and granulation tissue formation.
- Encourages epithelial tissue regeneration.

This advanced collagen therapy is **trusted by wound care professionals worldwide for safe and effective wound management.**

Together, these proprietary products enable effective wound care when supplies are available **In Advance of Need At Home.**

Daily Care Protocol

Executed In Advance of Need At Home

- Removal of prior dressing
- Inspection of wound site
- Gentle wound cleansing
- Application of **Vitále® Collagen Powder** to the wound bed
- Application of new **Vitále® Silicone Composite Dressing**

Dressings were **changed daily throughout the healing process**, maintaining optimal wound healing conditions.

Healing Progression

- **January 30, 2026 – Day 0:** Skin tear present on left wrist with dermal exposure and bruising.
- **February 9, 2026 – Day 10:** Significant wound contraction observed, protective scab formation, bruising resolving, no signs of infection.
- **March 4, 2026 – Day 34:** Complete wound closure achieved and skin integrity restored.

The wound progressed through normal physiologic stages of healing without medical intervention.

Outcome Summary

- Complete wound healing (34 days)
- No Emergency Department visit
- No physician intervention required
- No infection
- No antibiotic therapy required
- Independent self-care maintained

Clinical Significance

Access to specialized wound care products **In Advance of Need At Home** allowed immediate treatment and prevented escalation of care.

This case demonstrates that when seniors have access to **proprietary advanced wound care supplies and a clear treatment protocol**, certain skin tear injuries can be successfully managed in the home environment.

Ensuring wound care supplies are available **In Advance of Need At Home** may significantly improve outcomes while reducing unnecessary healthcare utilization among older adults.

Appendix

January 30, 2026 – Day 0



February 9, 2026 – Day 10



March 4, 2026 – Day 34



