

Tissue Issue



NEW ZEALAND
WOUND CARE
SOCIETY

NZWCS Newsletter

AGED SKIN

August/September 2018

WELCOME

The Education Advisory Group is overseeing the newsletter. We have some topics for the year however these are flexible so please let us know what you would like to see or contribute to the 'Tissue Issue' this year. Previous editions [click here](#)

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FOCUS TOPIC - AGED SKIN

Aging and Effects on Skin

The terms intrinsic and extrinsic aging are to describe skin aging. Intrinsic aging is caused largely by the natural process of aging, resulting from a natural degenerative process of the epidermis and dermis structures. Genetics play a part in the rate at which an individual ages.

Extrinsic aging is caused by environmental factors predominantly ultraviolet light, but other actors such as pollutants, nutrition and smoking.

| | Changes | Risks and conditions |
|--------------|--------------|---|
| Skin surface | Increased pH | Reduced cohesion of the stratum corneum Pathologic |

| | | |
|--------------------------|---|---|
| | | colonisation and infection |
| Epidermis | <p>Becomes thinner and more translucent</p> <p>Reduced sebum production and perspiration</p> <p>Barrier function of the skin reduces</p> <p>Reduced number and function of melanocytes and Langerhan's cells</p> <p>Decreased subcutaneous fat reduces thermoregulatory capacity</p> <p>Slower infiltration of monocytes, macrophages and lymphocytes into injury site – reduced immune response</p> <p>Reduced activity of basal cells and reduced epidermal cell turnover</p> | <p>Course, dry, scaly, itchy skin</p> <p>Increased susceptibility against physical, chemical and biological insults</p> <p>Increased risk of developing actinic keratosis and skin cancers</p> <p>Delayed epithelialisation</p> |
| Dermo-epidermal junction | Flatting of reticular ridges, with thinner and reduced attachment of the epidermis/dermis junction | Increased risk for shear-type injuries (skin tears) and blister development |
| Dermis | <p>Changes in connective tissue in the dermis results in a loss of support for cutaneous vessels leading to increased fragility and spontaneous bruising</p> <p>Reduced blood flow and supply of fluid and nutrients</p> <p>Reduced sensory perception</p> <p>Reduced collagen production – causing less elasticity and tensile strength</p> | <p>Increased risk for injury and ulceration (eg due to heat)</p> <p>Delayed wound healing</p> <p>Altered thermoregulation</p> |
| Subcutaneous layer | Atrophy | Increased risk of injuries and pressure injuries |

Reference: Kottner, J. (2015) Of Youth and Age – What are the Differences Regarding Skin Structure and Function? *EWMA Journal* 15(2), 11-13.

HOT TIP

- Twice-daily moisturiser application to extremities (compared to usual care) reduced skin tear incidence by almost 50%

'The effectiveness of a twice-daily skin-moisturising regimen for reducing the incidence of skin tears'

Keryln Carville - *International Wound Journal* [Volume 11\(4\)](#), 446–453

[Tissue Issue #23](#) - Skin Tears Jan/Feb 2016 - <https://nzwcs.org.nz/members-portal-2/tissue-issue-newsletter>

3M Skin Safety Award 2018

3M, Wounds Australia and NZWCS are pleased to announce the 3M Skin Safety Award 2018. The purpose of the award is to recognise an individual or team for creating and sustaining a successful skin damage prevention programme. The programme should demonstrate positive clinical outcomes, teamwork and knowledge transfer.

The winner of the Award will receive an educational grant of \$4,000.00 AUS to be used to support professional development of the winner. The winner will be announced at the 2018 Wounds Australia National Conference. Applications will close on Monday 14th September 2018.

For the full details - [click here](#)

NZWCS Website News

Just to update you on what we have been working on for the NZWCS website.

- Membership renewals are coming up - remember to complete the on-line renewal of your membership and pay your subscription by internet banking.
- Under 'Resources' 'STOP PI Day' we have the, free to download, Patient Leaflet available in 5 languages (English, Maori, Samoan, Hindi & Chinese).
- Under 'Resources' & 'Publications' we have the new NZWCS Brochure which is free to download to use as advertising for the Society at any local events.

NZWCS Scholarships

Take a look at what the NZWCS has to offer: <https://nzwcs.org.nz/education/scholarships>

- Help with study costs
- Help to attend national conferences

- Help to attend an international conference

What's On

NZWCS Study Days & Seminars for 2018:

Wellington - NZWCS & ACC - Symposium on **STOP Pressure Injuries 2018**
Save The Date - Tuesday 6th November 2018. 8.00 - 17.00 & Registration fee TBC. Parliament Buildings, Wellington.

Wellington - Evening seminars - 19.00 - 20.30 12th September and 14th November 2018

Please check regularly on the NZ Wound Care Society website as seminars, education evenings and study days will be added as soon as locations, venues, dates & details are known

NZWCS 9th National Conference



Save The Date - 23 - 25 May 2019

The NZWCS 9th National Conference will be held at the Conference Centre in Dunedin.
Watch this space for more details

Keynote Speakers Confirmed: Keith Harding and Wendy White

Ministry of Health - Volunteer of the Year 2018 Awards



Top photo: Prue Lennox, Dr David Clark , Pam Mitchell. Bottom left : Pam Mitchell, Jill Clendon.

Bottom right: Chris Coughlan (Pam's sister) and Pam Mitchell

Long Service Awards

Runner-up – Pam Mitchell

Pam is a Clinical Nurse Consultant who has been an active member of the New Zealand Wound Care Society for over 19 years, at times holding executive positions. She has represented the New Zealand Wound Care Society nationally and internationally and is a recognised leader in pressure injuries. She has been involved with national initiatives to improve clinical outcomes across New Zealand, collaborating with

ACC, the Ministry of Health and the Health Quality and Safety Commission. She is also on the organising committee for the New Zealand Stop Pressure Injury Day.

Member Survey Results

Thank you to all of you who completed the Member Survey. The results are as follows:
70% of you know who your Area Coordinator is and how to get hold of them. 30% knew how they could find out. You were fairly evenly spread across the 2 Islands in most practice areas.

The top 5 topics for Conference were:

1. Wound Infection and Biofilm
2. Acute vs Chronic Healing Physiology
3. Wound Assessment and Product Selection
4. Complementary and Alternative Wound Care
5. Atypical Wounds

We are planning to include all 5 topics in the NZWCS National Conference 2019

PLANNED FUTURE TOPICS FOR TISSUE ISSUE 2018

- Oct / Nov - Pressure Injuries
- Dec / Jan - No Tissue Issue

We encourage members to write articles that can be published in Tissue Issue. You will have the opportunity to win \$100 for your work.

To contact the New Zealand Wound Care Society please email administrator@nzwcs.org.nz
Email all contributions to future newsletters 2 weeks before issue release.
More in-depth information is available on www.nzwcs.org.nz

The views expressed in this newsletter are not necessarily those held by the New Zealand Wound Care Society.

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