Abstract

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# Abstract

**Objectives**

The selected article deals with the impairments in skin health. It aims at managing the impairment of skin tissue with an increased scope of study. The article emphasizes that managing impairment of skin integrity is not the same as managing a wound. The study has been conducted with the purpose of assessing comprehensively the causes, implications, and treatment methods for skin integrity impairments. It aims at describing the anatomy of integument in sufficient detail and providing a sound basis for organizing the relevant information as well as constructing sound arguments. Simultaneously, the research objectives include identifying the factors whether internal or external that might affect skin integrity. Finally, the objective of the study is to indicate certain ways that the clinicians can use to determine appropriate methods for the treatment of alterations to skin integrity.

**Methods**

The study is based on secondary research by using the information available in various peer-reviewed articles, books, and patents. The study claims that discussion and treatment of skin integrity impairments can only start with a comprehensive understanding of the integumentary system that refers to the skin and its appendages. Hence, a detailed study of the skin and the related structures has been provided in the beginning. The research proceeds with the extensive analysis of the changes that occur in the integumentary system caused by the effect of aging. Different types of impairments that can possibly occur to the integumentary system have been discussed in adequate detail using sufficient resources peer-reviewed. Finally, some treatment plans have been proposed to assist the clinicians regarding skincare. The research report contains several tables and charts that depict useful data related to the topics of discussion, based on the empirical evidence taken from the resources used.

**Results**

The study explains that integument and skin are interchangeably used words. The difference can be that the integumentary system consists of three layers distinctly separated from each other: epidermis, dermis, and hypodermis. The sub-layers of epidermis include stratum corneum, stratum lucidum, stratum granulosum, stratum spinosum, and stratum germinativum. Other components of the epidermis layer include melanocytes (providing skin pigmentation), nerve receptors (providing sensitivity to external stimuli), rete ridges (forming the junction of epidermis and dermis), blood vessels, and Langerhans cells (providing antigens). The layers of dermis include papillary dermis and reticular dermis. Other components include fibroblasts, macrophages, mast cells, nerve cells, hair follicles, sebaceous glands, and sweat glands.

The skin is capable of maintaining homeostasis of the internal body environment. It also protects the body from the external environment. The factors that affect the integument intrinsically include diabetes, vascular diseases, and altered nutrition. The factors affecting the skin extrinsically include surgical procedures, pressures, falls, and accidents.

The impairments to skin integrity occur due to tissue destruction, infectious processes, and other processes of disease acquisition (Murphree, 2017). Commonly seen impairments in skin integrity in the elderly people include friction rubs, blisters, abrasions, skin tears, erythema, ski damage associated with moisture, injuries related to pressure, vascular impairments, cancer, etc. Other causes of skin integrity impairments may be intravenous tubes, percutaneous tubes, chest tubes, and others.

To develop the most suitable treatment of skin integrity impairment for an individual, it is essential to assess comprehensively the activity levels, comorbidities, nutrition details, and the health conditions with respect to certain diseases like diabetes. A team approach is required to get the positive results in the treatment of skin impairments in the elderly.

**Conclusions**

The quality of life in elderly people can be assured by using evidence-based resources in their treatment. The suggested treatment will also ensure improvement in patient outcomes. Many tools are available online these days that can assist the experts to devise appropriate plans for the treatment of the skin impairments.

References

Murphree, Rose W. 2017. “Impairments in Skin Integrity.” *Nursing Clinics of North America* 52(3):405–17.