

## FACTORS INFLUENCING WOUND HEALING

- ❖ **NUTRITION:** tissue repair & resistance to infection depend on a well nourished body with adequate nutrition
  - Need diet that includes proteins, carbs, lipids, vitamins & minerals
  - Well nourished patient without post-op complications needs at least 1800 cal/day to promote healing
- ❖ **AGE:** vascular changes in aging, decreased circulation
  - Often have nutritional deficits
  - Skin integrity changes – less turgor, less elasticity
  - Slow cell growth and reconstruction
- ❖ **OBESITY**
  - inadequate blood supply/ poor vascularization of fatty tissue
  - Adipose tissue hard to suture
- ❖ **SIZE & EXTENT OF WOUND**
  - Deeper wounds have greater tissue loss
  - Healing by secondary intention takes longer
- ❖ **MEDICATIONS**
  - Anticoagulants – bleeding, bruising, hematomas
  - Immunosuppressants – higher risk of infection
  - Chemotherapy – low white counts, low platelets, anemia
  - Corticosteroids—slow down wound healing
- ❖ **OXYGENATION**
  - Decreased O<sub>2</sub> inhibits wound repair
  - Local blood flow contributes to oxygenation of tissues
  - Healing process slower with decreased circulation
  - Anemia slows/interferes with tissue repair
- ❖ **SMOKING**
  - Causes vasoconstriction
  - Impedes blood flow to healing areas
- ❖ **DIABETES**
  - Delayed healing
  - Increased risk for infection
- ❖ **STRESS PLACED ON WOUNDS**
  - Disrupt wound layers
  - Vomiting, abdominal distention, respiratory effort