

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 O₂ 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