

Wound Assessment and Care



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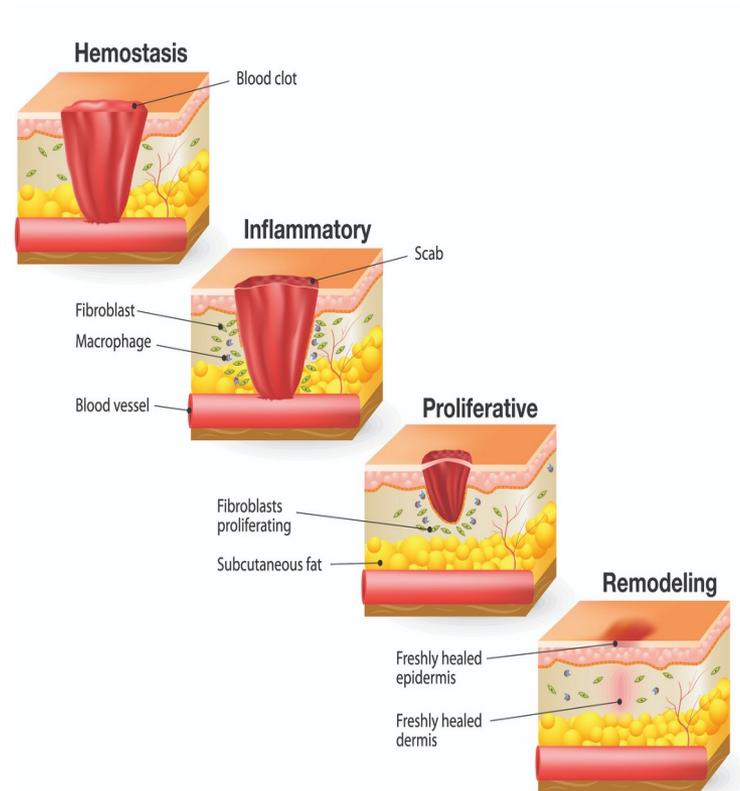
Introduction



- Phases of wound healing
- Barriers to healing
- Conducting a holistic wound assessment
- Components of basic wound care
- Documentation of wound care and wound assessment

Phases of Wound Healing

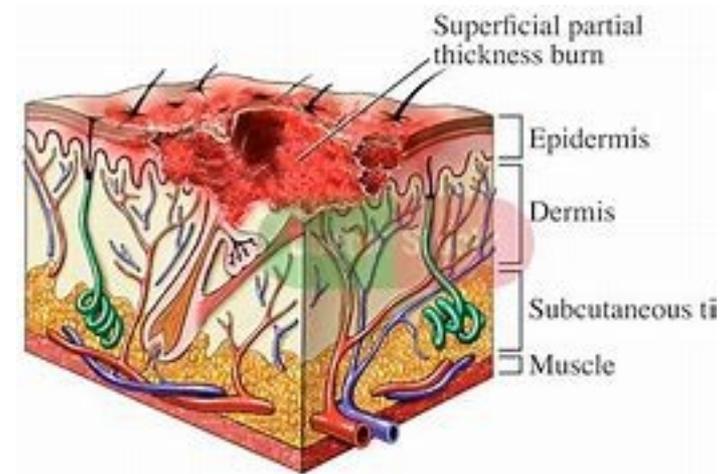
- Hemostasis
- Inflammation
- Proliferation
- Remodeling



Mechanisms of Healing

- Epithelialization
- Granulation tissue formation
- Contraction

- Partial thickness wounds
 - Epidermis and dermis
- Full thickness wounds
 - Epidermis, dermis, and subcutaneous tissue.



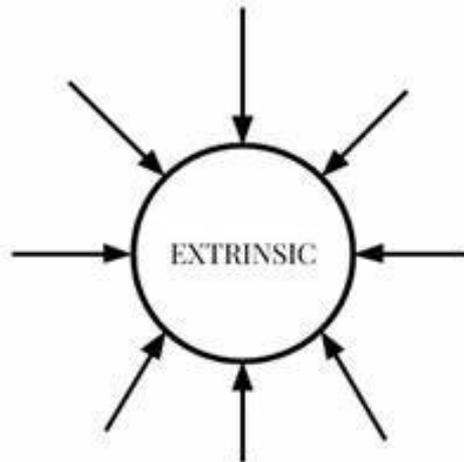
Acute Wounds vs. Chronic Wounds

- Acute wounds:
 - Heal in a timely manner
 - Do not require long-term follow up
 - Progress through healing phases efficiently
- Chronic wounds:
 - Stall in a phases of healing
 - Usual tissue repair does not occur
 - Require long-term follow up and management

Barriers to Wound Healing

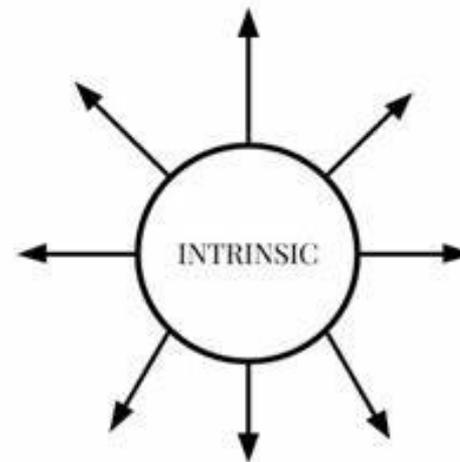
● Extrinsic Factors

- Smoking
- Medications
- Infection
- Social determinants



● Intrinsic Factors

- Age
- Comorbid conditions
- Psychological factors
- Pain



Wound Assessment

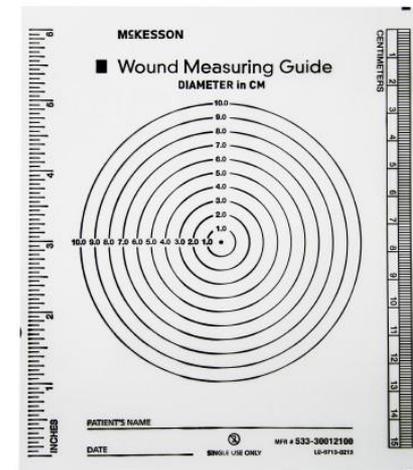
- Holistic wound assessment should include:
 - Patient's overall health status
 - Medical history, including comorbid conditions
 - Goal of wound care
- Initial assessment
 - To obtain a baseline
 - Determination of wound etiology
- Interval assessment
 - Using standardized tool
 - At predetermined intervals



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Physical Wound Assessment

- Location
- Shape
- Size
- Depth
- Edges
- Undermining/tunneling
- Necrosis
- Exudate
- Surrounding skin
- Granulation Tissue and Epithelialization
- Pain



Components of Basic Wound Care

- Goal of Care
- Cleansing
- Debridement
- Dressing selection
- Plan of care
- Patient education



Topical Care

- Alginates

- Moderate to heavy exudate
- Conform to wound beds and fill deep space

- Foam Dressings

- Contain small cells to absorb wound exudate
- Can be primary or secondary dressings

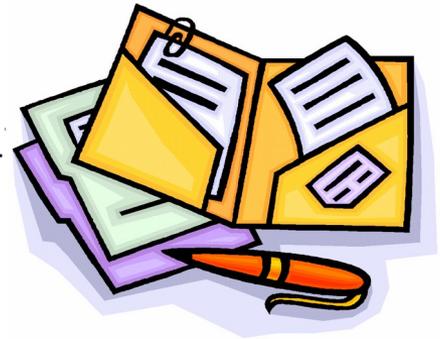
- Hydrocolloids

- Comes in a variety of sizes, shapes and thickness
- Insulate wound, promote moist environment, provide a protective barrier.



Wound Care Documentation

- Thorough, accurate, and consistent.
 - Promote risk management and decrease liability
- Comprehensive physical wound assessment
 - At initial and interval wound assessments
- Detailed description of treatment methods and plans
 - Is the wound progressing or deteriorating?
- Patient education
 - Build on previous teaching and involve patient in their care



Summary



- Progression of a wound depends on its ability to move through phases of healing.
- Wound healing is dependent on a variety of factors.
- A holistic wound assessment is essential to determine goal of care.
- Basic wound care as a foundation for treatment plans.
- Thorough, accurate, and consistent documentation is a fundamental component of wound care.

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