



Wound Care The Basics

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Introduction

- Wound care has advanced quickly in the past few years, and WOC nurse specialists can assist non-specialists in providing optimal patient care
- Our skin functions as a thermoregulator, immunity, sensory perception, moisture retention, and insulation
- Wound healing progresses through 4 phases if healing properly
- Assessment and documentation is essential for developing a plan of care for the patient
- The goal of wound healing is to provide a moist environment to enhance patient outcomes
- There are many dressing variations to cover the level of exudate and bacterial load in a wound
- Debridement of necrotic tissue may be necessary if wound healing stalls and nonviable tissue is present in the wound

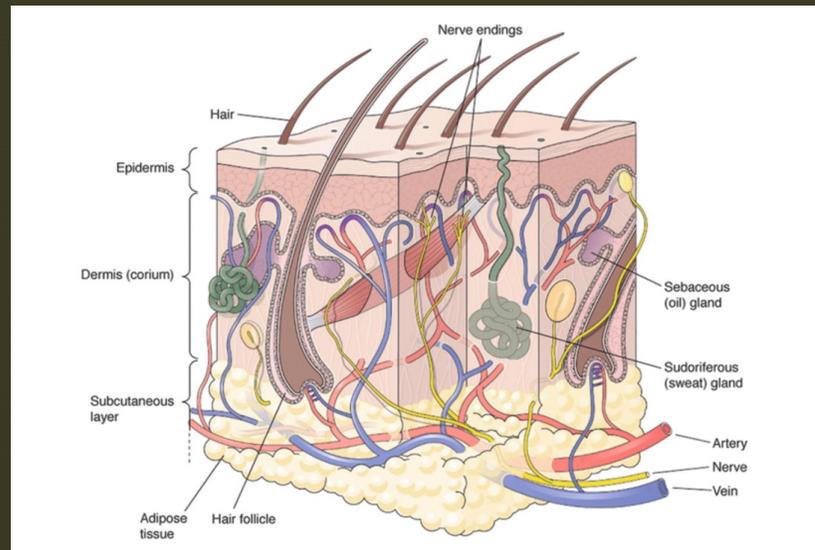
Anatomy & Physiology of the Skin

Epidermis, composed of:

- Stratum basale
- Stratum spinosum
- Stratum granulosum
- Stratum lucidum
- Stratum corneum

Dermis, composed of:

- Papillary dermis
- Reticular dermis
- Epidermal appendages

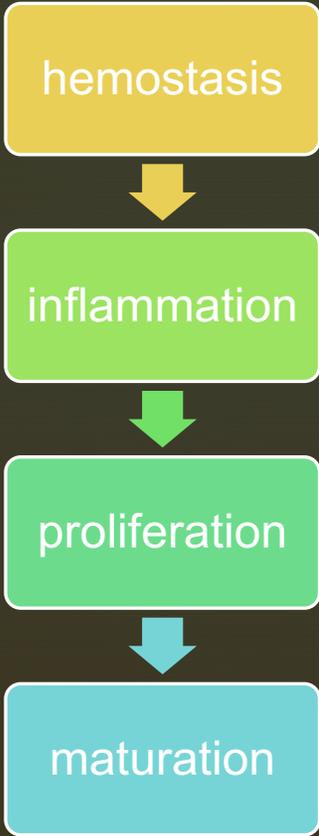
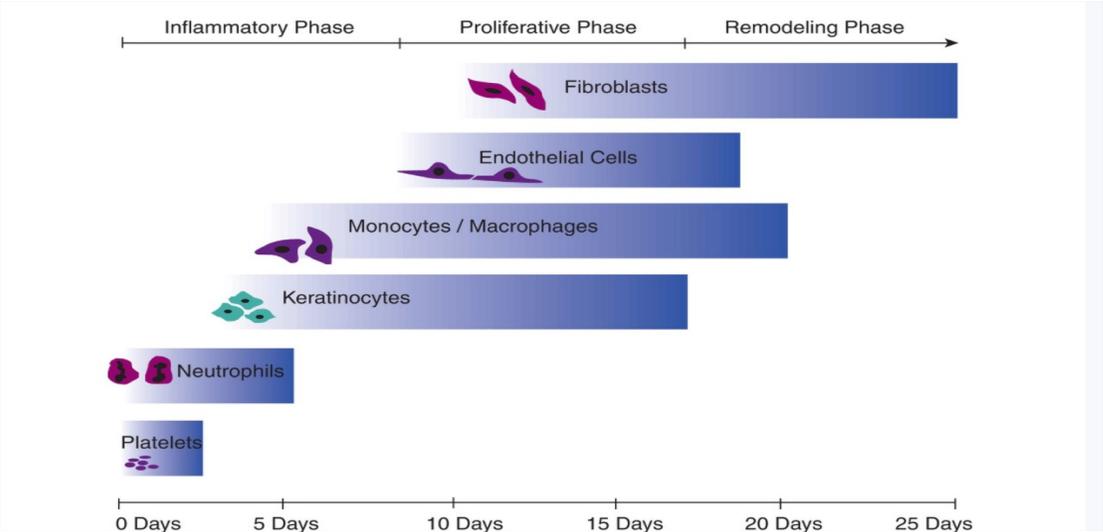


(Mufti, Ayello & Sibbald, 2022).

Wound Healing

Types of Wound Healing

- Primary
- Secondary
- Tertiary (delayed primary)

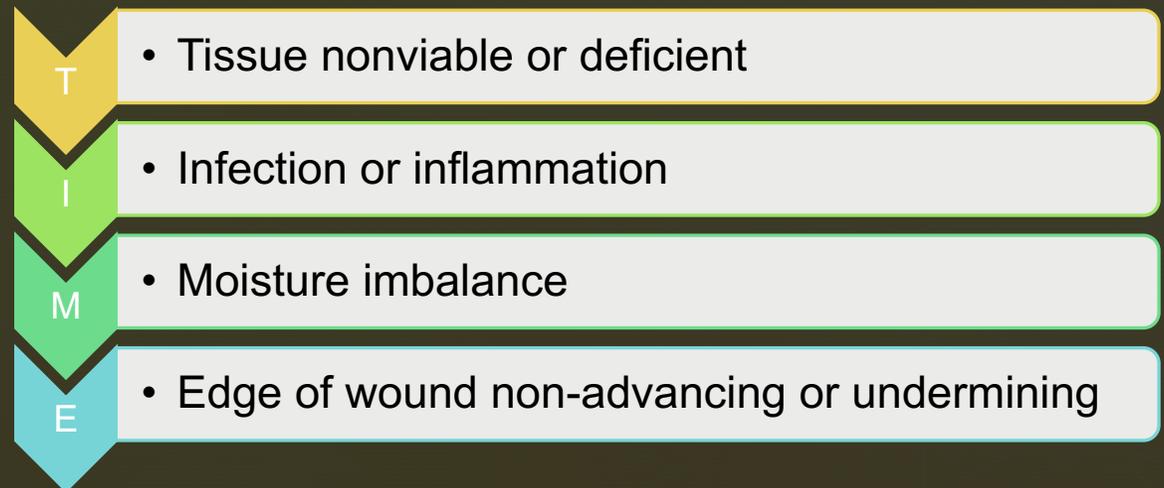


(Beitz, 2022).

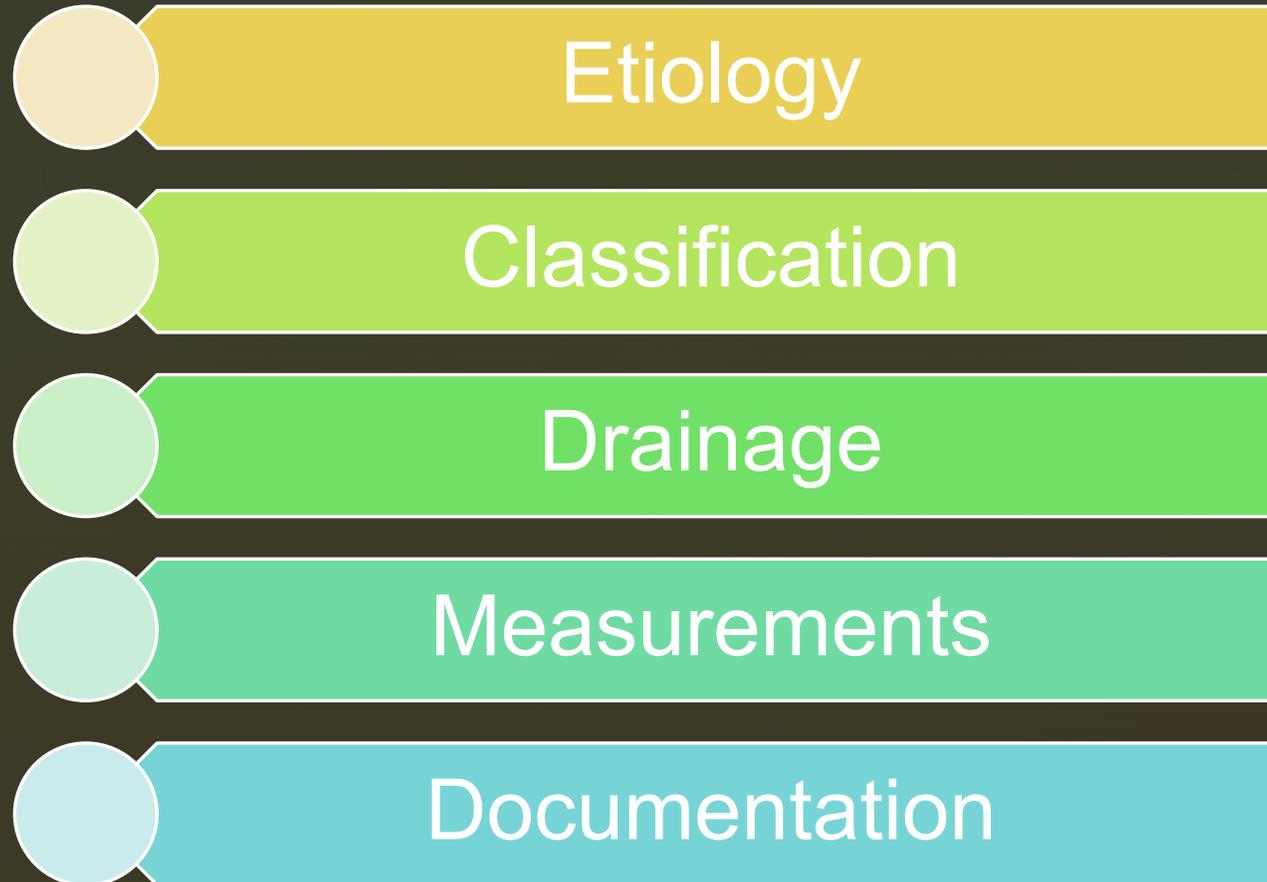
Complications During Wound Healing

- Perfusion & oxygenation
- Glycemic control
- Nutritional status
- Tobacco use
- Psychological factors
- Comorbidities

If wound healing has stalled, TIME framework can aide in identifying barriers to wound healing



Wound Assessment



Wound Care: Cleansing

- Cleansing
 - Goal is to wash away exudate without damaging the newly formed granulation tissue
 - Can use NSS, potable tap water or commercial wound cleanser (antiseptic cleanser)
- Irrigating
 - For infected or dirty wounds
 - To loosen and flush bacterial load and debris
 - May need cytotoxic cleanser/antiseptic
 - 4-15 psi

Wound Care: Dressings

Filling dead space

Moisture management

Antimicrobial

				
Types of Silver	Ions	Nitrates	Sulfadiazine (AgSD)	Zirconium Phosphate
Applications	dressings	swabs ointments	creams	sheet-like crystals
Actions	-exudating wounds -infectious wounds -proportioned release	-easy application -cauterize infected tissue	-serious burns -infected wounds	-early wound management -kills bacteria

Wound Care: Dressing Types

- Calcium alginates
- Contact layers
- Composite dressings
- Foam
- Gauze
- Hydrocolloid
- Hydrogel
- Hydrofiber
- Textile
- Transparent film



Wound Care: Debridement

Necrotic tissue

- Slough
- Eschar

Contraindications

- Uninfected wounds with poor perfusion (LEAD)
- Stable eschar in DFUs



Types

- Autolysis
- Enzymatic
- Maggot therapy
- Conservative sharp
- Surgical
- Wet-to-dry mechanical
- High pressure irrigation
- Ultrasound



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References

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