

# Basic Wound Care Education

OLUREMI FAWOLE (2023)

R. B. TURNBULL, JR. SCHOOL OF WOC NURSING



# Introduction

Basic wound care education is the one that embraces the patient with the wound as whole.

A holistic approach to wound care will take into consideration the factors that outside and inside the wound. A holistic approach will help the nurse ask the kind of questions that help plan and move the care plan in the right direction.

A detailed assessment for instance will determine psychological and social issues that are not directly related to the wound, but that can impact the healing process.

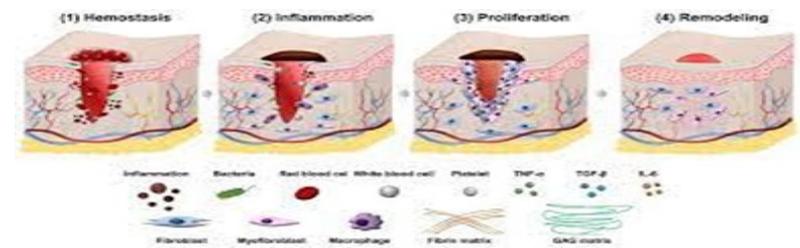
Last but not the least is documentation, every finding in the assessment process is important, as a seemingly small piece of information documented might be the key to solving a wound problem.

# Phases and mechanisms of wound healing

The phases and mechanisms of wound healing are interconnected

The wound healing phases are-

- ▶ Hemostasis- commences immediately post-injury
- ▶ Inflammatory-Neutrophils & Monocytes are chemoattracted to the wound area
- ▶ Proliferation(regeneration)- formation of new extracellular matrix (ECM) (granulation & contraction occurs here )
- ▶ Maturation- remodeling & strengthening (Beitz, 2022)



# Mechanisms of wound healing

- ▶ There are 3 main mechanisms of healing process
  - ▶ Connective tissue deposition (also known as granulation tissue formation)
  - ▶ Contraction- movement of tissue towards the center of the wound
  - ▶ Epithelialization –keratinocyte mitosis & changes in cell structures that permit lateral migration(Beitz, 2022).

# Phases of wound healing in relation to depth of skin/tissue damage

- ▶ Partial thickness: Wounds confined to the epidermal and dermal layers
- ▶ Full thickness: Wounds that extend through the dermis
  - ▶ Deep tissue pressure injury
  - ▶ Unstageable pressure injuries (Beitz,2022).

# Intrinsic barriers to healing

- ▶ Advanced Age
- ▶ Hereditary skin diseases
- ▶ Immune compromise (innate or induced)
- ▶ Psychological stress
- ▶ Disease state/ Comorbidities (diabetes, neuropathy, cardiovascular disease (Beitz, 2022)).

# Steps to holistic wound assessment

- ▶ Holistic wound assessment - considers factors (inside and outside the wound) that affect the healing process
- ▶ Steps involved:
  - ▶ The patient's medical history
  - ▶ A physical assessment of the patient
  - ▶ A comprehensive wound assessment
  - ▶ Communication & Documentation (Bates –Jensen,2022).

# The components of basic wound care

The types of goals in wound care is important- (Healing, Maintenance & Palliative)

- ▶ 3 key components of basic wound care include-
  - ▶ Correction of etiologic factors
  - ▶ Provision of systemic support for healing
  - ▶ Topical treatment for optimal healing environment (Krapfl & Pierce, 2022)

# Topical care categories & recommended dressing change schedule

- ▶ Alginates
- ▶ Hydrocolloids
- ▶ Hydrogels



# Essential documentation in wound care and assessment

## Assessment and documentation of wound status

- Wound etiology
- Wound history and wound severity
- Assessment of wound status
- Wound pain
- Serial assessment (Bates-Jensen, 2022).

# Summary

Wound care is the care of the wound and the patient affected by the wound as a whole.

The skills the nurses have acquired over time in observing, assessing, conducting interviews and making of nursing diagnosis are invaluable when it comes to application in caring for patients with wounds. A proper assessment will help the nurse to not just focus on the wound, but to look at other factors that affect the patient.

Nutrition, the social environment, psychological issues these are some of the situations outside the wound that a thorough assessment of the patient can reveal.

An accurate documentation and communication of wound care findings will aid collaborations within the healthcare team for an optimum result in patient care.

# References

Bates-Jensen B.,M. (2022).Assessment of the patient with a wound. In L. McNichol, C. Ratliff, S. & Yates. (Eds), *Wound, Ostomy and Continence Nurses Society core curriculum: Wound management* (2nd ed., pp. 57-86). Wolters Kluwer.

Beitz J., M. (2022).Wound healing. In L. McNichol, C. Ratliff, S. & Yates. (Eds), *Wound, Ostomy and Continence Nurses Society core curriculum: Wound management* (2nd ed., pp. 40-52). Wolters Kluwer.

Krapfl L.,A. & Pierce B., F. (2022). General principle of topical therapy. In L. McNichol, C. Ratliff, S. & Yates. (Eds), *Wound, Ostomy and Continence Nurses Society core curriculum: Wound management* (2nd ed., pp. 93- 101). Wolters Kluwer.

University of Catherine. (2022). What Is Holistic Health? Overview and Career Outcomes.

<https://www.stkate.edu/healthcare-degrees/what-is-holistic-health>