



Basic Wound Care

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Objective

- ▶ Phases of wound healing and acute vs. chronic wounds
- ▶ Holistic approach to wound assessments
- ▶ Wound bed preparation and TIMERS
- ▶ Classifications of different wound dressings

Phases of wound healing

- ▶ Hemostasis
 - ▶ Phase One, begins immediately
 - ▶ Inflammation
 - ▶ Phase two, occurs to cleanse the wound bed
 - ▶ Proliferation
 - ▶ Third phase, tissue begins to fill into wound
 - ▶ Maturation
 - ▶ Fourth phase, tissue strength increases
- ▶ Acute wounds
 - ▶ heal in a timely manner and as expected
 - ▶ Chronic Wounds
 - ▶ does not heal as expected

Modifiable Vs. Non-modifiable Factors

Modifiable

- ▶ Diabetes
- ▶ Malnutrition
- ▶ Smoking
- ▶ Alcohol consumption
- ▶ Obesity

Non-modifiable

- ▶ Age
- ▶ Gender
- ▶ Race
- ▶ Genetics



Holistic Assessment

- ▶ Assess the whole wound
 - ▶ Etiology, staging, tissue present
- ▶ Assess the whole person
 - ▶ factors that may affect wound healing



Wound Bed Preparation

- ▶ T = Tissue
- ▶ I = Inflammation/infection
- ▶ M = Moisture imbalance
- ▶ E = Epithelial edge advancement
- ▶ R = Regeneration or repair of tissues
- ▶ S = Social or patient-related factors

Dressing Classifications

- ▶ Dressing classifications can be broken down into three categories
 - ▶ Absorbent, hydrating and moisture-retentive
- ▶ Absorbent dressing
 - ▶ Indications
 - ▶ Moderate to heavy exudating wounds
 - ▶ Contraindications
 - ▶ Dry wounds
 - ▶ Exposed bone, tendon

Dressing Classifications Continued

- ▶ Hydrating dressings
 - ▶ Indications
 - ▶ little to no exudate
 - ▶ dry wounds
 - ▶ Contraindications
 - ▶ moderate or heavy exudating wounds
- ▶ Moisture-retentive dressings
 - ▶ Indications
 - ▶ minimal to light exudate
 - ▶ Contraindications
 - ▶ dry wounds and heavy exudating wounds

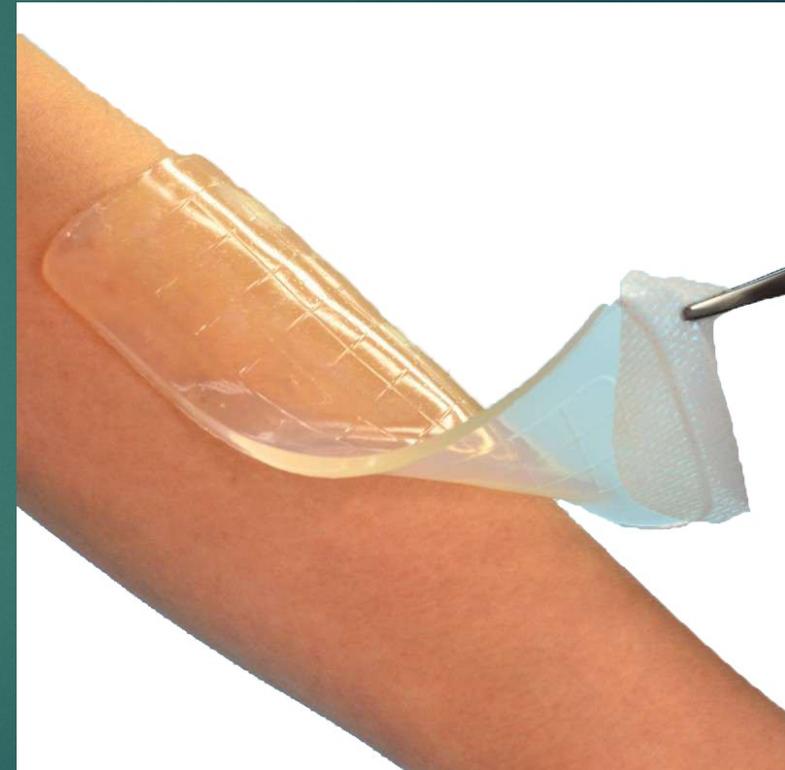
Examples of Dressing Classifications: Absorbent Dressing

- ▶ Moderate to heavily exuding wounds
- ▶ Alginate Dressings
 - ▶ Plain or antimicrobial
 - ▶ Nonwoven dressing
 - ▶ Absorbs excess exudate



Examples of Dressing Classifications: Hydrating Dressing

- ▶ Dry to minimally exuding wound
- ▶ Hydrogel
 - ▶ Gel-impregnated
 - ▶ Liquid
 - ▶ Solid gel sheet
 - ▶ Cooling effect for burns



Examples of Dressing Classifications: Moisture-retentive

Dressing

- ▶ Light exudating and moist wounds
- ▶ Contact layer
 - ▶ protects the wound bed
 - ▶ Maintains moisture
 - ▶ allows for exudate to pass through it



Wound Documentation and Assessment

- ▶ Assess wound with each dressing change
- ▶ Measurements
 - ▶ Length, width, depth, undermining, tunneling
- ▶ Odor
- ▶ Assessment of tissue
- ▶ Photos



Summary

- ▶ Phases of wound healing
 - ▶ hemostasis, inflammation, proliferation and maturation
- ▶ Holistic assessment, assess modifiable and non-modifiable factors
- ▶ TIMERS
- ▶ Dressing Classifications
 - ▶ Absorbative, Hydrating, Moisture-retentive

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