



WOUND CARE

Proper wound care is necessary to prevent infection, ensure there are no other associated injuries, and promote healing of the skin.



WOUND TYPES

- **Wound:** Injury to the skin that can range from a minor scrape or blister to a gunshot that damages tissue and organs underneath the skin.
- Each type of wound is treated differently depending on the cause, symptoms, and risks. Some wounds:
 - Heal quickly with minimal care
 - Are chronic and resistant to healing
- All wounds require monitoring and cleaning to prevent infection-causing germs from entering the skin. If improperly managed, even superficial wounds can:
 - Become infected
 - Heal at a slow pace
 - Result in unnecessary scarring

GENERAL WOUND TYPES

- Laceration
- Surgical incision
- Abrasion
- Puncture
- Burn
- Pressure injury
 - Diabetic ulcer
 - Neurovascular ulcer
 - Venous ulcer
 - Arterial wound



ACUTE VS. CHRONIC WOUNDS

- **Acute:** A.k.a. **traumatic wounds** because the skin breaks or puncture occurs suddenly.
 - A new acute wound typically heals within a predicted amount of time.
 - A wound is acute if it occurred in the last 4–6 weeks.
- **Chronic:** Wounds that fail to heal within the expected time frame due to improper care and hygiene or complications including poor blood supply, oxygen, and nutrients.
 - Chronic wounds can persist for months and years after initial healing.
 - Arterial, diabetic, pressure, and venous wounds in the lower extremities are the most common chronic wounds.

ASSESSING THE WOUND

Determine the appropriate management and treatment strategies. Failing to assess a wound correctly can cause delays in healing, patient discomfort, increased infection risk, and inappropriate wound dressings.

WOUND BED PREPARATION

Some health care professionals find it helpful to use the acronym **TIME** for wound assessment, developed by the International Advisory Board on wound bed preparation.

- **Tissue:** Is it viable or nonviable? Is debridement needed to remove necrotic tissue?
- **Infection (or inflammation):** Are antimicrobials or antibiotics necessary?
- **Moisture balance:** What wound fluid/exudate is present?
- **Epithelial edge advancement:** Is the wound area still advancing after treatment?

ASSESSMENT CONSIDERATIONS

- **Is the wound clean or contaminated?** Any dirt, gravel, glass, metal, sand, or other debris need to be cleaned from the wound.
- **Depth:** The skin has three main layers. Care of the wound depends on how many layers of tissue have been damaged by the injury.
 1. **Epidermis:** Surface layer of the skin.
 2. **Dermis:** Much thicker second layer of the skin.
 3. **Subcutaneous fat:** Bottom layer of the skin.
- Wounds may be classified as:
 - **Partial thickness:** Wounds with damage limited to the epidermal and/or dermal layers.

- **Full thickness:** Wounds with deeper damage evident in the subcutaneous layers and below.
- **Wound size:** A wound is measured by its length times the widest part of the wound.
 - Measure from the deepest point of the wound to the surface using a sterile cotton-tip applicator moistened with saline solution or sterile water.
 - For circular wounds, multiply the longest diameter at right angles.
- **Tissue types:** Wound tissue provides clues about the healing stage. Any nonviable or deficient tissue (slough and eschar) delays healing unless removed. Tissue can be assessed by color.
 - **Epithelial:** New tissue that is light pink and is healing properly.
 - **Granulation:** Healthy tissue that is bright red, firm, and shiny. Darker red tissue or bleeding may indicate infection.
 - **Slough:** Stringy, dead tissue that is usually yellow and separating from the lesion.
 - **Eschar:** Nonviable tissue that is black, brown, or tan in color and often crusty.
- **Moisture:** Both the volume and composition of exudate in chronic wounds can impact healing and determine the best dressing to use to achieve an ideal moisture balance.
- **Infection:** Identify any signs or symptoms of infection, which can include a foul odor, swelling (edema), severe pain, increased redness, and purulent discharge.
 - Taking a wound swab can identify the bacteria type for therapy.
- **Pain:** The presence and intensity of pain may influence treatment recommendations.

- Pain may be classified as neuropathic, isotropic, or anticipatory.
- The degree of pain may not correlate to the seriousness of the injury.

FIRST AID TO STOP SEVERE BLEEDING

Stopping the bleeding is the first step for any serious open wound.

Call 911 or seek emergency care for severe bleeding that you can't control, large wounds that need sutures, serious burns, and animal bites. For immediate care:

1. **Wash hands thoroughly** and wear gloves if available.
 2. **Clear the wound** of clothing or debris, but don't probe or clean the wound while it is bleeding, or try to remove deeply embedded objects.
 3. **Apply pressure** by pressing firmly over the wound with a thick, sterile bandage or clean cloth until the bleeding stops.
 4. **Add a second bandage** on top if bleeding seeps through. Don't remove the gauze or bandage.
 5. **Help the injured person lie down** on a rug or blanket if available.
 6. **Elevate the injury** until the bleeding stops. Raise the injured limb above the level of the heart if possible.
 7. **Keep the injured body part immobile.** Secure the bandage with tape.
- A tetanus shot is needed if the injured person hasn't had one in the last five years.

GENERAL WOUND CARE IF BLEEDING IS CONTROLLED

CLEANING THE WOUND

- Rinse acute wounds with warm tap water and soap.
- Remove any lingering dirt or debris with swabs saturated with alcohol.
 - Disinfect the skin around the wound with antiseptic; avoid getting it inside the wound.
 - Don't use hydrogen peroxide or iodine, which can damage tissue.
- Flush with saline solution only if the wound is open and contaminated.
- If the wound is still not clean, surgical debridement may be needed to remove

debris or dead tissue. See **Debridement under Chronic Wounds**, p. 5, for more information.

APPLYING A TOPICAL ANTIMICROBIAL

- Apply a thin layer of bacitracin or ointment containing it (e.g., Neosporin or Polysporin) or petroleum jelly.
- A moist surface helps prevent infection, reduce pain, and promote healing.

PACKING THE WOUND

- If the wound is deep, the empty space needs packing.

- Use saline and an alginate, hydrofiber, or hydrogel-impregnated dressing.
- Packing material should be easy to remove from the wound base to facilitate dressing changes.

CLOSING OPEN WOUNDS

Primary Closure

Close open wounds within six hours to prevent infection by pulling the edges together to cover any exposed tissue or using:

- Skin adhesive strips for minor wounds if the infection risk is low
- Tissue adhesive glue for small cuts

- Staples for certain wounds to the scalp, neck, arms, legs, torso, and buttocks.
- Sutures (stitches) if the cut is:
 - Wide or deep
 - Longer than ½ in. on the body
 - Longer than ¼ in. on the face
 - In a location prone to flexion, tension, or trauma
- Skin grafting (taking healthy skin from another part of the body) for wounds that are difficult to close using staples or sutures

Note: Sutures and adhesive strips may be removed 10–14 days after a wound is closed.

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Nurses Clinical Guide To Wound Care

Pamela A. Brown, Julie Phelps Maloy



Nurses Clinical Guide To Wound Care:

Clinical Guide to Skin and Wound Care Cathy T. Hess, 2012-09-26 This useful resource will help both clinicians and institutions deliver wound care that is both appropriate for patient needs and cost effective for the institution. Featuring important new information on documentation regulations including helpful checklists and offering take away highlights in every chapter, this useful resource also provides new content on lymphedema management guidelines, negative pressure wound therapy, and capturing data using today's media capabilities. Part 1 covers the fundamentals of skin and wound care including assessment, treatment, prevention, nutrition, and documentation. Part 2 offers profiles and photos of hundreds of skin and wound care products, all categorized and alphabetized for easy reference. The book also includes a full color wound photo section, wound checklists, and much more.

Clinical Guide to Skin and Wound Care Cathy Thomas Hess, 2012-06-01 Accelerate your skin and wound care with the Clinical Guide to Skin and Wound Care, Seventh Edition. This compact and sensibly organized guide is vital to providing optimal care. Look forward to updated advice on skin care products that helps you make the right choices. Current documentation regulations so that you can properly illustrate wound healing. New chapters on lymphedema and best practices. Profiles of more than 300 products in A to Z organization for easy identification. Benchmark outcomes help you take your care to the next level and more. You'll accurately assess, plan, and monitor wound care using the most current best nursing practices. This useful resource will help both clinicians and institutions deliver wound care that is both appropriate for patient needs and cost effective for the institution. Featuring important new information on documentation regulations including helpful checklists and offering take away highlights in every chapter, this useful resource also provides new content on lymphedema management guidelines, negative pressure wound therapy, and capturing data using today's media capabilities. Part 1 covers the fundamentals of skin and wound care including assessment, treatment, prevention, nutrition, and documentation. From identifying patients at risk for wounds to achieving compliance for self care, this is the companion you'll rely on day after day. You'll gain a deeper understanding of chronic wounds, accurately interpret lab values, and adapt your care. Develop a proper skin and wound care formulary, expertly manage tissue load, and understand and apply the wound care regulatory process. Part 2 offers profiles and photos of hundreds of skin and wound care products, all categorized and alphabetized for easy reference. You'll find a wealth of NEW advice on the skin care products you use most, including cleansers, moisture barriers, antifungal and antimicrobial treatments, therapeutic moisturizers, liquid skin protectants, and others. The Seventh edition of Clinical Guide to Skin and Wound Care also includes a full color wound photo section, wound checklists, and much more.

Skin and Wound Resource Manual, 2006-04 Comprehensive Skin and Wound Care Resource Manual including wound and skin policies and procedures, forms, patient handouts, and staff education material. Designed for use in all health care settings. Includes CD-ROM of policies and procedures for printing and customizing.

Compact Clinical Guide to Critical Care, Trauma, and Emergency Pain Management

Liza Marmo,Yvonne D'Arcy,2013-02-22 This is an excellent resource for nurses practicing in critical care units emergency departments and trauma units as well as for midlevel providers who manage these patients Doody's Medical Reviews Compact Clinical Guide to Critical Care Trauma and Emergency Pain Management is a concise easy to read resource for nurses who want to reinforce their foundational knowledge in this area Critical Care Nurse This addition to Springer Publishing's Compact Clinical Guide to Pain Management Series presents evidence based national guidelines and treatment algorithms for managing pain in patients in the critical care trauma and emergency room settings Such patients often present with comorbid and complex conditions which often make accurate pain assessment and treatment a challenge In an easy to use bulleted format the book provides the most current information on assessing and managing pain in a variety of critical conditions Both pharmacological management therapies and non pharmacologic interventions are included along with information about pain assessment screening tools for special populations Topics covered include the basics of pain physiology in critical emergency and operative care patients assessing pain in the critically ill medications and advanced pain management techniques useful with this population and commonly occurring conditions in the various care environments Also addressed are the management of particularly challenging patients elderly obese and conditions chronic pain renal failure chemically dependent patients and burn patients The book contains tables that efficiently summarize information and figures to illustrate key concepts Pain rating scales and a helpful equianalgesic conversion table are included in the Appendix Key Features Provides evidence based information on treating pain in critical care trauma and emergency room patients for all practice levels Organized for quick access to pertinent clinical information on treatment options and pain types Provides cross referenced indexing and easy to use assessment and screening tools Includes information for treating especially challenging and difficult to manage patient pain scenarios **Quick Reference to Wound Care** Pamela

Brown,2008-05-07 *The Royal Marsden Manual of Clinical Nursing Procedures, Student Edition* Sara Lister,Justine Hofland,Hayley Grafton,Catherine Wilson,2021-04-13 The student edition of The Royal Marsden Manual of Clinical Nursing Procedures has been the definitive market leading textbook of clinical nursing skills for fifteen years This internationally best selling title sets the gold standard for nursing care providing the procedures rationale and guidance required by pre registration students to deliver clinically effective patient focused care with expertise and confidence With over two hundred detailed procedures which reflect the skills required to meet The Standards of Proficiency for Registered Nurses NMC 2019 this comprehensive manual presents the evidence and underlying theory alongside full colour illustrations and a range of learning activities designed to support student nurses in clinical practice Loved and trusted by millions The Royal Marsden Manual of Clinical Nursing Procedures Student Edition continues to be a truly indispensable textbook for students and includes coverage of patient assessment and discharge planning communication infection prevention and control perioperative care wound management nutrition diagnostic testing medicines management and much more Learning features

in this revised tenth edition include Learning outcomes summarise the focus of the information in each chapter Learning in practice asks you to consider issues within your practice environment Case studies provide learning around a particular patient scenario Clinical applications ask you to consider how you would apply your knowledge to a clinical situation Stretch activities challenge you with more nuanced advanced issues to reflect upon Many of the features in the book are relevant to trainee nursing associates especially when used in conjunction with supervision from academic and clinical teachers A companion website to this title is available at www.royalmarsdenmanual.com student10e

Quick Reference to Wound Care Pamela A. Brown, Julie Phelps Maloy, 2005 Quick Look Nursing Growth and Development Through the Lifespan includes chapters in biological psychological and social information that includes information on genetics fetal development cognition and information processing roles of families peers school and society and many other chapters The Second Edition includes all the new key learning features such a Closer Look Warnings Questions to Ask key terms and an updated glossary and references

District Nursing Manual of Clinical Procedures Liz O'Brien, 2012-03-09 This manual the first of its kind focused on district nursing provides the means to build competence and confidence in nurses new to the community or developing their skills The comprehensive and evidence based content provides essential information for competence in key areas of district nursing From the Foreword by Rosemary Cook CBE Hon D Lett MSc PG Dip RGN Director The Queen's Nursing Institute Clinical skills are a fundamental aspect of district nursing care The District Nursing Manual of Clinical Procedures is a practical evidence based manual of clinical skills which reflects the unique challenges of district nursing care within the patient's home It provides a comprehensive resource for all district nurses community nurses students and healthcare professionals involved in the district nursing team enabling them to practice competently and confidently and deliver clinically effective person centred care The District Nursing Manual of Clinical Procedures addresses the complexity of district nursing care and encompasses key aspects of clinical practice including decision making in areas that district and community nurses often struggle with or find difficult when they are on their own in a patient's home It utilises the latest clinical research and expert clinical knowledge to address these challenges and to provide the underlying theory and evidence for district nursing care Key features Evidence based manual of practical clinical skills in district nursing care Clear user friendly and easy to understand Contains recommendations for expert care within a patient's own home Addresses key concerns of district and community nurses working on their own within a patient's home Encompasses key aspects of district nursing care Placed in the context of person centred care All procedures include the rationale for each action why as well as how This title is also available as a mobile App from MedHand Mobile Libraries Buy it now from iTunes Google Play or the MedHand Store

Wound Care Cathy Thomas Hess, 2005 Expanded and completely updated with the newest wound care products this handbook is the only all in one portable guide to wound care and prevention strategies with more than 300 dressings drugs and other products for every type of wound Part I provides detailed guidelines on wound care and prevention

and related professional and legal issues Part II features profiles and photographs of over 300 wound care products Part III contains charts of over 200 additional dressings and products Appendices include assessment tools and multiple treatment algorithms A manufacturer resource guide includes addresses telephone numbers Websites and manufacturer sponsored educational programs

A Clinical Approach to Geriatric Rehabilitation Jennifer Bottomley, Carole Lewis, 2024-06-01 The field of geriatric rehabilitation is constantly changing due to the discovery of new evidence based evaluation and treatment strategies as well as the continual support or refutation of older theories and practices Now in its Fourth Edition *A Clinical Approach to Geriatric Rehabilitation* has been updated to be at the forefront of these changes and includes free video content from MedBridge and a discount on a MedBridge subscription to geriatric rehabilitation courses offered by the authors Drs Jennifer M Bottomley and Carole B Lewis have compiled the plethora of available scientific research on geriatric populations and combined it with their years of actual clinical practice Together this makes this text a complete evidence based guide to the clinical care of geriatric patients and clients The first part of *A Clinical Approach to Geriatric Rehabilitation* Fourth Edition tackles applied gerontological concepts providing the general knowledge base necessary for treating geriatric patients Topics in this section include patient evaluation an exploration of nutritional needs and age related changes in physiology and function as well as many other foundational areas In the second section topics become more focused on patient care concepts like neurologic considerations cardiopulmonary and cardiovascular considerations and establishing community based screening programs In the final section chapters center on administration and management including important subjects such as attitudes ethics and legal topics as well as consultation and research New and updated in the Fourth Edition Pearls section for succinct highlights of the content within each chapter The latest evidence based practice interventions with complete references for further reading Updated graphics pictures and diagrams to illustrate the content Content summaries and streamlined text for enhanced readability Updated case studies to exemplify clinical decision making Designed to provide valuable real life clinical knowledge *A Clinical Approach to Geriatric Rehabilitation* Fourth Edition gives physical therapists an evidence based guide to the clinical aspects of rehabilitative care in older adult patients and clients

Wound Care Made Incredibly Easy! Lippincott Williams & Wilkins, 2007 *Wound Care Made Incredibly Easy* Second Edition covers fundamental wound care principles and procedures using a light hearted entertaining style Coverage begins with skin anatomy and physiology wound progression and healing and factors that can delay or complicate healing Subsequent chapters cover wound assessment and monitoring and wound care planning procedures and products The book includes eight pages of full color illustrations intervention algorithms for diabetic arterial and venous ulcers and eye catching logos that emphasize key points This new edition includes coverage of malignant wounds and palliative care A new logo highlights considerations for special populations including pediatric geriatric and bariatric patients

The Royal Marsden Hospital Handbook of Wound Management In Cancer Care Wayne Naylor, Diane Laverty, Jane Mallett, 2008-04-30 The Royal

Marsden Hospital Handbook of Wound Management in Cancer Care offers evidence based guidance on wound management in a practical and easily accessible format An introduction to wound healing and assessment is followed by the management of specific wound types and a detailed chapter on wound management products This book is unique in bringing together invaluable specialist advice expert opinion and research on the management of wounds related to cancer and cancer therapies It will be an essential reference for nurses and health care professionals working in the fields of oncology and palliative care in both community and hospital settings The Royal Marsden Hospital is the largest comprehensive cancer center in Europe and is one of the world s foremost hospitals dedicated to the care of people with cancer For further information about career opportunities please call The Royal Marsden toll free 0800 389 2271

Wound, Ostomy and Continence Nurses Society Core Curriculum: Wound Management Laurie McNichol,Catherine Ratliff,Stephanie

Yates,2021-03-02 Written by expert clinicians Core Curriculum Wound Management 2nd Edition is one of the few nursing texts to offer the basic pathology physiology and current clinical skills required for high level wound care This is essential content for those seeking WOC certification including nursing students in wound care programs nurses involved in wound care nurses in gastroenterology urology and surgical nursing graduate nursing students and nursing faculty *Foundations and Adult Health Nursing - E-Book* Barbara Lauritsen Christensen,Elaine Oden Kockrow,2013-12-27 Part of the popular LPN Threads series this comprehensive text includes in depth discussions of fundamental concepts and skills plus medical surgical content to help you provide safe and effective care in the fast paced healthcare environment Easy to read content an enhanced focus on preparing for the NCLEX Examination and a wealth of tips and study tools make Foundations and Adult Health Nursing 6th Edition your must have text

Tabbner's Nursing Care - E-Book Gabby Koutoukidis,Jodie Hughson,2012-10-01 A vital member of the health care team the contemporary enrolled nurse faces increasing challenges and an increasing level of responsibility Written specifically for Australian and New Zealand enrolled nurse students this long awaited new edition reflects the changes and challenges in contemporary enrolled nurse practice as well as the additions and modifications that are occurring in nursing curricula Tabbner s Nursing Care Theory and Practice 5th edition has been written reviewed and edited by the people who educate the enrolled nurse and continues to provide enrolled nurse students with the most comprehensive resource available

The Royal Marsden Manual of Clinical Nursing Procedures Lisa Dougherty,Sara Lister,Alex West-Oram,2015-03-17 The Royal Marsden Manual of Clinical Nursing Procedures has been the number one choice for nurses since it first published over 30 years ago One of the world s most popular books on clinical skills and procedures it provides detailed procedure guidelines based on the latest research findings and expert clinical advice enabling nurses and students to deliver clinically effective patient focused care The ninth edition of this essential definitive guide written especially for pre registration nursing students now includes a range of new learning features throughout each chapter that have been designed to support student nurses to support learning in clinical practice Providing

essential information on over 200 procedures this manual contains all the skills and changes in practice that reflect modern acute nursing care

The Care of Wounds Carol Dealey, 2008-04-15 Care of Wounds addresses all aspects of holistic wound care management The third edition of this successful text continues to reflect current research and evidence based practice while incorporating the considerable developments which have occurred in wound care practice since the publication of the second edition The third edition includes new chapters on evidence based wound care and the organisation of wound management together with new material on nurse prescribing and the management of wounds in the community the development of nurse led ulcer clinics and specialist wound management centres details of new technologies and the use of pressure redistributing equipment Although principally written for nurses it is of value to all healthcare professionals working in the field of wound healing

Wound Care Carrie Sussman, Barbara M. Bates-Jensen, 2007 Designed for health care professionals in multiple disciplines and clinical settings this comprehensive evidence based wound care text provides basic and advanced information on wound healing and therapies and emphasizes clinical decision making The text integrates the latest scientific findings with principles of good wound care and provides a complete set of current evidence based practices This edition features a new chapter on wound pain management and a chapter showing how to use negative pressure therapy on many types of hard to heal wounds Technological advances covered include ultrasound for wound debridement laser treatments and a single patient use disposable device for delivering pulsed radio frequency

The Long-term Care Nursing Desk Reference Barbara Acello, 2005 From pain assessment methods to intravenous drip calculations the Long Term Care Nursing Desk Reference offers long term care nurses virtually every tool they need to provide high quality regulation compliant long term resident care Written by accomplished author and speaker Barbara Acello MS RN this authoritative reference is jam packed with practical need to know patient care information essential policies and procedures and vital regulatory and safety requirements In short the Long Term Care Nursing Desk Reference is the book you and your nurses have been waiting for

Dermatologic Nursing Essentials Noreen Nicol, 2016-02-02 An official publication of the Dermatology Nurses Association Dermatologic Nursing Essentials A Core Curriculum is the definitive source for concepts and practices in dermatology nursing It serves as an excellent review tool for certification as well as day to day interaction with patients Chapters include coverage of anatomy and physiology of the skin skin assessment and diagnostic techniques therapeutic treatment modalities diseases of the epidermis dermatitis eczemas cutaneous malignancies benign neoplasms hyperplasia cutaneous manifestations of systemic disease connective tissue disorders pediatric dermatology acne infections aging skin biologics disorders of pigmentation bites stings and infestations cutaneous manifestations of HIV wound healing and psychosocial effects of dermatologic disease and psychodermatoses

This book delves into Nurses Clinical Guide To Wound Care. Nurses Clinical Guide To Wound Care is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nurses Clinical Guide To Wound Care, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Nurses Clinical Guide To Wound Care
 - Chapter 2: Essential Elements of Nurses Clinical Guide To Wound Care
 - Chapter 3: Nurses Clinical Guide To Wound Care in Everyday Life
 - Chapter 4: Nurses Clinical Guide To Wound Care in Specific Contexts
 - Chapter 5: Conclusion
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5. In chapter 4, the author will scrutinize the relevance of Nurses Clinical Guide To Wound Care in specific contexts. This chapter will explore how Nurses Clinical Guide To Wound Care is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Nurses Clinical Guide To Wound Care. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Nurses Clinical Guide To Wound Care.

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