

## Wound management in Primary Health Care

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### The Three Ps

- Prevention – of infection and complications
- Promotion of healing
- Participation – by the patient

### Prevention of complications

- Holistic assessment – including social factors
- Wound assessment
- Managing oedema
- Patient education

### Wound assessment

- Type of wound
- Position of wound
- Length of time present
- Dimensions
- Tissue
- Exudate
- Surrounding skin
- Wound edges

### Oedema

- Increases pain
- Delays healing
- Reduces mobility
- Is often poorly managed, especially in lower limb injuries.

### Management of oedema

- Measure and evaluate
- Elevation – above the level of the heart!
- Firm bandaging
- Compression if % of arterial blood flow known

## Patient education

- To encourage concordance with treatment
- To involve them in decision making

## Prevention of infection

- Removal of foreign bodies
- Removal of haematoma
- Application of an anti-microbial
- Systemic antibiotics if needed

## Promotion of healing

- TIME to heal wounds.
- T issue
- I nfection/inflammation
- M oisture
- E pithelialisation

## Tissue

- Stage of healing
- Colour/type
- Product selection

## Infection/Inflammation

- Chronic or acute wound?
- Localised or systemic infection?
- Products to resolve the problem

## Infection/inflammation

- Removal of biofilms
- Antimicrobials:
  - Honey
  - Silver
  - Iodine
- Changing the pH of the wound

## Moisture

- Too dry – delays cell migration and skin can crack
- Too moist – excoriation, maceration, growth of bacteria such as pseudomonas aeruginosa.

## Managing moisture

- Adding/retaining moisture;
- Hydrogels
- Hydrocolloids
- Films
- Managing excess moisture – find the cause!
- Alginates
- Hydrofibre
- Absorbent products

## Epithelialisation

- Will occur when T + I + M are all in balance.

## Other factors

- Ensure everyone knows which way to remove dressings on skin tears.
- Use products which do not adhere, especially with on digits and with children
- Redress once or twice weekly only
- Beware tapes on fragile skin
- Follow best practice

## Products in primary health care

- Cost effective versus cost saving
- Consider contract
- Added extras e.g. posters and education to staff
- Best product for your patient group

## Participation of patients

- Consent to care plan/treatment
- Increase concordance with management
- Match treatment to lifestyle – work and home
- Educate on prevention in future – recognizing problems; seeking help sooner; how to manage at home immediately wound occurs
- Consider referring for falls prevention.

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