

# Prevention and Principles of Wound Care

Corinne Ward

Tissue Viability Nurse

Prevention is for:

ALL WOUNDS

AT

ALL AGES

# Prevention

- To prevent: implies a stopping or keeping from happening, as by some prior action;
- Advanced action to stop something before it occurs;

# Wound Care Anticipatory Measures

- Assessment of skin
- Assessment of Risk factors
- Assessment of Nutrition & Hydration
- Assessment of the whole Patient

# Skin Assessment

- Skin warm, dry and intact
- Skin cool to touch
- Skin pale, warm and dry
- Skin intact, no open areas noted

# What is a skin Assessment?

- Inspection
- Palpation
- Olfaction (smell)
- Hair and Nails
- Skin alterations
- Wound documentation

# Wound Prevention-Risk Factors

- Pressure
- Shear & Friction ( moving patient in bed)
- Circulatory impairments
- Neuropathy
- Any spinal cord injury
- Use A Risk Assessment Screen (Braden or Norton)

# Wound Prevention

## *Systemic Support:*

- Nutrition & Hydration
- Nutritional Consults/  
Screening

## *Support Surfaces:*

- Pressure Relief
- Bed & chair



# Principles of Care

- *(Acronym - Measures)*
- **M**inimize trauma to wound bed
- **E**nvironment, maintain thermal insulation
- **A**ssess and manage exudate
- **S**upport the body's tissue defense system
- **U**se non-toxic wound cleansers
- **R**emove necrosis, slough
- **S**urrounding tissue, protect from injury

# Minimize Trauma

- Trauma disrupts newly formed vessels, connective tissue and epidermis - delaying healing

## Environment

- Maintain thermal insulation and a moist wound bed - 6 hours no wound healing
- Moist wound dressings promote a warm, wet wound bed

# Assess and Manage Exudate

- Prevent maceration and maintain the right moist environment to promote healing

## Support Host Defenses

Cultures and specific antibiotics

Cultures: swab, fluid aspiration & tissue biopsy

Treatment- culture specific

- Anaerobe-most common Bacteroides
- Aerobes-most common Pseudomonas, Staph aureus

# Use Non-Toxic Wound Cleansers

- Remove bacteria & contaminants & protect cell migration and wound healing

## Remove Necrosis

- Necrotic tissue prolongs the inflammatory process & serves as a medium for bacterial growth.
- Debridement is needed
- Ischaemic wounds- Exception to the rule

# Eliminate Dead Space

- Dead space is a fluid medium for bacterial growth and abscess formation
- Tissue destruction underlying intact surface
- Tunneling and Undermining could occur
- Pack Loosely but Pack

# Surrounding Tissue -Protect

- Protective barrier recommended
- Choices:wipes, creams, ointments, sprays, gels and dressings
- Assessment of erythema around the wound-may indicate infection