WOUND CARE 101

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Did you know……..

The skin is the body’s largest organ.

- Our skin is a barrier, protecting us from outside environments such as infection and extreme temperatures.

What should we know about wounds?

Wounds can be MINOR – only needing basic first aid, some can be DEEP needing medical attention to prevent further complications.

Wound Care

Wounds can be treated at home with basic first aid, which is washing wound with soap and water and placing a bandage over wound.

Do’s & Don’ts

- DO clean wound daily with soap and water.

- DO NOT use hydrogen peroxide to clean wounds — although hydrogen peroxide can kill germs, it also kills good germs slowing down the healing process.

Seek medical care for wounds if…..

- Wound is dirty and cannot be easily cleaned with soap and water.

- Bleeding cannot be stopped, even when pressure has been applied and elevation has been used.

- Concerns wound is deep, possibly needing stitches.

- Wound looks infected. Signs of infection: redness, swelling, increased pain and/or pus.
Wound Causes and Types

- A wound can occur when our skin is broken or damaged because of some type of injury.
- It can be....
  - Superficial (on the surface) or it can be an abrasion leaving the deeper layers of skin intact. (usually caused by friction/rubbing against a surface).
  - Deep cuts can go through all the layers of skin and possibly to underlying tissues such as muscle or bone.

Pressure injury definition

“A pressure injury is localized damage to the skin and underlying tissue usually over a bony prominence (area) or related to a medical or other device. The injury can present as intact skin or an open ulcer and may be painful. The injury occurs as a result of intense and/or prolonged pressure or pressure in combination with shear.”


Pressure Points

Shearing

Transferring out of wheelchair

Internal slide compromises blood supply to area; deforms/distorts tissue

Pressure

Shear

This combination creates tissue damage

Blanchable vs Non-Blanchable

Blanchable

Non-Blanchable
Stage 1 Pressure Injury – Lightly Pigmented

Stage 1 Pressure Injury – Darkly Pigmented

Stage 1 Pressure Injury – Edema

Stage 1

Stage 2 Pressure Injury

Stage 2
Unstageable Pressure Injury - Slough and Eschar

Deep Tissue Pressure Injury

Deep Tissue Injury

Deep Tissue Injury
Controlling moisture is important because..... Perspiration, urine, feces and wound drainage can cause skin to break down Excessive moisture = maceration of skin

Best way to avoid injuries

- **PREVENTION**
- Inspect skin daily
- Make sure shoes/braces/AFOs fit appropriately
  - Watch for swelling and/or redness
    - (can be the first sign of breakdown)
- **PREVENTION**
  - **PREVENTION**
  - **PREVENTION**

Wheelchair cushion position

Wheelchair cushion placed “backward” = buttock wound