Documentation should provide enough information to:

- monitor progress in wound healing
- evaluate the effectiveness of management
- guide management and prevention plans

References:


JBI Wound Healing and Management Node Group. Chronic wound management. (JBI) Best Practice: evidence-based information sheets for health professionals 2011

Australian Wound Management Association. Position Document: Bacterial impact on wound healing: from contamination to infection. AWMA 2011


Wound Assessment

What is a wound?
A wound is an injury to the skin or underlying tissue that may or may not involve a loss of skin integrity. Physiological function of the tissue is impaired. Common types include leg ulcers, traumatic wounds, pressure injuries, surgical, and burns.

Phases of wound healing
1. Haemostasis (bleeding stops): 10 minutes
2. Inflammation (redness, swelling): 3 days
3. Proliferation (new tissue growth): 28 days
4. Maturation (regaining normal function): a year or more

Factors promoting wound healing
- A moist healing environment
- Adequate blood supply and oxygenation
- Stable temperature
- Good nutrition and hydration
- Treatment of underlying medical conditions
- Avoiding pressure, shear, friction, maceration
- Avoiding smoking

Wound Assessment
- Evaluate and document the following:
  - Cause, site, type and classification of wound
  - Depth: superficial, partial or full thickness
  - Size: trace and calculate area on first presentation, then once/month
  - Wound edge: sloping, punched out, raised, rolled, undermining, purple, calloused
  - Wound bed: necrotic, sloughy, infected, granulating, epithelialisation
  - Exudate: serous, haemoserous, purulent
  - Surrounding skin: oedema, cellulitis, colour, eczema, maceration, capillary refill time
  - Any signs of infection: heat, redness, swelling, pain, odour, delayed healing
  - Pain: associated with disease, trauma, infection, wound care practices, products
  - Quality of life

Is the wound healing?

✔ Yes, signs of a healing wound:
  - pink or ruddy red in colour
  - small to moderate amounts of clear or serous exudate
  - wound is decreasing in size
  - surrounding skin is warm, pink and healthy

✘ No, signs of an unhealthy wound:
  - malodour
  - green, yellow slough or necrotic tissue
  - large amounts of exudate
  - increased size or no decrease in size
  - surrounding skin is red, hot, swollen
  - increased pain
  - systemic symptoms of infection

An acute wound that has not healed after 28 days needs investigation