

Ways to help ensure good nutrition and hydration

- Eat a healthy, balanced diet including all the five food groups each day
- Vary your meals and eat small meals or snacks frequently
- Drink 6 to 8 glasses of fluid a day, e.g. water, juice, yoghurt, soup
- Keep fluids handy and accessible
- Sit upright when eating or drinking
- Ensure good dental hygiene
- Talk to a health professional if you have any concerns



This is a guide only and does not replace clinical judgment

References:

AWMA, *Standards for wound management*. 2nd ed 2010, Osborne Park, WA: Cambridge Media

Trans Tasman Dietetic Wound Care Group, *Evidence based practice guideline for the dietetic management of adults with pressure injuries*. Review 1: 2011

AWMA, *Pan Pacific Clinical Practice Guideline for the Prevention and Management of Pressure Injury* 2012, Osborne Park, WA: Cambridge Media



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Nutrition and Wound Healing

Information for clients, family and carers



Nutrition and Wound Healing

What is a wound?

- A wound is an injury to the skin

How do wounds occur?

- Falls, accidents, knocks and bumps
- Surgery
- Underlying diseases (e.g. diabetes, poor circulation)

Why is good nutrition and hydration important?

- Good nutrition and hydration is essential for prompt healing of wounds
- Older people take longer to heal and are more likely to be malnourished
- A wound increases the body's needs for energy and nutrients
- Dehydrated skin is less elastic, more fragile and more likely to break down



Which nutrients are important for wound healing?

Some nutrients are important in helping wounds to heal, including:

- Protein
- Vitamin A
- Vitamin C
- Zinc

Protein

Wounds need protein, including arginine, to heal. You may need extra servings if you:

- Have not been eating well
- Have lost weight recently
- Are underweight
- Have a large or long-lasting wound

Good sources of protein are red meat, poultry, fish, dairy products, legumes, nuts, seeds and grains.

Vegetarians should take special care to combine a variety of food sources to obtain all essential dietary needs.

Vitamin C

A lack of Vitamin C may result in wound breakdown or delayed healing.

Good sources of Vitamin C include citrus fruits, berries, capsicum, parsley, broccoli, rockmelon, spinach.

Vitamin A

Vitamin A is needed for tissue growth.

Good sources are liver, sweet potato, carrots, broccoli, leafy vegetables, rockmelon, eggs, and apricots.

Zinc

Zinc is necessary for normal skin development. A lack of zinc is associated with slow wound healing.

Good sources are red meat, seafood, poultry, dairy products, sesame seeds and wholegrain cereals.

Good nutrition and hydration is essential for wound healing