This is a guide only and does not replace clinical judgment

References:
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Promoting healthy skin
Champions for Skin Integrity

60 Musk Ave
Kelvin Grove Qld 4059
Brisbane, Australia

Phone: + 61 7 3138 6000 or
Fax: +61 7 3138 6030 or
Email: ihbi@qut.edu.au
Email (Wound Healing): woundservice@qut.edu.au

CRICOS No. 00213J
www.ihbi.qut.edu.au

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Wound Care

Assessment
- Wound assessment should be undertaken by trained, experienced health practitioners
- Assess and document:
  - physical examination
  - psychological well-being
  - nutritional status
  - pain (including use of a pain scale)
  - history of previous wounds
  - current wound duration, site, treatments
  - wound characteristics: size, shape, depth, tissue type, exudate, margin, surrounding skin, signs of infection
- Reassess and document progress in healing regularly
- Reassess pain at each wound dressing using a standardized assessment tool

Management
- Wound management should be undertaken by trained, experienced health practitioners
- Multidisciplinary management promotes healing and improved outcomes
  - Reassess and document progress in healing regularly
- Exudate
- Wound characteristics
- Wound duration
- Wound location
- Wound characteristics
- Wound duration
- Wound location
- Wound characteristics
- Wound duration
- Wound location

A moist wound environment enables migration of tissue repairing cells. Extreme wetness or dryness may delay healing.

- Refer to a specialist if there is:
  - uncertainty in diagnosis
  - deterioration or failure to progress to heal
  - unexpected change in level or type of pain or exudate
  - signs of infection or ischaemia

- Use a topical antimicrobial agent in clients with critically colonised, localised or spreading wound infection; the length of treatment determined by the response
- A moist wound environment should be maintained for optimal healing
- Dressings should:
  - maintain a moist wound environment
  - manage wound exudate and protect the peri-ulcer skin
  - minimise friction, shear, skin irritation and pressure
  - be non-adherent to reduce trauma
  - be cost effective and able to be changed once/day or less often where possible

- Promote oxygenation of wound environment - avoid cold, dehydration, smoking, stress, pain
- Implement effective pain management during wound dressings
- Encourage optimal levels of nutrition
- Provide education on wound care