

Abbott Northwestern Wound Clinic Wound Care Essentials

Disclaimer

Watson Health.
**100 TOP
HOSPITALS®**
2020



- This is general information regarding wound care and does not replace the need for professional wound care management. For customized wound care please see a wound care professional for further recommendations and instruction.
- If you have any questions regarding content presented please discuss with your nurse and/or provider

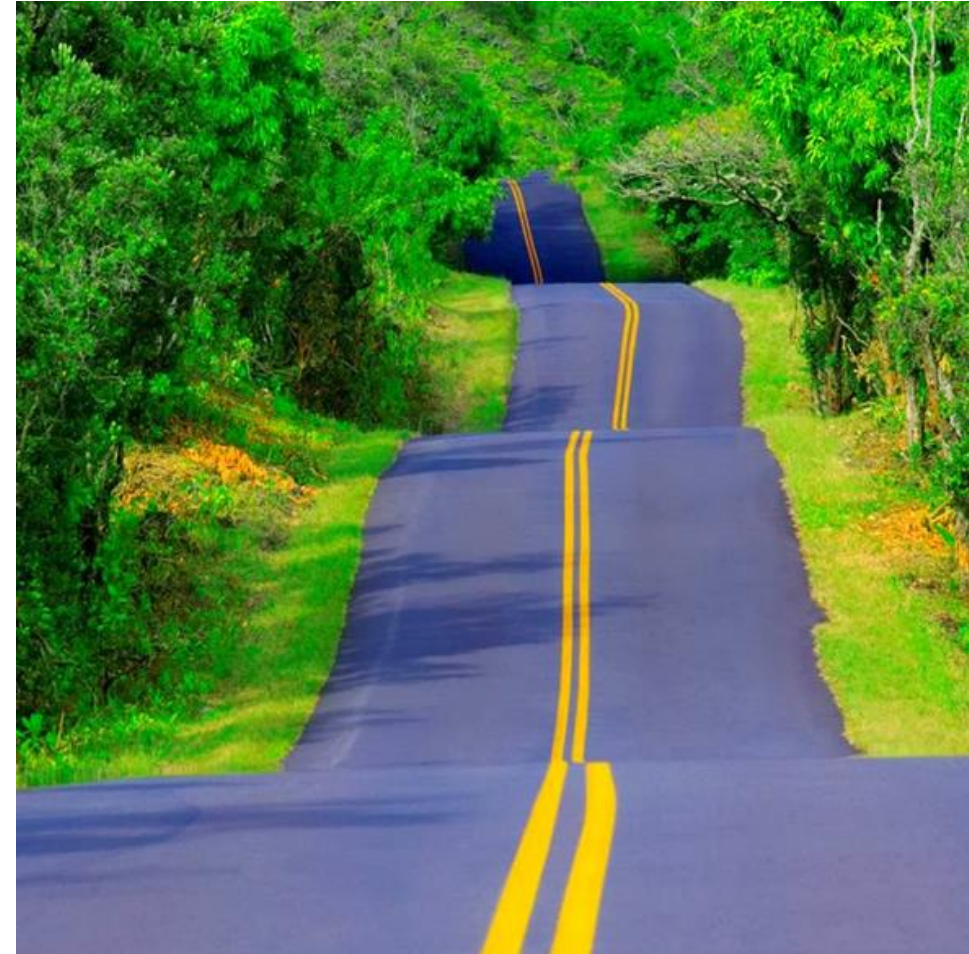


Wound Care is a Journey

Watson Health.
**100 TOP
HOSPITALS®**
2020



- At the Abbott Northwestern wound clinic, we are here to support you during your journey to wound healing
 - Debridement
 - The appropriate dressing
 - Elevation & Compression
 - Good nutrition/protein intake
 - Control infection



<http://beradiantsquared.com/wp-content/uploads/sites/20/2013/05/Journey-Destination.jpg>

-

AllinaHealth | ABBOTT NORTHWESTERN HOSPITAL

The Appropriate Dressing

Watson Health.
**100 TOP
HOSPITALS®**
2020



- The goal of dressings is to create an environment for moist wound healing
- Not to dry
 - Not too wet
- Keeping wounds covered is important to prevent infection and promote wound healing
 - Leaving open to air is not the most efficient way to promote healing

Wound clinic
providers will help
you choose the best
dressing for your
wound!

(Kelechi & Johnson, 2011, p.15)

How to Take Care of Your Wound

Watson Health.
**100 TOP
HOSPITALS®**
2020



Cleansing

- Take off bandage, and look at wound with each dressing change. Call wound clinic at 612-863-3110 if you see something wrong
- Clean wound with mild soap and water or wound cleanser as directed every time you change the bandage
- No soaking, bath, pool, lake
- Do not clean with alcohol or hydrogen peroxide.

Protect skin around wound

- Apply barrier creams to wound borders, can go right to edges of wound
- Remove build up of barrier creams with mineral oil 1-2x weekly.
- Avoid excessive rubbing to avoid skin damage.
- Examples of Barrier protectors
 - Desitin™, Triad™, Criticaid Clear™, 3M™ Cavilon™ No Sting Barrier Film

(Allina Health, 2017), (Bryant & Nix, 2016)

How to Take Care of Your Wound Continued...

Watson Health.
**100 TOP
HOSPITALS®**
2020



Primary Dressings

- First layer or dressing, place on wound
- These keep wound moist, prevent infection, help with healing
- Examples: Alginate, Manuka Honey, Adaptic™, Prisma™, Hydrofera Blue™
- These should be cut to about the size of your wound
- Place right on wound bed
- Be sure to follow instructions provided in your appointment

Secondary Dressings

- Placed over first layer (primary) dressing
- These absorb drainage and protect your wound
- Ex: ABD pad (blue stripe facing out), Foams, Mextrisorb™, Gauze, Gentle Adhesive Dressing

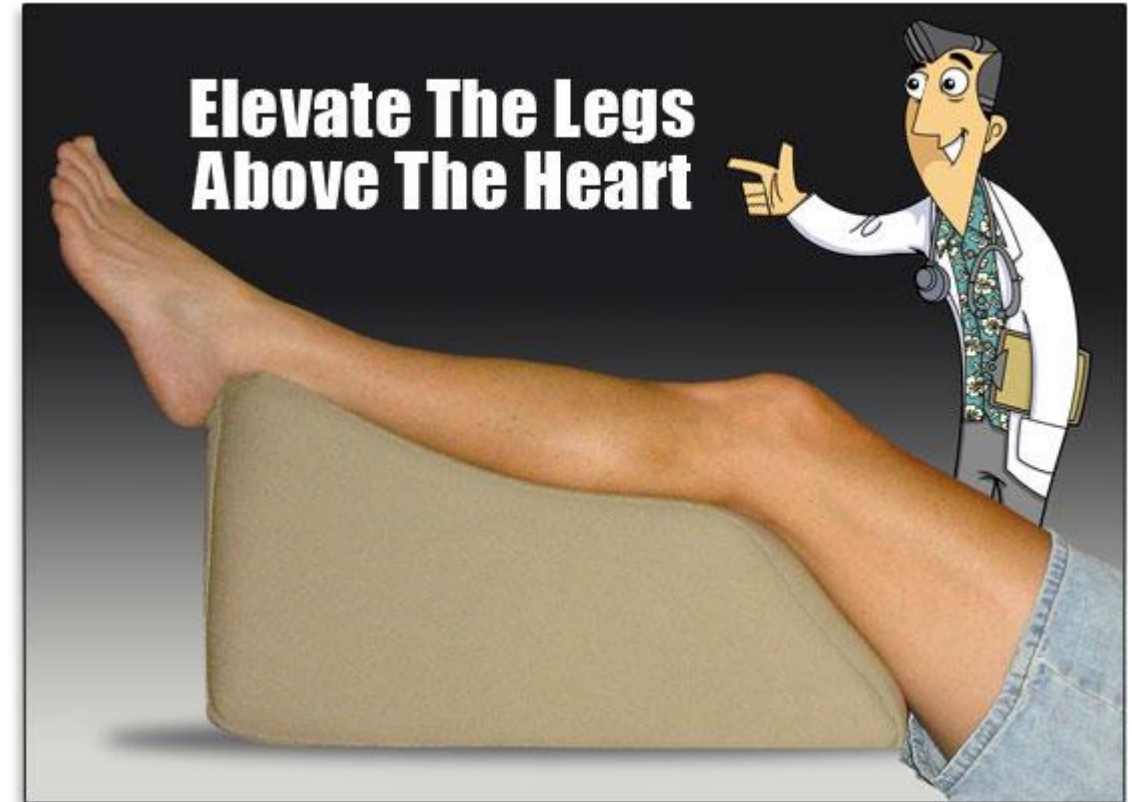
Ways to Secure Dressings

- It is important to keep your bandage in the right place
- Examples: Kerlix, Roll Gauze, tape
- It is good to avoid having tape on skin-can cause skin tears
- Do not wrap tape around arms or legs

(Allina Health, 2017), (Bryant & Nix, 2016)

Elevation

- Elevating your legs helps to reduce swelling
- Moves fluid out of lower extremities.
- Elevate your legs **above your heart** at least 2-4 times per day for 20-30 minutes every day
 - Best to do at least once in mid-morning and once late afternoon



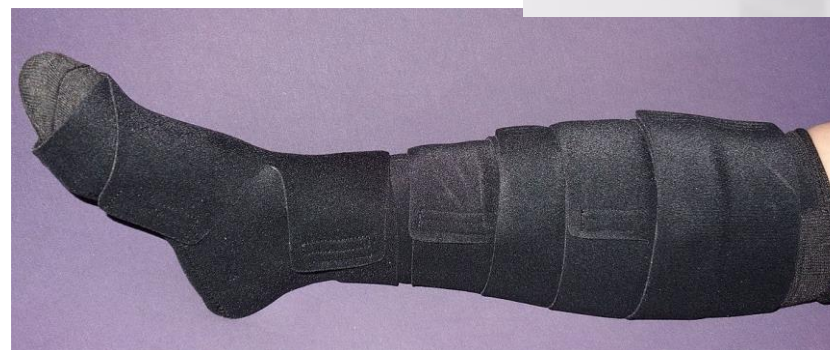
https://advancedveincare.com/wp-content/uploads/2016/05/leg_elevation8c7b.jpg

Importance of Compression

Watson Health.
**100 TOP
HOSPITALS®**
2020



- Compression decreases swelling in your legs
 - Increased swelling causes wounds to open and worsen
 - Improves blood flow and oxygen getting to wound bed
- Types:
 - Weekly wraps
 - Placed by RN's in wound clinic, requires weekly appointments
 - Short stretch compression wraps
 - Compression stockings
 - over the counter or prescription
 - Velcro compression garments
 - Zipper compression garments



http://www.2xu.com/on/demandware.static/-/Sites-txu-master-catalog/default/dw378LK-BLK.jpg13a1a/images/MA2440e-cto/MA2440e_B

http://mibiz.com/media/k2/items/cache/b41060ebc8ad67513ee96094b9c7eb88_XL.jpg

Nutrition and Wound Healing

Watson Health.
**100 TOP
HOSPITALS®**
2020



- Good Nutrition is important for your wound to heal. Eating well-balanced meals will help you to heal more quickly and feel your best.

Examples of Foods with Protein:

- Hard Boiled Eggs
- Yogurt
- Cottage Cheese
- Milk
- String cheese
- Cheese and Crackers
- Peanut Butter & nuts
- Boost , Ensure, Carnation
- Black Beans
- Milk Shakes
- Meat, Poultry, Fish

Tips For Adding Protein in Your Diet

- Add peanut butter to bread, toast or crackers
- Mix cottage or ricotta cheese to casseroles
- Mix cheese in to sauces or vegetables
- Melt cheese on sandwiches or hamburgers
- Add nuts or seed to casseroles, muffins, breads, cookies, pancakes or waffles
- Add chopped or ground meat to soups, casseroles, salads, omelets or soufflés
- Add chopped hard cooked eggs to salads or casseroles

(Allina Health, 2019), (Allina Health, 2017 *Ways to Add Protein to Your Meals and Snacks*) .

When To Be Concerned About Infection

Watson Health.
**100 TOP
HOSPITALS®**
2020



Signs and symptoms of infection include:

- ☐ Redness/warmth surrounding wound site
- ☐ Increased swelling around wound site
- ☐ Increased yellow, green pus from wound
- ☐ Odorous drainage from wound that does not go away after cleansing
- ☐ Increased pain from wound
- ☐ Fever or chills



There is bacteria in every wound. They do not always cause problems, but sometimes the bacteria count gets high and need to be treated with medicine.

Call the wound clinic at 612-863-3110 if you have signs of infection

(Byrant & Nix, 2016, p. 286).

Useful Contacts

Watson Health.
**100 TOP
HOSPITALS®**
2020



- Abbott Northwestern Wound Clinic - 612-863-3110
- Allina Home and Oxygen Supply Company - 612-863-5967
 - Wound care supplies
- Hanger Orthotic - 1-877-442-6437
 - Help with custom orthotics/shoes
- Handi Medical Supply - 651-644-9770
 - Wound care supplies
- Allina Home Care – 651-635-9173
- Winkley Orthotic - 612-863-8963

References



- Allina Health. (2019). Foods That Have Protein. Retrieved from: ***
- Allina Health. (2017). How to Take Care of Your Wound. Retrieved from <http://akn.allinahealth.org/PatientEdCatalog/General%20Health%20Documents/18911.pdf#search=How%20to%20take%20care%20of%20your%20wound>
- Allina Health. (2017). Sharp Wound Debridement. <http://akn.allinahealth.org/PatientEdCatalog/General%20Health%20Documents/17854.pdf#search=sharp%20wound%20debridement>
- Allina Health. (2017). Ways to Add Protein to Your Meals and Snacks. Retrieved from: ****
- Bryant,R.,& Nix,D. (2016). Acute & Chronic Wounds Current Management Concepts. p.286
- Kelechi,T., & Johnson,J. (2011). Guideline for Management of Wounds in Patients with Lower-Extremity Venous Disease. *WOCN Clinical Practice Guideline Series, (4),p.14-23.*