

Wound Care Calls



Things to Keep in Mind:

Conditions that interfere with wound healing include: Diabetes, Cancer, Auto Immune disorders, smokers, age, obesity, nutrition, dehydration, alcoholism, anemia, and low oxygenation.

Medications that affect healing: blood thinners(anticoagulants) like Warfarin and Coumadin, cytotoxic anti-cancer and immunosuppressive agents, corticosteroids like prednisone and nonsteroidal anti-inflammatory drugs (NSAIDs)like ibuprofen.

What treatment has been ordered for wound care if any?

Document:

- A. Appearance of wound and surrounding area.
- B. Size of wound in cm or inches. Can use coins as reference (example “dime sized area of redness”). Document L X W X D. in that order.
- C. Drainage- color, consistency, odor, amount
- D. How long the patient has had the wound? What caused it if known.
- E. Pertinent negatives: infection, red streaks, fever, severe pain, swelling, odor, increased drainage.
- F. Pain on 10-point scale.

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Know your terms:

- > **Necrotic tissue (eschar):** Dead layer. black, brown or tan. Can be firmer or softer than surrounding skin. It usually results from an inadequate local blood supply and it contains dead cells and debris that are a consequence of the fragmentation of dying cells. It changes color from red to brown or black/purple, as it becomes more dehydrated.
- > **Slough:** Dead layer. yellow or white tissue adheres to the ulcer. Stringy, clumpy or mucinous. It is a yellow fibrinous tissue that consists of fibrin, pus, and proteinaceous material. Slough can be found on the surface of a previously clean wound bed and it is thought to be associated with bacterial activity.
- > **Granulation tissue:** pink or beefy red tissue with a shiny, moist, granular appearance. It is new connective tissue and microscopic blood vessels that form on the surfaces of a wound during the healing process and it typically grows from the base of a wound and is able to fill wounds of almost any size.
- > **Epithelial tissue:** new pink or shiny tissue skin that grows in from the edges. This type of tissue provides the protective layer over our entire bodies. Epithelial tissue is a series of tightly-packed cells that provides one or more layers (depending on what part of the body it covers) and often slowly grows over the granulating tissue, providing a natural “dressing,” of sorts, for the soft, blood-rich tissue. A wound that has a large amount of epithelializing tissue usually means that it is recovering nicely.