

## WOUND CARE 101

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February 23, 2019*

### *Did you know.....*

- The skin is the body's largest organ.
- Our skin is a barrier, protecting us from outside environments such as infection and extreme temperatures.

### What should we know about wounds?

Wounds can be **MINOR** – only needing basic first aid, some can be **DEEP** needing medical attention to prevent further complications.

### Wound Care

- Wounds can be treated at home with basic first aid, which is washing wound with soap and water and placing a bandage over wound.

### Do's & Don'ts

- **DO** clean wound daily with soap and water.
- **DO NOT** use hydrogen peroxide to clean wounds — *although hydrogen peroxide can kill germs, it also kills good germs slowing down the healing process.*

### Seek medical care for wounds if.....

- Wound is dirty and cannot be easily cleaned with soap and water.
- Bleeding cannot be stopped, even when pressure has been applied and elevation has been used.
- Concerns wound is deep, possibly needing stitches.
- Wound looks infected. *Signs of infection: redness, swelling, increased pain and/or pus.*

## Wound Causes and Types

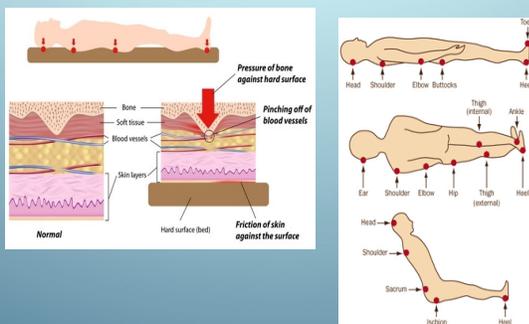
- A wound can occur when our skin is broken or damaged because of some type of injury.
- It can be.....
  - Superficial (on the surface) or it can be an abrasion leaving the deeper layers of skin intact. (usually caused by friction/rubbing against a surface).
  - Deep cuts can go through all the layers of skin and possibly to underlying tissues such as muscle or bone.

## Pressure injury definition

- "A pressure injury is localized damage to the skin and underlying tissue usually over a bony prominence (area) or related to a medical or other device. The injury can present as intact skin or an open ulcer and may be painful. The injury occurs as a result of intense and/or prolonged pressure or pressure in combination with shear."

Prevention and Treatment of Pressure Injury: Clinical Practice Guideline, 2016.

## Pressure Points

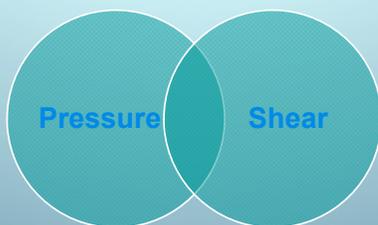


## Shearing

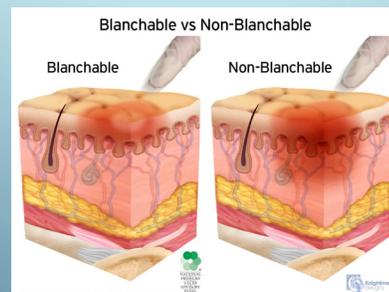


### Transferring out of wheelchair

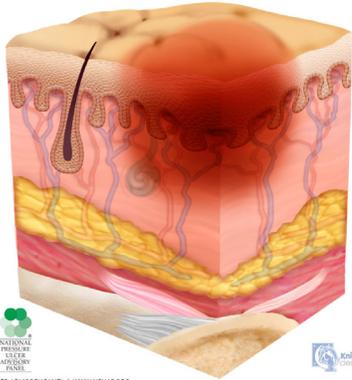
Internal slide compromises blood supply to area; deforms/distorts tissue



This combination creates tissue damage

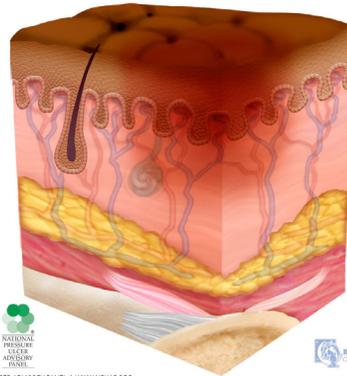


Stage 1 Pressure Injury - Lightly Pigmented



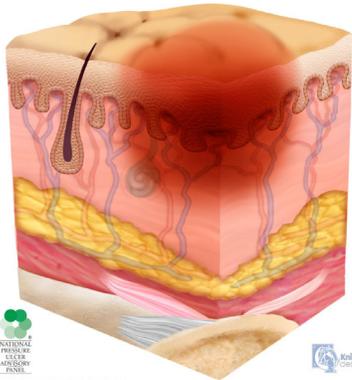
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Stage 1 Pressure Injury - Darkly Pigmented



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Stage 1 Pressure Injury - Edema



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Stage 1



Stage 2 Pressure Injury



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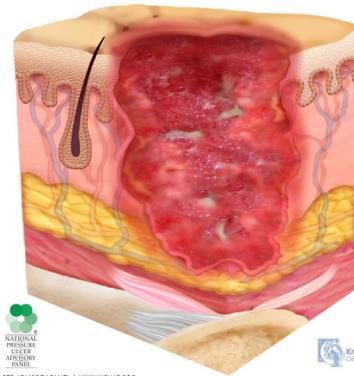
Stage 2



## Stage 2



## Stage 3 Pressure Injury



## Stage 3



## Stage 4 Pressure Injury



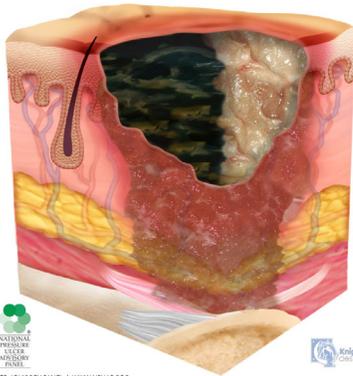
## Stage 4



## Unstageable Pressure Injury - Dark Eschar



### Unstageable Pressure Injury - Slough and Eschar



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ULCER  
ADVISORY  
PANEL

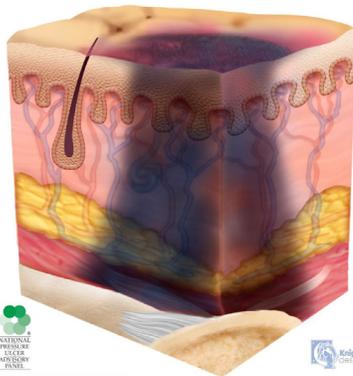
Knightline  
Genetics

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### Unstageable



### Deep Tissue Pressure Injury



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Genetics

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### Deep Tissue Injury



8/3/04

8/17/04

8/31/04

### Deep Tissue Injury





## Controlling moisture is important because.....

- ▶ Perspiration, urine, feces and wound drainage can cause skin to break down
- ▶ Excessive moisture = maceration of skin



## Best way to avoid injuries

- ▶ **PREVENTION**
- ▶ Inspect skin daily
- ▶ Make sure shoes/braces/AFOs fit appropriately
  - ▶ Watch for swelling and/or redness
    - ▶ (can be the first sign of breakdown)
- ▶ **PREVENTION**
- ▶ **PREVENTION**
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## Wheelchair cushion position



FIGURE 6 Graphics copyright: Texas Scottish Rite Hospital for Children

## Wheelchair cushion placed "backward" = buttock wound



FIGURE 3 Graphics copyright: Texas Scottish Rite Hospital for Children

**Prevention!**  
**Prevention!**  
**Prevention!**