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Wound Care (Quickstudy: Health)

WOUND CARE

INTRODUCTION

The guide is designed to teach and inform about wounds and their care. The first section covers the structure of the skin and describes general facts about wounds. **Chronic wounds** and their treatment are described in the middle pages, including **diabetic foot ulcers**, **venous leg ulcers** and **healed care products** are detailed on the back page. **For Wound Care** is the first section of information about taking care of your skin, always check with your healthcare provider if your wound is deep, you don't know how you got it, you think it may be infected or it isn't healing as expected.

THE SKIN

The skin is the largest body organ of humans. It protects the body from the sun, the cold, and the heat. It also helps regulate body temperature. The skin is made up of two layers: the **epidermis** (outer layer) and the **dermis** (inner layer). The epidermis is the layer that is most visible. It is made up of several layers of cells. The dermis is the layer below the epidermis. It contains blood vessels, nerves, and hair follicles. The skin also contains **sebaceous glands**, which produce oil to keep the skin moist. The skin also contains **sweat glands**, which produce sweat to cool the body. The skin also contains **melanocytes**, which produce melanin to protect the skin from the sun's rays.

THE BASICS

What is a Wound?
A wound is a break in the skin caused by trauma, surgery, disease or other factors. Wounds can be open or closed. Open wounds are wounds that are deep enough to expose the underlying tissue. Closed wounds are wounds that are not deep enough to expose the underlying tissue. Wounds can be caused by many things, including cuts, lacerations, abrasions, burns, and frostbite. Wounds can be treated in a number of ways, including cleaning, dressing, and surgery. Wounds can be prevented by taking certain precautions, such as wearing seat belts, using handrails, and avoiding alcohol.

Wound Damage Severity
Wound severity is described in terms of the depth of the injury. The terms are:
• **Partial Thickness:** The wound extends through the epidermis and into the dermis.
• **Full Thickness:** The wound extends through the epidermis and dermis into the subcutaneous tissue, muscle, and bone.

How Do Wounds Heal?
When an injury causes a series of events that break the skin, the body starts to heal. The first step is to stop the bleeding. The body then starts to clean the wound. The body then starts to repair the wound. The body then starts to regenerate the skin. The body then starts to return the skin to its normal state.

Wound Care for Minor Wounds
• Apply pressure and elevate the area to stop any bleeding.
• Clean out dirt and debris with clean running water.
• Apply a bandage to cover and protect the area.
• Change the bandage when it becomes loose or the skin in the area has dried.
• Call a doctor if the wound is deep or if it does not heal.

GLOSSARY

abrasion: wearing away of the skin through outer mechanical pressure (friction or impact)
abscess: accumulation of pus (purulent material) and dead tissue from a wound
adhesion: normal or foreign material and dead tissue from a wound
alginate: natural seaweed-derived dressing
avulsion: outer layer of the skin
cellulitis: diffuse infection of the skin
crust: thick area of dried tissue with accumulation of fluids in a wound
debridement: removal of damaged tissue
granulation: formation of connective tissue and many new capillaries; looks red and moist
healed: dried
partial thickness: wounds that extend through the epidermis but not through the dermis
pus: thick fluid composed of white blood cells and bacteria
slough: stringy, yellow, brown, or gray soft tissue
stump: free end of a limb with a device
wound: break in the skin

Function of the Skin
The skin provides protection from ultraviolet radiation, bacteria, and other harmful things. **Sweat glands** in the skin allow us to feel pain, touch, pressure, heat, and cold. The skin helps control our body temperature and helps produce vitamin D when exposed to sunlight. The body is constantly producing factors that can damage the skin. **Ultraviolet radiation from sunlight or tanning beds**, including tanning beds, can cause skin cancer or in the long run the drying effects of **long heating** and use of alkaline soaps can contribute to skin problems. Adequate nutrition and fluid intake are critical for healthy skin. Good skin care includes use of moisturizer on dry areas, and consistent use of sunscreen to protect against skin cancer.



Synopsis

This chart is designed to educate the patient or caregiver about various types of wounds, their prevention and care. Â

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Customer Reviews

This wound chart is so basic and not aimed at a healthcare professional it is more of a patient guide written in laymen terms, It does not benefit nurses in wound care setting or for clinical use, it is very general as basic as you can get maybe helpful for nurse aids or home health aids working in a home who have minimal medical knowledge with patients who have wounds but otherwise useless

I know that this is just a quick reference but the information contained is extremely basic. It is aimed at people with little to no clinical experience, and especially those dealing with Diabetes.

This is directed towards patients and caregivers who are changing dressings as directed by a provider. It is a terrific reference for them. Back when my mother came home from rehab with a half-healed stage 4 pressure ulcer, I would have loved to have had this. Now, as a student in nursing school, it is a bit basic. It gives a very good introduction for someone who knows nothing about wound care but it does not give enough information to be useful to someone who is already a nurse.

I have student nurses come into the clinic and it is a good quick guide to get a "picture" of what we do.

This product content is very basic, not recommended for nursing students or ones that is already working in medical facility, laminated, good to keep around for reference for those who's not on medical field at home use or going to medical school.

Great product to carry around with you. It has basic information on how to stage wounds, how to measure wounds. What products to use on certain types of wounds, etc. A great addition to your locker reference stack.

Keep in mind this is a study sheet, it does not give instruction on how to respond to a large wound or a trauma situation. But it is handy to have around as it can help keep a first responder up to date.

This document is a detailed yet concise wound evaluation and treatment resource that is perfect for home or for clinics to provide prompt wound care advice.

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