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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 from very little (such as the sun) to the sun's rays, and also helps to regulate the body's temperature. The skin is made up of two layers: the **epidermis**, the outer layer, and the **dermis**, the inner layer. The epidermis contains blood vessels and nerves that provide strength and support to the skin, while the dermis has subcutaneous tissue, providing a cushion and structural support for the skin. All layers of the skin are made of cells. The epidermis is made of **keratinocytes**, which are the cells that give the skin its strength and flexibility. The dermis is made of **fibroblasts**, which are the cells that produce collagen, a protein that gives the skin its elasticity.

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 those that bleed and drain, while closed wounds are those that do not bleed and drain. Wounds can be minor or major, depending on the depth and extent of the injury. The most common types of wounds are cuts, lacerations, abrasions, and burns.

Wound Damage Severity
Wound severity is determined by the depth and extent of the injury. Wounds are classified into three types:
• **Partial Thickness:** The wound extends through the epidermis and into the dermis.
• **Full Thickness:** The wound extends through the epidermis and dermis, reaching the subcutaneous tissue, muscle, and bone.

How Do Wounds Heal?
When an injury occurs, a complex series of events occurs to promote healing. The first step is to stop the bleeding and prevent infection. The body then initiates a process called **hemostasis**, which involves the formation of a blood clot to stop the bleeding. This is followed by **inflammation**, where the body sends white blood cells to the site of the wound to fight infection and remove debris. The final stage is **recovery**, where the body repairs the damaged tissue and restores its normal function.

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 soiled.
• Seek medical care if the wound is deep or won't stop bleeding.

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

cellulitis: inflammation of the tissue, including infection

collagen: most supporting protein of the skin

debridement: removal of foreign material and dead tissue from a wound

dermis: middle layer of the skin

epidermis: outermost layer of the skin

exposed: not covered or shielded

infection: invasion of the skin by microorganisms

laceration: deep cut or tear in the skin

ulcer: open sore on the skin that does not heal

venous leg ulcer: open sore on the lower leg caused by poor circulation

diabetic foot ulcer: open sore on the foot caused by diabetes

healed care products: products used to help wounds heal



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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