Contact Us

If you have questions, please call, or email us!

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Welcome to Skin and Wound Care

GLACIER VIEW LODGE

What is Skin and Wound Care?

Skin and Wound care is an important aspect of healthcare that involves the proper management and treatment of skin and wounds to promote healing and prevent infection. Whether it's a minor cut or a severe burn, proper wound care is essential for the prevention of complications and the reduction of pain and discomfort.

Our Objectives

We will work together to provide skin and wound advice to ensure you and your family understand and are able to support good skin and wound care:

1. Creating a brochure to answer questions and help you support the care team in ensuring healthy skin for your loved one.
2. Offering support to ensure you are always aware of risks and feel prepared to minimize them.

What causes a wound to develop?

1. Pressure.
2. Skin dehydration.
3. Skin malnutrition.
4. Excess moisture.
5. Inactivity.
6. Immobility.
7. Sensory depression.
8. Friction/shear.

How can we address this:

The Braden scale is a 24hr assessment of an individual to provide an “at risk score” for wound development.

- The Braden scale identifies 6 factors in wound development:
- Sensory perception – can the resident sense pain, heat, cold, etc.
- Moisture – how can we manage moisture, incontinence, drainage, sweating etc.
- Activity – how can we increase activity levels to promote circulation & oxygenation.
- Mobility – How can we increase mobility/assist with mobility to reduce

pressure risk.

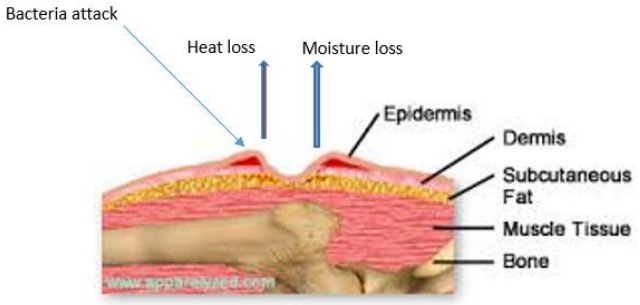
- Nutrition – What nutrients require supplementation to increase healing – consider renal function.
- Friction and shear – How can we reduce friction and shear.

All these factors should be considered in your skin or wound management.

Sensory Perception and wounds.

- **Smell, touch, sight, hearing, taste are our senses.**
- When sensory perception is affected, safety is also affected. For example:
- Touch – if nerve damage occurs, heat and cold sensation is affected.
- Sight – if sight is affected, may bump into furniture, and damage the skin.
- If smell is affected, may not smell gas or burning.
- If taste is affected, may not taste dangerous food items.
- If hearing is affected, may not hear warnings or instructions properly.

- What are the risks to wound healing?



- Moisture balance is one of the most difficult to balance in wound care.

- There are so many factors impacting moisture as mentioned previously, and all need to be controlled.

- If moisture is not reduced the wound will not heal and it will stall.

- Wounds should be healing/healed by 4 weeks.

- If not, please review as it is stalled due to one of the factors mentioned and needs to be re-assessed.

- Moisture balance in wound bed – not too wet and not too dry. Too wet causes maceration (“soggy skin”) which impacts

healing. Too dry causes a dry wound bed which causes dead tissue known as necrosis.

- Controlled temperature -Heat loss maintained – keep consistent temperature of wound. Consider how many times open and closing dressings. This all impacts the temperature of the wound and can stall healing.

- Protection -Bacterial attack prevented/controlled. The deeper the wound the higher the risk for infection. Using antimicrobial dressings helps prevent colonisation of bacteria on the skin.

How do we achieve wound balance?

- Moisture balance in the wound bed – use appropriate dressings to maintain the correct level of moisture in the wound bed. The wound bed should be moist, not dry, but not soaked either.

- Heat loss should be maintained – Cover the wound with the appropriate dressing. We need to consider moisture balance in our dressing choice. Reduce heat loss by reducing the number of dressing changes if stable.

- Bacterial attack prevented/controlled – Use appropriate anti-microbial dressings. Especially if resident has reduced immunity or Diabetes.