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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 very cells that make up the body. The skin, which layers and layers, itself every 4 to 6 weeks, the epidermis is the layer under the epidermis, containing blood vessels and nerves that provide strength and support to the skin, below the dermis has subcutaneous tissue, providing a cushion and structural support for the skin. All layers of these make the epidermis are made. This is why wounds heal faster in the three layers which slightly more than a few days.

**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 **tanning** or **sunbathing** light, **smoking**, **airborne** air, **pollutants** or **work** or in the home, over the drying effects of **house heating**, **radiation** and use of **alkaline** soaps can contribute to skin problems. Adequate nutrition and fluid intake are critical for healthy skin, good hydration, use of **moisturizer** on dry areas, and consistent use of **sunscreen** to **prevent** skin damage.

**THE BASICS**

**What is a Wound?**

A wound is a break in the skin caused by disease, trauma, burns or other factors. When someone is cut, bruised, or scraped, small cuts and blisters form right away. Usually, the body heals quickly after a minor wound, as various natural healing medical care, or with medical care. A wound happens naturally, the cause of the wound is known, and it heals in an orderly way. A **chronic** wound is one that persists for a number of months or years. It does not heal after having initially healed. Chronic wounds can cause a chronic wound or affect your body's ability to heal.

**Wound Damage Severity**

Non-healing, healthcare providers describe the depth of the injury in three types:

- Partial Thickness:** The wound extends through the epidermis and into the dermis.
- Full Thickness:** The wound extends through the epidermis and into the dermis.

**How Do Wounds Heal?**

After an injury, a complex series of events starts the process of wound repair. Cells in the skin and blood vessels work to stop bleeding, allowing the wound to begin to close. In some of the cells important to this process are **white blood cells**, **platelets**, **fibroblasts**, and **epithelial cells**. Cells in wounds can begin to move with one day after just a day or two, while deep wounds may take 10 to 15 days to close. New blood vessels are formed and the edges of the wound begin to pull together in a process called **contraction**. The wound eventually covers with new skin cells that form the same layer as the old skin. After a year after a deep wound has healed, the new continues to grow as the body rebuilds the new tissue.

**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 from the skin or the absorbent pad is filled with drainage.
- Seek medical care if the wound is deep or more than 1/2 inch.

**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

**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

**eczema:** thick area of skin from high accumulation of fluids in a wound

**ulcerations:** tissue damage extending through the dermis

**granulation:** formation of connective tissue and many new capillaries; looks red and rough

**healed:** dead

**partial:** wounds that extend through the epidermis but not through the dermis

**thickness:** thick that involves of skin layer cells and healed strength, strength, tissue, usually within

**pus:** flow of skin with debris

**skin:** break in the skin



## Synopsis

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

## Book Information

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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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