

Advanced Wound Management for Pharmacy

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Items to Discuss

- Basics of the skin
- What is a wound
- Dressing options



IN A SQUARE CM OF SKIN THERE ARE...

15 sebaceous glands
0.9 metres of blood vessels
100 sweat glands
3000 sensory nerve endings
3.7 metres of nerves
25 pressure apparatus
200 nociceptors
14 thermoceptors
300,000 epidermal cells
10 hairs



... A LOT OF THINGS CROWDED INTO A SMALL SPACE!

IT ISNT JUST YOUR MARBLES YOU'LL LOSE AS YOU GET OLD.....



Care of Ageing Skin

Maintain Skin Integrity

- Cleanse (avoid hot baths and frequent showers)
- Use mild soaps
- **Moisturise**
- Manage incontinence

Safety

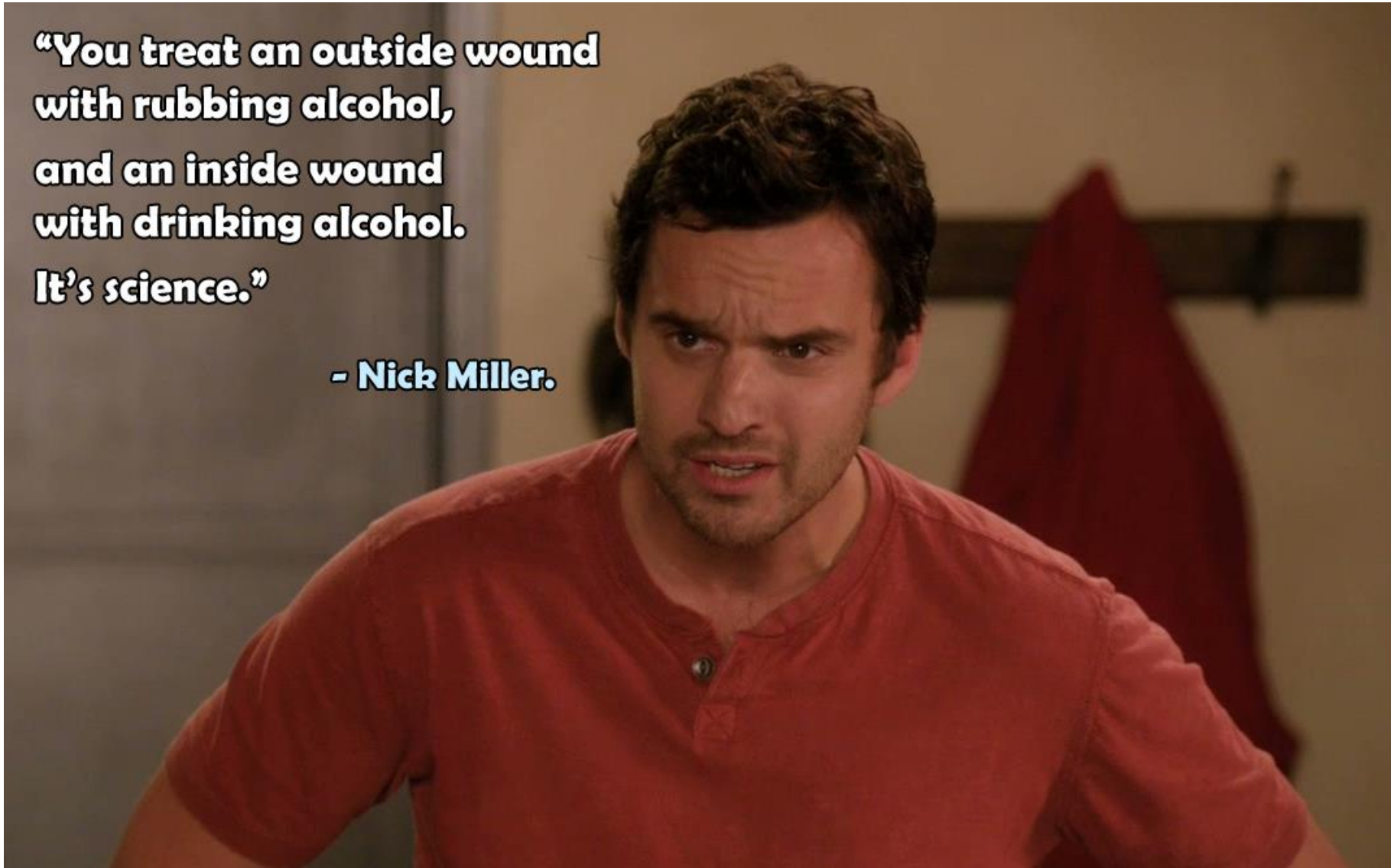
- Clothing
- Equipment
- Furniture
- Mobility

Pressure

- Increase mobility
- Positioning
- Continence pads and clothing

**“You treat an outside wound
with rubbing alcohol,
and an inside wound
with drinking alcohol.
It’s science.”**

- Nick Miller.



Stages of Wound Healing

Minutes/Hours

1

Hemostasis

Formation of platelet plug
Formation of a stable fibrin clot

0-3 Days

2

Inflammatory Stage

Removal of bacteria and cellular debris
Chemotaxis

Days/Weeks

3

Proliferative Stage

Angiogenesis
Re-epithelialization

Months/Years

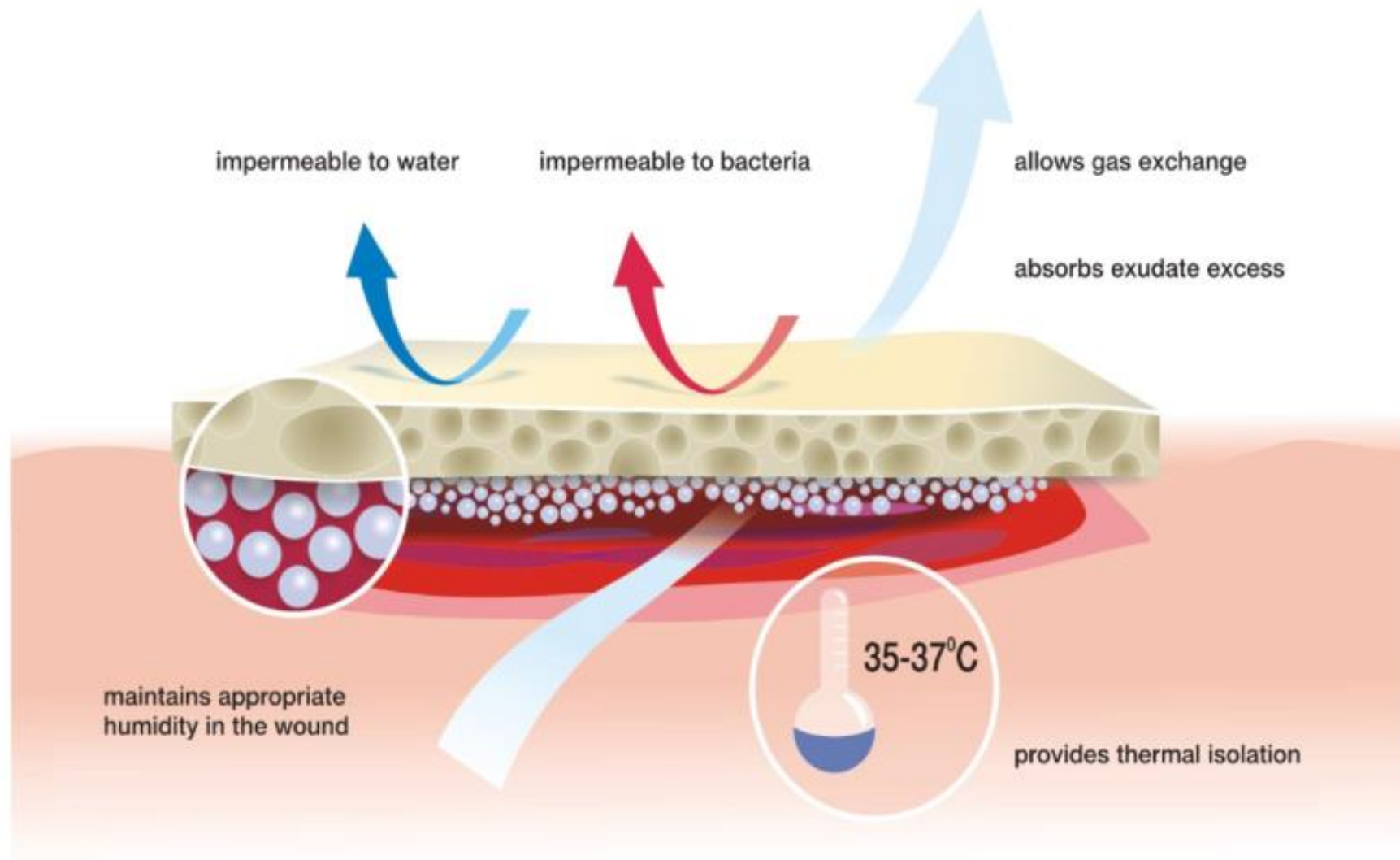
4

Remodelling Stage

Type I collagen predominates
Collagen cross-linking

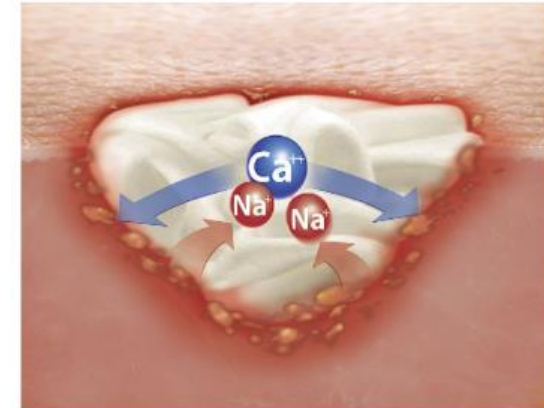
Moist Wound Healing

- Research shows that a moist wound environment is optimal
- Epithelial cells can migrate across live cells
- Maintains constant temperature environment
- Decreases pain
- Prevents scab formation – scabs form a physical barrier to healing
- Reduces scarring
- Dressings less likely to “stick” to wound



T (tissue) I M E

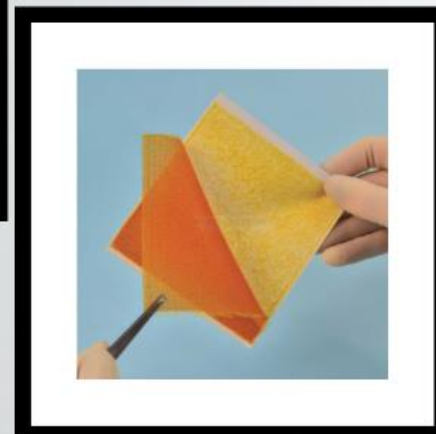
Goal: to create a viable wound bed...



...whether that be using an irrigation solution to clean an infected area; adding a hydrogel to dry wounds; or adding a calcium alginate to stem excess bleeding.

T I (Inflammation/Infection) M E

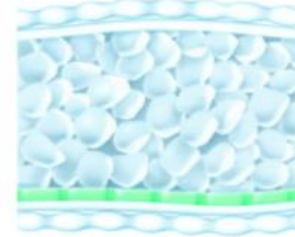
GOAL: To remove or reduce bacterial bioburden...



...using an antimicrobial irrigation solution before application of an antimicrobial dressing eg Silver, Honey or Iodine.

T | M (Moisture) E

GOAL: Remove exudate or add moisture to dry wounds...



...moisture can be added to wounds physically using a hydrogel, or you can choose to allow the body's natural release of moisture to become trapped under a more occlusive dressing (lower MVTR).

To remove larger volumes of exudate, super-absorbent dressings are available.

T I M E (Edges)

GOAL: Address tissue inflammation/infection/moisture issues ie maceration...



...If edge of wound not advancing after 2-4 weeks, reassess intervention, or refer

What To Discuss?

Dressing Type	USL Option??
Primary Contact Layers	Atrauman, Atrauman Silicone
Island Dressings	Cosmopor E, Cosmopor Advance, Hydrofilm Plus
Films	Hydrofilm
Hydrogel	Hydrosorb
Skin Closure Strips	Omnistrips
Fixation	Peha-Haft
Super Absorbent Dressings	Zetuvit Plus



Atrauman

- Primary Contact Layer
- Triglyceride impregnated mesh
- Allows fluid (exudate) to pass through, whilst preventing the secondary dressing from sticking to the wound (**atrauma**tic removal)
- Now available with a silicone coating instead of Triglyceride



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Island Dressings

- Primary Contact Dressings usually
- Hydrofilm Plus and Cosmopor
- Hydrofilm Plus has a film outer and an absorbent centre
- Cosmopor has an acrylic outer and an absorbent centre
- Usually changed every 1-2 days, or when you see strikethrough.



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Films

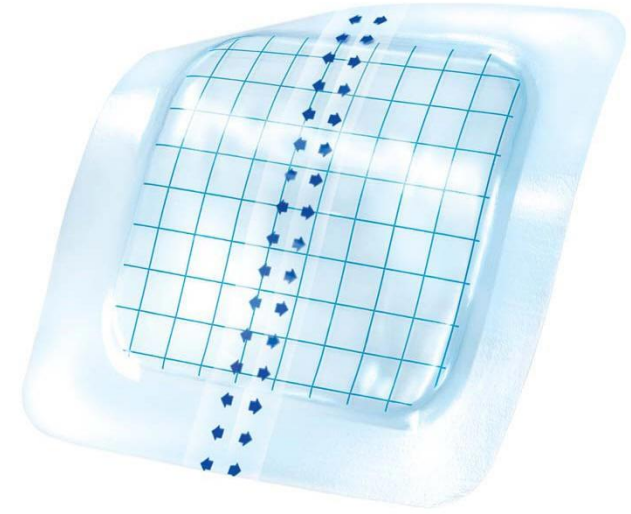
- Hydrofilm
- Used at later stages of wound healing as a protective layer to prevent new fragile skin from being damaged.
- Can also be used as a fixation to secure a non-adherent dressing.
- Available as rectangular dressings, or on a roll.
- 1,2,3,4 instructions!



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Hydrogel Dressing

- Hydrosorb gel feels cooling when applied.
- Donates moisture to wounds, so good for softening scabs that have formed, and necrotic tissue (but this part would be up to a wound nurse to decide).
- Will need securement if the non-adherent version. Peha-haft or crepe would suffice.



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Skin Closure Strips

- Omnistrips have benefits over steri-strips
 - Rounded edges
 - Not bright white
- They are placed in the pack with the recommended spacing to allow for swelling, and for exudate to escape.
- Application technique worth demonstrating.



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Peha-Haft

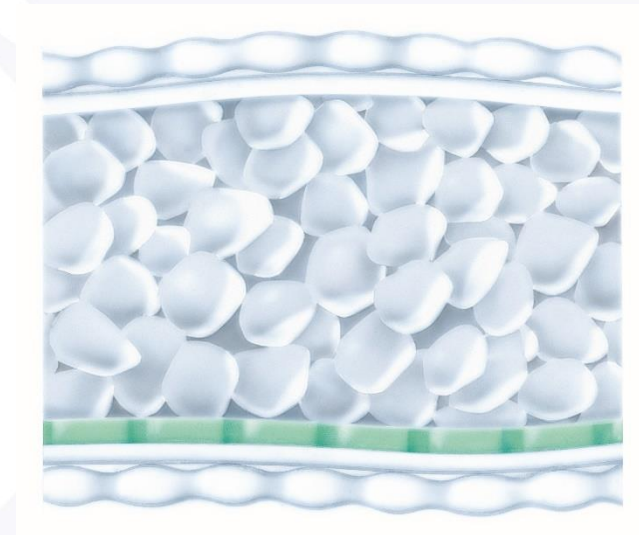
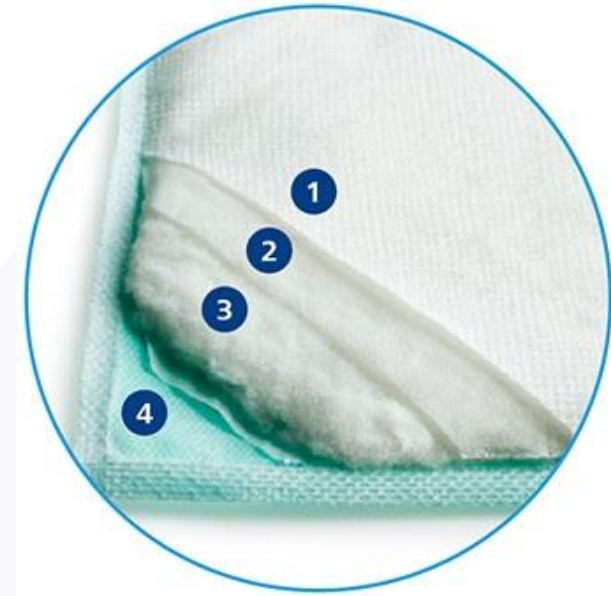
- Fixation dressing ideal for people with fragile skin.
- Breathability means good for securing non-adherent dressings without ruining the MVTR of the primary dressing
- More cost effective than crepes as you can snip a bit off and then keep using the roll more than once



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Zetuvit Plus

- Super-absorbent dressing
- Wicks fluid away from the skin, and uses super absorbent polymers that swell (similar to those in nappies).
- Used for heavily exudating wounds and under compression



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