



WOUND MANAGEMENT

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(SPICE)

OBJECTIVES

- Discuss skin changes as we age
- Describe infection prevention implications
- ▶ Discuss wound care management program





SKIN CHANGES RELATED TO AGING



- ► Thinner, more fragile-thickness decreases 20%
- Reduced dermal vascularity-Fewer nutrients so ability to heal is impaired
- Decreased collagen production
- Less adhesion between skin layers-tears more easily
- ► Redistribution of fat
- ► Decrease in sensation



Increased potential for skin break down, decubitus ulcers

▶ Decrease in sweat production-increase in dryness

Nursing2003:January 2003-Volume 33-Issue 1-84 Wound and skin care; Zulkowski, Karen RN, CWs, DNS



SKIN, SOFT TISSUE AND WOUND INFECTIONS

- ► A wound is a tissue injury caused by such trauma as cutting, piercing or tearing.
- Wounds are classified as acute or chronic.
 - Acute wounds usually close with minimal intervention
 - ► Chronic wounds require aggressive treatment and care

Infection Prevention Guide: To Long-Term Care:2nd edition: APIC

Table 6:2: Possible reasons for wounds

Surgery (infection is SSI)

Impaired blood flow from venous and arterial insufficiency

Neuropathy and impaired sensation form diabetes or multiple sclerosis

Pressure, usually over a bony prominence, resulting a pressure ulcer

Burns

Injury

Terminal illness

Falls



RISK FACTORS FOR PRESSURE INJURY DEVELOPMENT

- ► Fever
- Anemia
- ► Infection
- ▶ Hypotension
- ► Malnutrition
- ► Spinal Cord Injury
- ► Neurological disease
- Decreased body Mass index
- ► Chronic illness (diabetes)
- ► Immobility

- Skin conditions such as edema and pruritis
- ► Incontinence
- ▶ Increased metabolic rate
- ► Skin maceration
- ► Ischemia
- ► Advanced age
- ▶ Weakness
- ► Altered mental status
- Vascular disease
- ► History of pressure ulcer

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Table 6.4:Interventions to Prevent Skin Breakdown							
Skin Care with a pH-balanced cleanser rather than soap	Assess skin integrity frequently						
Application of a moisture barrier to the skin	Avoid friction and shearing forces						
Changing pads frequently for incontinent residents	Optimizing blood supply and tissue perfusion						
Repositioning every 2 hours	Providing enteral or parenteral support						
Pressure-reducing mattress	Preventing muscle spasms that can lead to abrasions						
Reducing edema	Preventing contracture that impede flexibility and mobility						
Maintaining warmth and preventing chilling of the extremities	Use pressure-relieving cushions						
Decreased body mass index	Maintaining glycemic control						

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SKIN AND SOFT-TISSUE INFECTIONS

- ▶ Pressure Ulcers (decubitus ulcers) occur in up to 25% of residents in LTCFs
- Associated with increased mortality
- ► Often are deep soft-tissue infections and may have underlying osteomyelitis
- Require costly and aggressive medical and surgical therapy





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SKIN, SOFT TISSUE AND MUCOSAL INFECTIONS

Criteria Comments

A. Cellulitis/soft tissue/wound infection

At least one of the following criteria is present

- 1. Pus present at a wound, skin, or soft tissue site
- 2. New or increasing presence of at least **four** of the following sign/symptom sub-criteria
 - a) Heat at affected site
 - b) Redness at affected site
 - c) Swelling at affected site
 - d) Tenderness or pain at affected site
 - e) Serous drainage at affected site
 - f) One constitutional criteria

More than one resident with streptococcal skin infection from the same serogroup (e.g., A, B, C, G) in a LTCF may suggest an outbreak

For wound infections related to surgical procedures: LTCF should use the CDC's NHSN surgical site infection criteria and report these infections back to the institution performing the original surgery

Presence of organisms cultured from the surface (e.g., superficial swab culture) of a wound is not sufficient evidence that the wound is infected



SKIN INFECTIONS IN NURSING HOMES

▶ 100 cases skin infections:

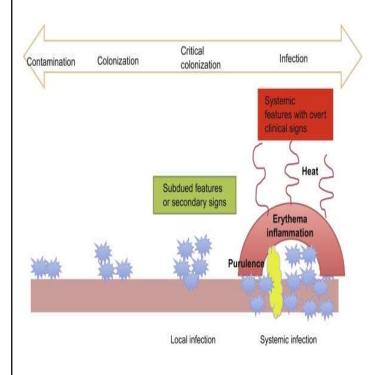
Type of infection	Number of cases				
Non-purulent cellulitis	55				
Wound infection	27				
Infected ulcer	8				
Cutaneous	7				

- ▶95% treated with oral antibiotics only
- ▶ 26 cases did not meet Loeb criteria for antibiotic therapy
- ► Most initiated via phone order

Clinical Characteristics, Diagnostic Evaluation, and Antibiotic Prescribing Patterns for Skin Infections in Nursing Homes; Frontiers in Medicine; July 2016



BACTERIAL LEVELS IN THE WOUND



Contamination

bacteria present on surface but no issues

Colonization

bacteria attach to tissue and multiply

Infection

bacteria invade healthy tissue and overwhelm immune defenses

Local-healing stalls and tissue damage

Spreading-problems close to wound

Systemic-systemic illness

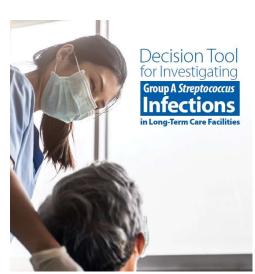
ORGANISMS OF CONCERN

- ► Sarcoptes scabiei var. hominis
 - Skin infestation scabies
- ► Methicillin-resistant *S. aureus*
 - ► Wound, respiratory, blood
- ► Multidrug-resistant gram-negative bacilli
 - Wound, urinary, respiratory, blood
- ► Group A Streptococci (GAS)
 - Cellulitis, wound infection, conjunctivitis, impetigo and <u>necrotizing</u> <u>fasciitis</u>
 - Pharyngitis, bronchitis and pneumonia
 - Bacteremia



ORGANISMS OF CONCERN

- ► Healthcare-associated transmission of GAS has been documented from residents to healthcare personnel and from healthcare personnel to residents
- Contact or dispersal of respiratory secretions are the major modes of transmission in HC settings
- ► Can cause severe, life-threatening invasive disease, including pneumonia, streptococcal toxic-shock syndrome (STSS) and necrotizing fasciitis.



https://www.cdc.gov/groupastrep/downloads/ltcf-decision-tool-508.pdf



GAS

Residents with suspected or confirmed GAS infection or colonization should be placed on appropriate transmission-based precautions pending culture results:

- ▶ Wound—Residents with GAS cultured from a wound, ostomy, or deviceinsertion site should remain on contact and droplet precautions until 24 hours after the initiation of effective antibiotic therapy and any wound drainage stops or can be contained by a dressing. HCP should then return to use of EBP.
- ▶ **Throat**—Residents with GAS cultured from their throat should remain on droplet precautions until 24 hours after the initiation of effective antibiotic therapy. Note: Continued use of a facemask by HCP during all wound care activities or when handling invasive medical devices is recommended until the outbreak is over.

https://www.cdc.gov/groupastrep/downloads/ltcf-decision-tool-508.pdf



WOUND MANAGEMENT PROGRAM

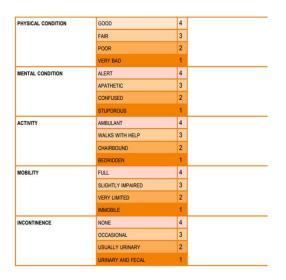
- Multidisciplinary approach
 - ▶ <u>Medical Director</u>: Provides oversight and support from prevention to treatment
 - ► <u>Facility Administrator</u>: Ensures availability of guideline treatments, provision of therapeutic surfaces, oversees PI activities and audits and collaborates with the Medical Director
 - ▶ <u>Director of Nursing (DON):</u> Consistency in wound rounds, turning regimens,
 - ► <u>Certified wound specialist</u>: Collaborates with all members of the wound team, provides wound prevention and management education to all clinicians, residents and families
 - Other Members:
 - ► Educator, Unit manager, all nursing staff, dietitians, nursing assistants and social services

Wound Care Management: Jeanine Maguire; Today's Geriatric Medicine; Vol. 7 No. 2 P.14

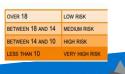


ASSESSING RISK FOR SKIN BREAKDOWN

- ► Risk Assessment Tools
 - ► Braden Scale Score (score 18 or less = at risk)
 - ► Norton Score (score 14 or less = at risk)
- ► Policy to define when risk assessment is repeated
- ► Interventions/Protocol to address risk elements



Add up residents' scores, and evaluate their risk according to this table:



WOUND CARE POLICIES

- ▶ When sterile versus clean technique will be used
- ► What cleaning/disinfection practices are in place for equipment (i.e., beds, mattresses, whirlpool)
- Documented training and competencies (wound care nurse and other staff)
- ► Wound cleaning products
- Dressing type(s)
 - ▶ Alginates, Foams, Gauze, Hydrocolloids, Hydrogels, Transparent films
 - Negative pressure therapy using a wound VAC
 - ▶ Hyperbaric oxygen therapy, silver impregnated dressings.



DOCUMENTATION

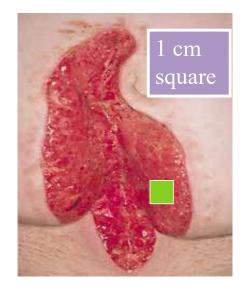
Document all aspects:

- Assessment
 - Patient
 - Wound specifics (pain, slough)
 - Identify modifiable risk factors for poor healing
- Objectives
 - Short- and long-term management/prevention
- ▶ Treatment
 - Underlying wound etiology
 - Modifiable factors
 - Education of resident/family
- Evaluation
 - Objectives/assess outcomes
 - Prevention Strategies



WOUND CULTURES

- ► Tissue biopsy
 - ► Gold standard; invasive; skill required
- ► Needle-aspiration
 - Requires skill and beyond scope of nursing practice
- ► Swab culture technique
 - Widely available
 - Clean wound prior to culture
 - Levine technique: Moisten swab with saline
 - Rotate swab over a 1 cm square area with sufficient pressure to express fluid from wound tissue
 - Has been correlated to tissue biopsy results



(Levine, 1976)



WOUND CARE - ROLE OF ANTIBIOTICS

- ► All wounds are colonized with microbes; however, not all wounds are infected.
- ▶ Antibiotic therapy is not indicated for all wounds and should be reserved for wounds that appear clinically infected.
- ► There is no published evidence to support antibiotic therapy as "prophylaxis" in <u>noninfected chronic wounds.</u>
- ► Clinical signs of wound infection that warrant antibiotic therapy include local (cellulitis, lymphangitic streaking, purulence, malodor, wet gangrene, osteomyelitis) and systemic (fever, chills, nausea, hypotension, hyperglycemia, leukocytosis, confusion) symptoms

https://www.uptodate.com/contents/basic-principles-of-wound-management



Wound management dressing guide Treatment options Type of tissue in the wound Therapeutic goal Role of dressing Secondary dressing Wound bed preparation Primary dressing Necrotic, black, dry Remove devitalized tissue Hydration of wound bed Hydrogel · Surgical or mechanical debridement Polyurethane film dressing Do not attempt debridement if · Promote autolytic debridement Honey vascular insufficiency suspected Keep dry and refer for vascular Remove slough Sloughy, yellow, brown, black or Hydrogel Polyurethane film dressing · Rehydrate wound bed Surgical or mechanical debridement if appropriate grey · Provide clean wound bed for · Control moisture balance Honey · Low adherent (silicone) dressing Dry to low exudate Wound cleansing (consider granulation tissue · Promote autolytic debridement antiseptic wound cleansing solution) · Sloughy, yellow, brown, black or Remove slough · Absorb excess fluid · Surgical or mechanical debridement · Absorbent dressing Retention bandage or polyurethane if appropriate (alginate/CMC/foam) Provide clean wound bed for · Protect periwound skin to prevent Moderate to high exudate granulation tissue Wound cleansing (consider For deep wounds, use cavity strips, maceration antiseptic wound cleansing rope or ribbon versions · Promote autolytic debridement Exudate management solution) Consider barrier products · Granulating, clean, red Promote granulation · Maintain moisture balance · Wound cleansing Hydrogel · Pad and/or retention bandage Dry to low exudate Provide healthy wound bed for · Protect new tissue growth · Low adherent (silicone) dressing Avoid bandages that may cause occlusion and maceration · For deep wounds use cavity strips, rope or ribbon versions · Tapes should be used with caution due to allergy potential and Granulating, clean, red Exudate management Maintain moisture halance Wound cleansing Absorbent dressing secondary complications • Moderate to high exudate · Provide healthy wound bed for • Protect new tissue growth Consider barrier products (alginate/CMC/foam) epithelialization · Low adherent (silicone) dressing For deep wounds, use cavity strips, rope or ribbon versions Epithelializing, red, pink Promote epithelialization and Protect new tissue growth · Hydrocolloid (thin) wound maturation (contraction) • No to low exudate Polyurethane film dressing · Low adherent (silicone) dressing Infected Reduce bacterial load Antimicrobial action Wound cleansing (consider Antimicrobial dressing Exudate management · Low to high exudate Moist wound healing antiseptic wound cleansing Odor control Odor absorption solution)

The purpose of this table is to provide guidance about appropriate dressings and should be used in conjunction with clinical judgement and local protocols. Where wounds contain mixed tissue types, it is important to consider the predominant factors affecting healing and address accordingly. Where infection is suspected, it is important to regularly inspect the wound and to change the dressing frequently. Wound dressings should be used in combination with appropriate wound bed preparation, systemic antibiotic therapy, pressure offloading, and diabetic control.

 $\underline{https://www.uptodate.com/contents/basic-principles-of-wound-management}$



DOES <u>ALL</u> WOUND CARE NEED TO BE DONE WITH STERILE TECHNIQUE?





WOUND CARE ISSUES

- ➤ Present literature suggests that pressure ulcer dressing protocols may use clean technique rather than sterile, but that appropriate sterile technique may be needed for those wounds that recently have been surgically debrided or repaired.
- National Pressure Ulcer Advisory Panel March 2014



CONSIDERATIONS FOR CLEAN VERSUS STERILE TECHNIQUE

- ► The following factors should be considered when planning and selecting the use of clean versus sterile dressing technique for chronic wound care:
 - Hand hygiene
 - Factors that cause an impairment in normal immune defense mechanism
 - Invasiveness of wound care procedure
 - Role of biofilms
 - Solutions for cleansing/treatment
 - Equipment used to cleanse, debride or dress the wound





CLEAN VERSUS STERILE: MANAGEMENT OF CHRONIC WOUNDS

Wound, Ostomy, and Continence Nurses Society and the Association for Professionals in Infection Control and Epidemiology, Inc. (2024). Clean Versus, Sterile: Management of Chronic Wounds. Mt. Laurel, NJ: Author.



STERILE TECHNIQUE

- > Sterile is generally defined as meaning <u>free</u> from microorganisms.
- Reduce exposure to microorganisms and maintain objects and areas as free from microorganisms as possible.
- Meticulous hand washing, use of a sterile field, use of sterile gloves for application of a sterile dressing, and use of sterile instruments.
- Most appropriate in acute care hospital settings, for patients at high risk for infection, and for certain procedures such as sharp instrumental wound debridement.





CLEAN TECHNIQUE

- Clean means free of dirt, marks, or stains.
- Reduce the overall number of microorganisms or to prevent or reduce the risk of transmission of microorganisms from one person to another or from one place to another.
- Meticulous handwashing, maintaining a clean environment by preparing a clean field, using clean gloves and sterile instruments, and preventing direct contamination of materials and supplies.
- No "sterile to sterile" rules apply.
- This technique may also be referred to as non-sterile.
- Most appropriate for:
 - Long-term care, home care, and some clinic settings;
 - Patients who are not at high risk for infection;
 - Patients receiving routine dressings for chronic wounds such as venous ulcers, or wounds healing by secondary intention with granulation tissue.



GENERAL RULES FOR CHANGING DRESSINGS

- ✓ Disinfect area around bedside where supplies are going to be placed (over bed table etc.,)
- ✓ Place trash bag near by
- ✓ Perform hand hygiene
- Gather all necessary supplies, equipment
- ✓ Don clean disposable gloves
- Remove tape and outer dressings and dispose of in trash container

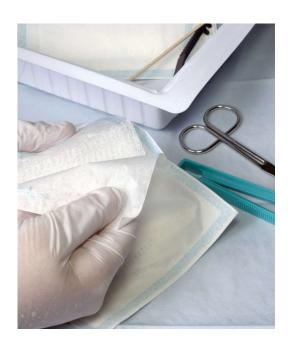
- ✓ Assess the wound for color, edema, exudate, odor etc.,
- ✓ Remove soiled gloves, dispose of and perform hand hygiene
- ✓ Put on clean gloves
- ✓ Apply dressing and secure
- ✓ Dispose of all supplies
- Remove gloves and perform hand hygiene



WHAT ABOUT SCISSORS?

- Wound/bandage scissors are <u>non-critical</u> devices, i.e., contacts intact skin only.
- ▶ Disposable best option if feasible
- ► Dedicate to resident if on transmission-based precautions
- Must be cleaned and disinfected with an EPA registered healthcare disinfectant <u>after each use.</u>
- Scissors labeled as single use should be discarded after a single use.

If used for debridement or wound management (contact with wound) must be sterile







POINTS TO REMEMBER



- ► Contamination of the wound is minimized by not touching it. Blotting excess fluid that pools in the wound and cleaning the peri-wound skin with moist gauze is acceptable.
- ► Contamination of the wound from supplies is avoided by opening and preparing all that is needed before removing the dressing and putting on fresh clean gloves.
- ▶ Contamination of the local environment and supplies is avoided by organizing the procedure to ensure that anything in contact with the wound does not contact jars, bottles, tubes, bedside table or supplies to be kept for use later.
- ► Residents with wounds should be placed on enhanced barrier precautions



WOUND DRESSING CHANGE SUMMARY

- ► Dedicated wound dressing change supplies and equipment gathered/accessible prior to starting procedure
- ► Additional PPE worn to prevent body fluid exposure
- ► Multi-dose wound care medications (i.e., ointments, creams) should be <u>dedicated to single resident</u> whenever possible or a small amount of medication should be aliquoted into <u>clean container for single-resident</u> use
- ► Meds should be stored properly in centralized location and never enter a resident treatment area



WOUND DRESSING CHANGE SUMMARY

- ► Gloves should be changed and HH performed when moving from dirty to clean wound care activities
- ▶ Debridement or irrigation should be performed in a way to minimize cross-contamination of surrounding surfaces
- ► Any surface (including reusable medical equipment)in the resident's immediate care area contaminated during a dressing change should be cleaned and disinfected
- ▶ Wound care is documented
- ► Wound care supply cart should never enter the resident's immediate care area <u>nor</u> be accessed while wearing gloves or without performing HH first



All supplies are gathered before dressing change ¹	HH performed before dressing change	Clean gloves donned before dressing change ²	Multi-dose wound care meds are used appropriately ³	Dressing change performed in manner to prevent cross- contamination ⁴	Gloves removed after dressing change completed	HH performed after dressing change completed	Reusable equipment cleaned and/or disinfected appropriately ⁵	Clean, unused supplies discarded or dedicated to one resident	Wound care performed /assessed regularly ⁶	Wound care supply cart is clean ⁷
O Yes	O Yes	O Yes	O Yes	O Yes	O Yes	O Yes	O Yes	O Yes	O Yes	O Yes
O No	O No	O No	O No	O No	O No	O No	O No	O No	O No	O No
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O Yes	O Yes	O Yes	O Yes	O Yes	O Yes	O Yes	O Yes	O Yes	O Yes	O Yes
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O NA	O NA	O NA	O NA	O NA	O NA	O NA	O NA	O NA	O NA	O NA

Dedicated wound dressing change supplies and equipment should be gathered and accessible on a clean surface at resident's bedside before starting procedure

Additional PPE (e.g., face mask/face shield, gown) should be worn to prevent body fluids exposure per facility policy
Multi-dose wound care medications (e.g., ointments, creams) should be dedicated to a single resident whenever possible or a small omount of medication should be aliquoted into clean container for single-resident use; Meds should be stored properly in centralized location and never enter a resident treatment area

Gloves should be changed and HH performed when moving from dirty to clean wound care activities (e.g., after removal of soiled dressings, before handling clean supplies); Debridement or irrigation should be performed in a way to minimize cross-contamination of surrounding surfaces from aerosolized irrigation solution; All soiled dressing supplies should be discarded immediately In addition to reusoble medical equipment, any surface in the resident's immediate care area contaminated during a dressing change should be cleaned and disinfected; Any visible blood or body fluid should be removed first with a wet, soapy cloth then disinfected with an EPA-registered disinfectant per manufacturer instructions and facility policy; Surfaces/equipment should be visibly saturated with solution and allowed to dry for proper disinfection before reuse

Wound care documentation should include wound characteristics (e.g., size, stage), dressing assessment (e.g., clean, dry), and date and frequency of dressing changes; Wound care is documented in medical records per facility policy

Wound care supply cart should never enter the resident's immediate care area nor be accessed while wearing gloves or without performing HH first. These are important to preventing crosscontamination of clean supplies and reiterates the importance of collecting all supplies prior to beginning wound care.

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