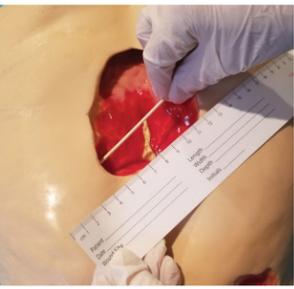


7 steps to effective wound management

Follow these steps to develop the most effective treatment plan to promote healing. Here's WHAT each step is, WHY it's important and HOW it's performed by the clinician.



1 ASSESS

WHAT

Wound assessment is the first and foundation step of proper wound management.

WHY

Identify and address all issues that may impact and potentially delay healing.

HOW

Inspect and evaluate wound based on several characteristics.*



2 CLEANSE

WHAT

Cleanse and irrigate the wound per its assessment, without causing irritation.

WHY

Create the most optimum environment for healing.

HOW

Swab the wound with gauze or a similar product — and irrigate to remove deeper debris.



3 PROTECT

WHAT

Protect the periwound (the skin immediately surrounding the wound) from maceration, wound drainage and skin stripping.

WHY

A potentially overlooked step, this helps prevent the wound from increasing in size.

HOW

Clean with a normal saline solution, then apply a non-alcohol based skin prep solution.



4 FILL

WHAT

Fill wounds with depth, packing all open spaces based on the wound's contours.

WHY

Prevent pockets of abscess from forming, as well as promote healing.

HOW

Fill based on the wound assessment and clinician's discretion — choosing from foams, fibers, alginates and gels. For infected wounds, add an anti-microbial agent.



5 COVER

WHAT

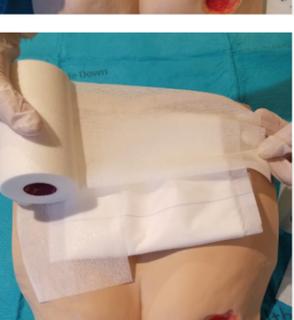
Apply a protective dressing to cover the wound bed.

WHY

Helps prevent infection while the wound is healing and until healthy skin can resume its infection-preventing role.

HOW

Choose the type of protective dressing based on wound location, presence of infection and amount of exudate (drainage).



6 SECURE

WHAT

If the protective dressing doesn't secure itself, a secondary dressing may be needed.

WHY

Helps ensure the protective dressing stays in place — plus promotes healing, protects the wound from damage, improves mobility and secures any medical devices.

HOW

Select the most effective secondary dressing, based on provider policy and procedures.



7 EVALUATE

WHAT

When dressings are changed, evaluate the wound's healing progress.

WHY

Determine if the treatment plan is working or needs to change.

HOW

Stay the course or switch to a new dressing type based on signs of new infection, whether protective/secondary dressings are staying in place and if drainage control is working.

QUESTIONS? Contact your local sales rep or visit cardinalhealth.com/skinandwound to learn more.

*WOUND CHARACTERISTICS

- Location, length, width and depth
- Undermining (rolled over lip around wound)
- Tunneling (burrowing under skin)

- Exudate: drainage color, odor, amount and consistency
- Tissue appearance: color and moisture level (wet/dry)
- Periwound: intact or macerated/shriveled?
- Pain

- Infection and bioburden (the state between normal and infected tissue):
 - » Presence of erythema (redness) & edema (swelling)
 - » Warmth, odor and fever