

Handout - Moisture

A Handout - Moisture

Wound Exudate

- 'Healthy' wound fluid allows for granulation, epithelialization, cellular proliferation, diffusion of immune and growth factors, autolysis of necrotic tissue, provision of nutrients for cell metabolism, and prevents wound bed desiccation
- 'Unhealthy' wound fluid may slow or prevent cellular proliferation, interfere with growth factor availability, increase the number of inflammatory mediators, and increase proteolytic activity
- Assess and describe exudate based on the following characteristics:
 - Color
 - Consistency
 - Amount
 - Odor

Management of Exudates

- Wound cleansing
- Use of topical antimicrobials, antiseptics and antifungals
- Use of antimicrobial dressings
- Use of other topical dressings

Wound Cleansing

- Solutions: normal saline, sterile water, tap water, commercial cleansers, antimicrobials
- Cleansing methods: swabbing or scrubbing, compressing or soaking, irrigating or flushing, sitz bathing, whirlpool, pouring

Why Moist Wound Healing?

- Decreased cell dehydration and death
- Increased angiogenesis

The South West Regional Wound Care Program



Vision: Integrated, evidenced-informed skin and wound care – every person, every health care sector, every day.

Mission: To advocate for the seamless, timely and equitable delivery of safe, efficient, and effective, person-centered, evidenced-informed skin and wound care to the people of the South West LHIN, regardless of the healthcare setting.



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- Enhanced autolytic debridement
- Increased rate of epithelialization
- Bacterial barrier and decreased infection rates
- Decreased pain
- Decreased costs
- Increased granulation formation

The Ideal Dressing

- Wear time and ability of the dressing to remain in place
- Ability of the dressing to manage pain
- Ability of the dressing to effectively manage exudates and odor
- Conformability, flexibility, weight/bulk
- Comfort
- Ease of application, use and removal
- Cost of the dressing vs. the frequency of dressing change and the nursing time required to apply it
- Moisture vapor transfer rate
- Ability to retain fluid under compression
- Ability to manage bacteria and/or inflammation
- Autolytic debridement properties/abilities
- Potential allergenic/sensitivity components
- Ethics
- How the dressing accommodates the person's needs
- Ability of the dressing to control bleeding
- How the dressing effects the exudate composition
- Manufacturers approved use for the dressing
- Availability of the dressing
- Ability of the dressing to act as a barrier to outside contaminants

Remember:

- Dressings are a very small part of wound care. You must approach the assessment and management of wounds in a holistic manner in order to promote timely wound closure. Without a holistic approach, it wouldn't matter what dressing you put on the wound it would not close in a timely fashion!
- The dressing type will change as the needs of the person and their wound change
- Get to know what dressings you have available to you, and learn how to use them appropriately