

# 1. Wound management

Before dressing the wound, it is important to prepare the wound by cleaning it and removing dead tissue (debridement) or foreign materials.

Figure 1: Wound management processes

Process	Purpose	What	Steps	Materials and equipment
Wound cleaning	Remove surface dirt and germs.	All wounds and surrounding skin	<ul style="list-style-type: none"> <li>• Prepare clean (aseptic) area on trolley or desk by wiping area with a surface disinfectant and laying sterile cloth on surface.</li> <li>• Pour saline into sterile bowl</li> <li>• Use forceps to wet sterile gauze</li> <li>• Use forceps to wipe wet gauze across wound and skin to clean surfaces</li> <li>• Clean from centre of wound bed and work outwards. Use new gauze to ensure infection control and effective cleaning. Do not allow gauze to spread 'dirty' tissue to 'clean' wound bed.</li> </ul>	<ul style="list-style-type: none"> <li>• Surface disinfectant</li> <li>• Cleaning cloth</li> <li>• Sterile cloth</li> <li>• Sterile gauze</li> <li>• Sterile saline</li> <li>• Sterile forceps</li> <li>• Sterile bowl</li> </ul>
Debridement	A wound cannot be properly assessed until all the unhealthy tissue is removed. Dead or foreign material in a wound also adds to the risk of infection and reduces wound healing <sup>1</sup> .	Callus Wound base Wound edges	<ul style="list-style-type: none"> <li>• Explain debridement process to clients and obtain informed consent</li> <li>• Make note where the wound is, do not debride near major blood vessels</li> <li>• Place blade onto scalpel handle</li> <li>• Holding blade by the handle, angle the blade parallel to the skin. Shave callus down to healthy tissue</li> <li>• Hold blade parallel to wound base and scrape surface to remove dead tissue.</li> <li>• Debride the wound edges as well as the base, as</li> </ul>	<ul style="list-style-type: none"> <li>• Sterile scalpel blade (no. 10 or no. 15)</li> <li>• Sterile scalpel handle</li> <li>• Sterile forceps</li> <li>• Biohazards bin</li> <li>• Gloves</li> <li>• Glasses</li> <li>• Drop sheet</li> </ul>

<sup>1</sup> Leaper, D. Sharp techniques for wound debridement. 2002; Available from: <http://www.worldwidewounds.com/2002/december/Leaper/Sharp-Debridement.html>.

			<p>raised edges can prevent the new tissue from growing into the wound base.</p> <ul style="list-style-type: none"> <li>• Clean area</li> </ul>	
Wound dressing	Main goals are to protect the wound, maintain moisture balance and reduce the risk of infection.	Wound and surrounding skin	<ul style="list-style-type: none"> <li>• Select wound dressing to address wound presentation and achieve individual wound goal</li> <li>• Cut to size</li> <li>• Apply and/or affix to wound</li> </ul>	<ul style="list-style-type: none"> <li>• Dressings</li> <li>• Sterile scissors</li> <li>• Sterile bowl</li> </ul>
Orthotic offloading	Protect the wound, allow mobility while taking pressure off the wound. Ensuring appropriate weight re-distribution and not increasing pressure elsewhere.	Wound Device may cover entire foot and the leg.	<ul style="list-style-type: none"> <li>• Orthotist will provide an assessment of the most appropriate device to be used.</li> <li>• Each device is made differently.</li> </ul>	<ul style="list-style-type: none"> <li>• Range of materials including casting materials, foams, plastics.</li> <li>• Some orthotic devices also require the orthotic workshop</li> </ul>