

KEEP MOVING



Wound management

Review of part 1: wound management, infection control and offloading



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Welcome

- Check in
- Any feedback from part 1 of the course?
- What are you looking forward to about this part of the course?
- Introduction of course outline



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Review of topics covered in Part 1

- Overview of the healthy and diabetic foot
- Introduction to vascular health
- Screening at risk feet
- Assessment for diabetic foot
- Pathophysiology of diabetes
- Doppler and ABI
- Infection control including aseptic non-touch technique
- Wounds and offloading
- Wound management
- Assessment for offloading
- Offloading with total contact cast shoe
- Offloading with basic resources
- Shoes for healthy feet



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3D foot model preparation

- 3D foot models were donated from the University of South Australia Podiatry Department
- Education tool
- How will these help you in training?



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3D foot model preparation

Step 1:

- Gather all materials

Step 2:

- Clean foot model

Step 3:

- Fill corner of plastic sleeve with vanilla icing

Step 4:

- Apply icing to wound border, edge and base with icing

Step 5:

- Fill wound area with fake blood

Step 6:

- Cover wound with icing

Step 7:

- Wipe any spills with paper towel. Wait for blood and icing to set



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Introduction – identifying the risk

- International Diabetes Federation (IDF) estimated in 2019 that, **globally, a lower limb is lost to amputation every 30 seconds** as a consequence of diabetes (1).
- Comprehensive diabetic foot complications risk assessments and foot care based on prevention, education and support by a multi-disciplinary team **reduces foot complications and amputations by up to 85%** (1).
- A statement by the WHO supports this by the **40-60% decrease in amputation rates during the last 10-15 years** seen in countries with strong diabetic foot management services (3).



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Introduction – identifying the risk

- Appropriate foot care includes prevention (for example through good foot hygiene, wearing suitable shoes and healthy lifestyle changes), early identification of foot problems, wound management, offloading wounds to promote healing and lifestyle changes [\(3\)](#).
- The IDF in 2019 has identified the top ten countries with the **highest prevalence of diabetes, with 7 out of 10 of these countries being in the Pacific** [\(4\)](#).
- The Solomon island's in 2019 has the **9th highest prevalence of diabetes in the world** [\(4\)](#).
- **Post amputation 5 –year mortality rates are estimated at 56%-70%** [\(4\)](#).

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3D printed feet model

- What can we use the 3D foot models to do?
- How will they help throughout the training?
- Complete the prior to training survey



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Assessment

- How do you understand the person's risk of having a foot wound?
- What are some tests that will help you determine a person's risk of having a foot wound?
- Why do you want to determine a person's level of risk of lower limb complications?
- Why assess a person's risk status if they don't have a wound?



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Wound assessment

- What is the first thing you would do to help you understand a person's wound?
- How do you do a wound assessment?
- What senses would you use to assist you?
- What do you look for?
- What are you trying to determine?
- What tools will help you?





Wound cleaning

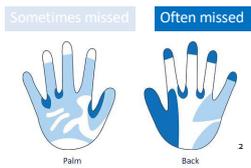
- Why do you clean a wound?
- What technique is important while cleaning a wound?
- How do you clean a wound?
- Do you assess a wound before or after wound cleaning?





Infection control

- In the USA Hospital Acquired Infections (HAI) account for 99,000 deaths each year and potentially many more could be related.
- What is one of the best ways to avoid HAI?
- What is aseptic technique?
- What are the 5 moments for hand hygiene?





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Wound assessment

- What must you do to safely assess a wound?
- How do you assess a wound?
- What tools will assist you with this process?
- Which of your senses can you use to assess a wound?
- How do you determine the depth of a wound?





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Wound management

- What actions do you consider for wound management?
- What information will you use to guide your management plan?
- How can you confirm you are taking the right treatment pathway?
- What are your treatment goals?
- Which crucial component of your treatment does not necessarily require any equipment or materials?





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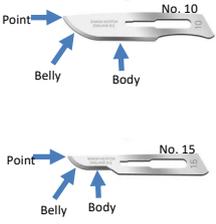
Sharp debridement

- **Debridement:** the removal of necrotic or foreign material from and around a wound to optimise wound healing.
- There are different methods of debridement
- Sharp debridement produces rapid results
- Requires a high level of skill, knowledge and experience



Scalpel blade

- Each clinician may have a personal preference for which type of scalpel blade to use of either:
 - No. 15
 - No. 10
- An understanding of the parts of a scalpel will assist in effective and appropriate technique for debridement
- The belly is the sharpest aspect of the scalpel blade
- A slicing action rather than dragging can provide more control for some clinicians



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Scalpel technique

- What technique do you use to hold a scalpel?
- Do you have a preference of a no. 10 or no. 15 blade?
- What action is required to debride?
- Which part of the blade is the sharpest?
- How can you help control what you are debriding?



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Dressings / decision making

- How do you make your decision making?
- What is the function of the dressing?
 - Dressings don't heal wounds. They create and maintain an appropriate environment for wound healing.
- How do you choose which dressings to use?
- What are the considerations you take?
- What are the goals?



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Referrals

- Why do you refer to other services?
- What is an example of a service you would refer to?
- How do you refer to another service?
- Why do we work as a team for diabetic foot care?



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Short term plan

- What is the purpose of a short term plan?
- What are some things you would consider in your short term plan?
- What would you do for this person?



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Long term plan

- What is the purpose of a long term plan?
- What are some things you would consider in your long term plan?
- What would you do for this person?
- Why are your short term and long term plan not the same?



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Follow up

- Why is a follow up important?
- How frequently is recommended to follow up each client?
- Who is responsible to organise the follow up?



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Feedback

As a group, discuss how you have found this session and if there is any suggestions you may have to help improve your learning experience

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Part 2: Diabetes education, diet and lifestyle

- Week 1 will focus on wound management, infection control and offloading while utilising the 3D foot models
- You will be introduced to Ann Morris, Deeni Betar-Young and Jennifer Taumoepeau throughout the course
- The structure of the course will build on part 1
- Throughout the course you will develop further diabetes education materials to be used in your clinic
- Complete the prior to training survey on diabetes education, diet and lifestyle

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Questions



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