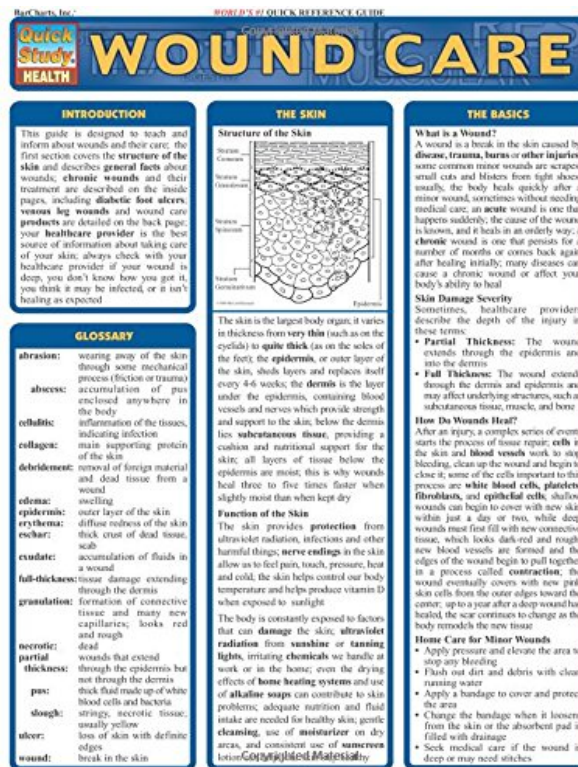


WOUND CARE (QUICKSTUDY: HEALTH) BY INC. BARCHARTS



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Quick Study HEALTH WOUND CARE

INTRODUCTION

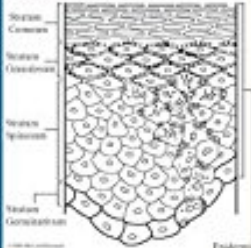
This guide is designed to teach and inform about wounds and their care; the first section covers the **structure of the skin** and describes **general facts** about wounds; **chronic wounds** and their treatment are described on the inside pages, including **diabetic foot ulcers**, **venous leg wounds** and wound care products are detailed on the back page; your **healthcare provider** is the best source of information about taking care of your skin; always check with your healthcare provider if your wound is deep, you don't know how you got it, you think it may be infected, or it isn't healing as expected.

GLOSSARY

abrasion:	wearing away of the skin through some mechanical process (friction or trauma)
abscess:	accumulation of pus enclosed anywhere in the body
cellulitis:	inflammation of the tissues, indicating infection
collagen:	main supporting protein of the skin
debridement:	removal of foreign material and dead tissue from a wound
edema:	swelling
epidermis:	outer layer of the skin
erythema:	diffuse redness of the skin
eschar:	thick crust of dead tissue, scab
exudate:	accumulation of fluids in a wound
full-thickness:	tissue damage extending through the dermis
granulation:	formation of connective tissue and many new capillaries; looks red and rough
necrotic:	dead
partial thickness:	wounds that extend through the epidermis but not through the dermis
pus:	thick fluid made up of white blood cells and bacteria
slough:	stringy, necrotic tissue, usually yellow
ulcer:	loss of skin with defining edges
wound:	break in the skin

THE SKIN

Structure of the Skin



The skin is the largest body organ; it varies in thickness from **very thin** (such as on the eyelids) to **quite thick** (as on the soles of the feet); the **epidermis**, or outer layer of the skin, sheds layers and replaces itself every 4-6 weeks; the **dermis** is the layer under the epidermis, containing blood vessels and nerves which provide strength and support to the skin; below the dermis lies **subcutaneous tissue**, providing a cushion and nutritional support for the skin; all layers of tissue below the epidermis are moist; this is why wounds heal three to five times faster when slightly moist than when kept dry.

Function of the Skin

The skin provides **protection** from ultraviolet radiation, infections and other harmful things; **nerve endings** in the skin allow us to feel pain, touch, pressure, heat and cold; the skin helps control our body temperature and helps produce vitamin D when exposed to sunlight.

The body is constantly exposed to factors that can **damage** the skin; **ultraviolet radiation** from **sunshine** or **tanning lights**, irritating **chemicals** we handle at work or in the home; even the drying effects of **home heating systems** and use of **alkaline soaps** can contribute to skin problems; adequate nutrition and fluid intake are needed for healthy skin; gentle **cleansing**, use of **moisturizer** on dry areas, and consistent use of **sunscreen** lotion.

THE BASICS

What is a Wound?

A wound is a break in the skin caused by **disease**, **trauma**, **burns** or **other injuries**; some common minor wounds are scrapes, small cuts and blisters from tight shoes; usually, the body heals quickly after a minor wound, sometimes without needing medical care; an **acute** wound is one that happens suddenly; the cause of the wound is known, and it heals in an orderly way; a **chronic** wound is one that persists for a number of months or comes back again after healing initially; many diseases can cause a chronic wound or affect your body's ability to heal.

Skin Damage Severity

Sometimes, healthcare providers describe the depth of the injury in these terms:

- **Partial Thickness:** The wound extends through the epidermis and into the dermis.
- **Full Thickness:** The wound extends through the dermis and epidermis and may affect underlying structures, such as subcutaneous tissue, muscle, and bone.

How Do Wounds Heal?

After an injury, a complex series of events starts the process of tissue repair; **cells** in the skin and **blood vessels** work to stop bleeding, clean up the wound and begin to close it; some of the cells important to this process are **white blood cells**, **platelets**, **fibroblasts**, and **epithelial cells**; shallow wounds can begin to cover with new skin within just a day or two, while deep wounds must first fill with new connective tissue, which looks dark-red and rough; new blood vessels are formed and the edges of the wound begin to pull together in a process called **contraction**; the wound eventually covers with new pink skin cells from the outer edges toward the center; up to a year after a deep wound has healed, the scar continues to change as the body remodels the new tissue.

Home Care for Minor Wounds

- Apply pressure and elevate the area to stop any bleeding.
- Flush out dirt and debris with clean running water.
- Apply a bandage to cover and protect the area.
- Change the bandage when it loosens from the skin or the absorbent pad is filled with drainage.
- Seek medical care if the wound is deep or may need stitches.

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This chart is designed to educate the patient or caregiver about various types of wounds, their prevention and care.

- Sales Rank: #43544 in Books
- Brand: QuickStudy
- Published on: 2002-06-20
- Released on: 2002-06-20
- Original language: English
- Number of items: 1
- Dimensions: .6" h x 11.00" w x 8.50" l, .10 pounds
- Binding: Pamphlet
- 4 pages

Features

- Compact chart.
- Includes detailed information on bedsores, wound healing & prevention, incontinence, exercise, diabetes-related wounds, venous stasis ulcers, wound treatment, wound documentation, changing dressings, nutrition, supplies, a glossary of terms and a wound care diary.

Most helpful customer reviews

7 of 7 people found the following review helpful.

NOT FOR PROFESSIONAL

By Jen B

This wound chart is so basic and not aimed at a healthcare professional it is more of a patient guide written in laymen terms, It does not benefit nurses in wound care setting or for clinical use, it is very general as basic as you can get

maybe helpful for nurse aids or home health aids working in a home who have minimal medical knowledge with patients who have wounds but otherwise useless

0 of 0 people found the following review helpful.

Easy to use.

By Red

This quick reference is quite helpful when you are not sure which dressing to use for a particular wound. Beats having to carry a book around.

6 of 6 people found the following review helpful.

Very Basic

By Luekaduke

I know that this is just a quick reference but the information contained is extremely basic. It is aimed at people with little to no clinical experience, and especially those dealing with Diabetes.

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