

# WOUND EDUCATION

CLINICAL TRAINING MADE EASY<sup>©</sup>

## SESSION ONE

Module 7: Wound Wellbeing

Duration: 15 minutes

# What is Wellbeing?

- Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

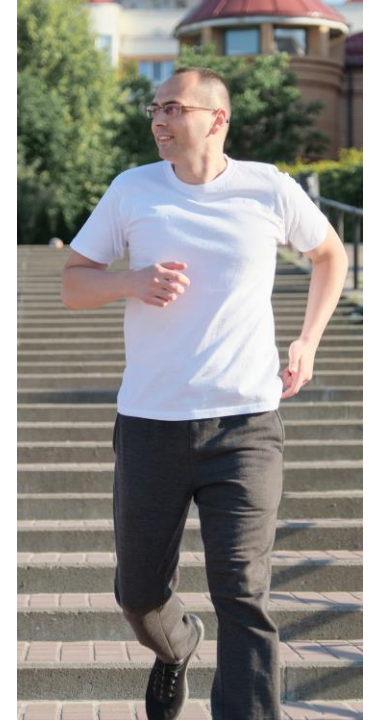
<https://www.who.int/about/who-we-are/constitution>

- ... judging life positively and feeling good.

<https://www.cdc.gov/hrqol/wellbeing.htm#three>

- Wound Wellbeing

- Assessing a person's Physical/Social/Psychological/Spiritual health associated with their wound.



# What does Wound-Wellbeing look like?

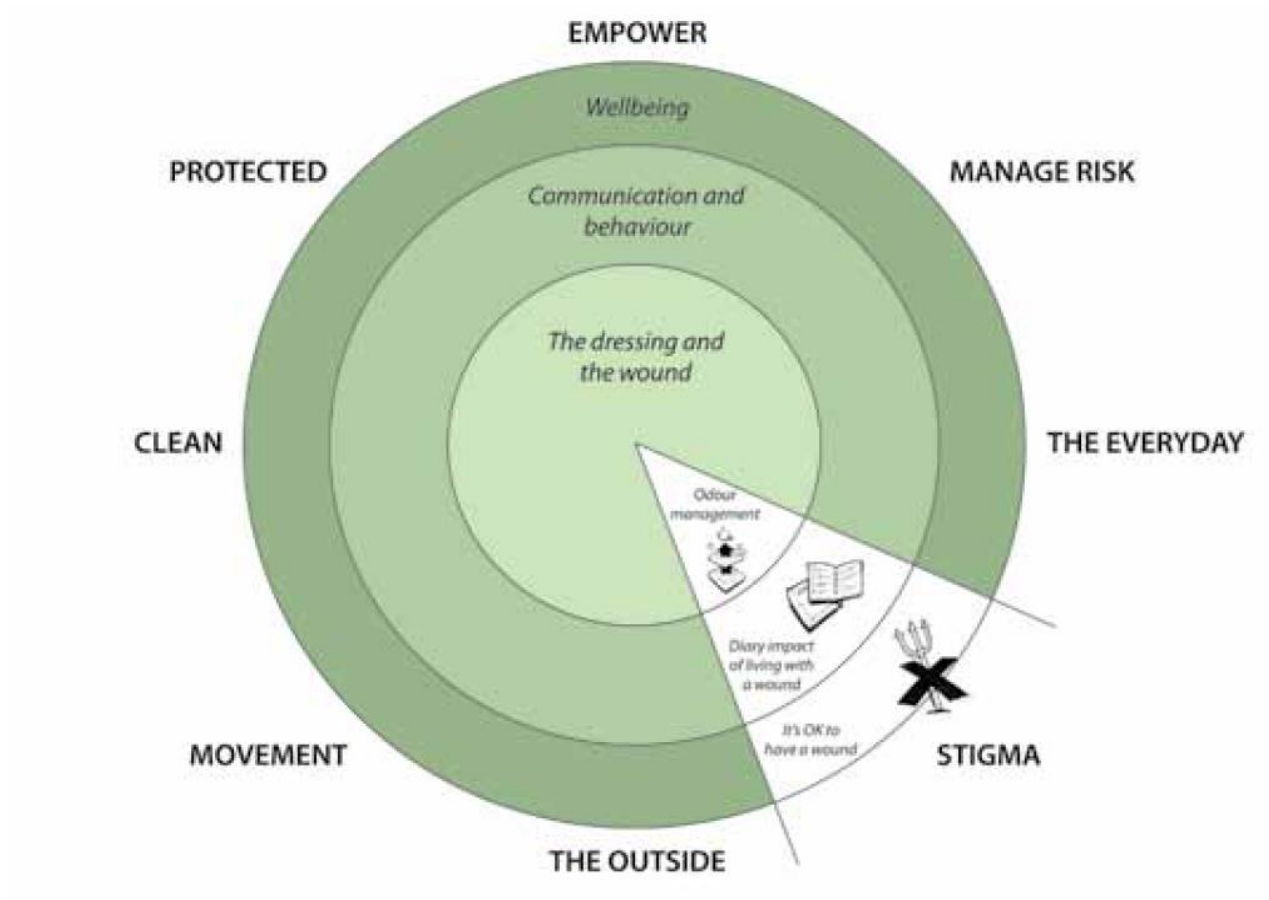
- **Physical:** not limited in daily living activities due to the wound
- **Psychological:** free of anxiety, fear, stress or negative emotions related to their wound.
- **Social:** Active engagement with support networks to participate in living
- **Spiritual:** no barriers to connect and find life purpose



# Strategies to improve Wound-Wellbeing

*a patient perspective*

FIGURE 1 An innovation model that aims to provide solutions to common wound management issues using the eight principles identified as being important to people living with a wound (courtesy of 7bn: <http://www.7bn.co.uk>)



# Strategies to improve Wound-Wellbeing

## *a clinician perspective*

- Include wound wellbeing monitoring into the assessment
  - Build a therapeutic relationship
- Offer the person treatment options, encourage active participation
- Check-in persons treatment understanding
- Educate the person and support network
- Empowerment may improve concordance
- Respect the right of treatment refusal
- Adapt services according to the person's feedback

# Monitoring Wound-Wellbeing

**Trigger Questions** from the International Consensus Document

*Optimising wellbeing in people living with a wound*

1. Has your wound improved or got worse?
2. Has your wound stopped you doing things in the last week?
3. What causes you the most disturbance/distress and when does this occur?
4. Do you have anyone to help you cope with your wound?
5. What would help you to ease/improve your daily experience of living with a wound?

[https://www.researchgate.net/publication/230560329\\_International\\_consensus\\_Optimising\\_wellbeing\\_in\\_people\\_living\\_wit  
h\\_a\\_wound\\_An\\_expert\\_working\\_group\\_review](https://www.researchgate.net/publication/230560329_International_consensus_Optimising_wellbeing_in_people_living_with_a_wound_An_expert_working_group_review)

Gain a base line assessment

Include well being in the reassessment

Ask the person to describe their experience

Empower the person and provide treatment options

Acknowledge the person is the centre of their care

Confirm existing social supports

How can a clinician check in on a person's wound well being?

# Key Points

- Always consider the person with the wound and not the wound in isolation.
- Wound-Wellbeing can facilitate wounds to heal
- Ongoing Wound-Wellbeing assessment and adapting from person feedback can facilitates management concordance
- Make time to listen and do not under value the person's past experience or emotion