

WOUND EDUCATION

CLINICAL TRAINING MADE EASY[©]

TRAINING SESSION 11

MODULE 3

OUTLINE

- Symptom Management
 - Pain
 - Bleeding
 - Cosmesis
 - Exudate
 - Malodour
 - Itch



<https://www.webmd.com/skin-problems-and-treatments/eczema/ss/slideshow-eczema-overview>

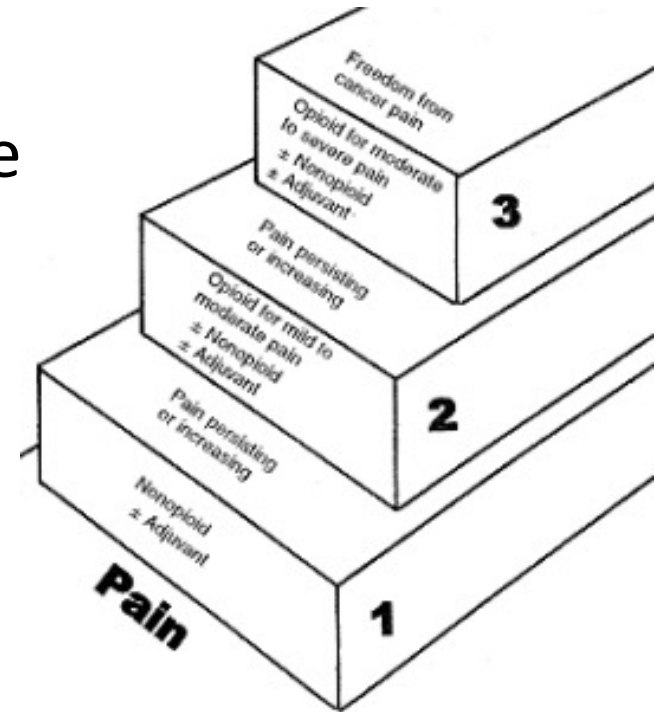
Pain

- Non-cyclic acute pain single episode ie operative pain.
- Cyclic acute pain occurs regularly & linked with procedures
- Chronic pain – background pain which persists



World Health Organisation Recommendations

1. Non-opioids (e. g. acetaminophen) as necessary
 2. Mild opioids (e. g. codeine)
 3. Strong opioids (e. g. morphine or hydromorphone until the patient is free of pain
- Non-opioids & Adjuvant
 - Topical opioids gel
 - Entonox
 - Non- pharmaceuticals



https://professionals.wrha.mb.ca/old/professionals/files/PDTip_AnalgesicLadder.pdf

Case Study “Pain”

- 98 year old RACF resident
- End of life care
- Issues – PAIN
- Associated with dressing change
- Daily dressings



Bleeding

Sucralfate paste

Alginate dressings

Silver nitrate

Topical adrenaline

Atraumatic dressings

Local pressure

Dark towels

Carer education



BloodSTOP
CONTROLS BLEEDING FAST



Case Study “Bleeding”

- 95 year old gentleman RACF
- End of life care
- Tumour rapidly increasing in size
- Bleeds easily on light touch



Cosmesis

- Dressing size
- Dressing fit / contour
- Dressing characteristics
- Fixation tape colour



Case Study “Cosmesis”

RACF resident with a
fungating tumour
Opted for radiation
treatment
Issues: cosmesis,
malodour & exudate



Malodour

Bacterial activity

Stale exudate

Necrotic tissue

Topical metronidazole gel

Activated charcoal dressings

Silver impregnated dressing

Medicated honey

Cadexomer iodine

Occlusive dressings

Essential oils, fresh air, stoma products



• RACH resident Case Study “Malodour”

- Fungating tumour right forearm
- Feb 2020
- Refusing dressing changes
- Cutimed Sorbion introduced
- Tea Bags
- Kitty Litter
- Feb 2021



Wound Exudate

- Avoid non-adherent simple dressings
- Absorbent “good fit” dressings
- Breast pads
- Parcel dressings
- Incontinence pads
- Ostomy appliances



<https://www.britannica.com/explore/savingearth/water-pollution>

Itchy Skin



<https://www.webmd.com/skin-problems-and-treatments/eczema/ss/slideshow-eczema-overview>

Question: List the non pharmaceutical options that may assist the reduction of wound related pain?

- TENS device
- Appropriate dressing selection
- Warming cleansing solutions
- Skin care
- Distraction therapy

Key Points

- Optimal wound **symptom** control is crucial to gain quality of life for individuals.
- The symptom control strategies may be outside common recommended wound care practice
- Caring for a person with a malignant wound may have adverse effects on carers, especially if pain & symptom treatments are poorly assessed, implemented or monitored.