

Wound Healing Community Outreach Service

Wound Management Education Plan

January 2012 – December 2012

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Fundamentals of Wound Care Workshop

- Proposed Dates:** Wednesday 7 March & Thursday 8 March 2012
Wednesday 7 November & Thursday 8 November 2012
- Registration Fee:** \$680 per person (inc. GST, course materials, morning/afternoon tea, certificate of attendance)
- Number Participants:** Minimum of 10 people, maximum 30 people
- Pre-requisites:** Nil
- Venue:** Institute of Health and Biomedical Innovation (IHBI)
Seminar Room Q430, Level 4, 60 Musk Ave Kelvin Grove
- Program Times:** 8:00am to 4:30pm

Target Audience

This workshop is suitable for any health professional including nurses and health care workers, who are providing wound care for individuals in the acute, community, general practice or aged care residential setting and want to develop a greater understanding of the fundamental principles of wound assessment and management, dressing selection and evidence-based interventions for acute and chronic wounds.

Synopsis

Wounds are a relatively common problem and wound prevalence tends to increase significantly with age. Accurate assessment of a wound is critical in order to enhance wound healing outcomes and prevent recurrence.

This two day workshop will provide participants with an opportunity to develop a greater understanding of the fundamental principles of wound assessment and management, dressing selection, evidence-based interventions for acute and chronic wounds, and preventative strategies. This workshop combines theoretical and practical elements to enhance the learning process.

Key Content

- Wound assessment
- Principles of wound management
- Dressing selection and management including practical workshop
- Acute wounds
- Chronic wounds
- Practical workshop and case study scenarios

Two Day Fundamentals of Wound Care Workshop Program

Day 1

8.00am – 8.15am	<i>Registration & welcome</i>
8.15am – 9.30am	Wound Assessment
9.30am – 10.00am	Principles of Wound Management
10.00 – 10.15am	<i>Morning Tea</i>
10.15 – 12.00pm	Practical Workshop
12.00 – 12.30pm	<i>Lunch (BYO)</i>
12.30pm – 2.30pm	Dressing Products
2.30pm – 2.45pm	<i>Afternoon Tea</i>
2.45pm – 4.30pm	Dressing Products

Day 2

8.00am – 8.15am	<i>Registration & welcome</i>
8.15am – 9.00am	Chronic Wounds
10.00 – 10.15am	<i>Morning Tea</i>
10.15 – 11.00am	Acute Wounds
11.00 – 12.30pm	Wound Care Case Studies
12.30 – 1.15pm	<i>Lunch (BYO)</i>
1.15pm – 2.00pm	Documentation
2.00 – 2.45pm	Wound Prevention
2.45pm – 3.00pm	<i>Afternoon Tea</i>
3.00 – 4.15pm	Leadership skills in wound management
4.15pm – 4.30pm	Questions & Evaluation

Detail of Course Content

Wound Assessment

- Epidemiology of acute and chronic wounds
- Anatomy and physiology of the skin and associated structures
- Types of wound healing
 - Acute wounds
 - Chronic wounds
 - Primary and secondary intention
- Process of wound healing
 - Discuss the phases of wound healing (i.e. vasodilatation, inflammation, proliferation, maturation) with examples of each
- Factors affecting wound healing
 - Discus factors such as smoking, nutrition, medications, age, co-morbidities, socio-economic factors
- Holistic patient assessment and identification of patient centred management objectives
- Referral criteria
- Wound assessment and assessment of the surrounding skin including tissue type, exudate, depth, odour, wound edge, pain, periwound condition, investigations, among other factors)

Principles of Wound Management

- Wound bed preparation
 - Wound cleansing
 - TIME principles
 - Assessment and management of wound infection

• Practical Workshop – Wound Cleansing

Practical workshop will include a workstation so that participants can practice theoretical skills.

Techniques for wound cleansing e.g. how to set up for a dressing changes in different clinical environments i.e. community or acute setting, use of PPE and hand-washing, disposal of dressings, when to use a dressing pack or bowl of water, showering a wound, how to care for periwound skin.

Dressing Products – Part One (Theoretical)

- Clinical appearance
- Why do we choose a dressing?
- How do we choose a dressing?
- Classes of wound dressing products
- Use of evidence-based practice to inform dressing selection and management
- Evaluation of wound management plan

Dressing Products – Part Two (Practical)

- Dressing selection including examples of common classes of wound dressing products discussed in theoretical session including application and removal, properties of the products. Examples include alginates, hydrofibre, hydrogels, hydrocolloids, low-adherent dressings, silicone dressings, antimicrobials, barrier preparations, emollients, limb protectors

Acute Wounds

- Theoretical discussion on assessment and management principles for common acute wound types including abrasions, lacerations, suture lines, skin tears, minor burns.

Chronic Wounds

- Theoretical discussion on assessment and management principles for common chronic wound types including leg ulcers, pressure ulcers and skin tears.

Wound Care Case Studies

Practical workshops include workstations set up with different clinical scenarios and will specifically include theoretical principles covered in earlier sessions i.e. wound assessment, wound cleansing and dressing selection and documentation. Participants will have 15 minutes at each work station in which to practice techniques learnt. After participants have completed all workstations the group will reconvene and findings will be presented to group with time for questions and discussion.

Clinical scenarios selected will include:

- Station 1: Acute wound healing by primary intention e.g. surgical incision
- Station 2: Acute wound e.g. Category 1A skin tear
- Station 3: Chronic wound e.g. Category 3 skin tear
- Station 4: Chronic wound e.g. stage II pressure ulcer

Documentation

- Discuss principles of documentation i.e. what to record, when to record, wound assessment tools, common terms used to describe wounds
- Includes practical examples of how to document wound assessment using digital photographs as examples. Participants will practice using different types of assessment forms and document in progress notes

Wound Prevention

- Principles of risk assessment and strategies for prevention of common wound types including skin tears, pressure ulcers and leg ulcers.

Advanced Wound Care Workshop

- Proposed Dates:** Wednesday 22 February & Thursday 23 February 2012
- Registration Fee:** \$1250 per person (inc. GST, course materials, morning/afternoon tea, certificate of attendance)
- Number Participants:** Minimum of 8 people, maximum 18 people
- Pre-requisites:** Fundamentals of Wound Care Workshop
- Venue:** TBC
- Program Times:** 8:00am to 4:30pm

Target Audience

The Advanced Wound Care Course is an intensive two day program designed for health professionals including registered nurses and podiatrists who are providing advanced wound care for individuals in the acute, community, general practice or aged care residential setting.

Synopsis

The aim of the course is to facilitate the implementation of evidence into clinical practice. The course will assist participants to increase their understanding of the pathophysiological processes involved in wound repair and regeneration including the impact of physical, psychosocial and environmental factors on the wound healing process; explore the principles wound assessment and wound management for specific wound types; expand knowledge regarding the composition, structure and appropriate use of wound dressings. The course combines theoretical and practical elements to enhance the learning process.

Key Content

- Physiology of wound healing
- Advanced wound assessment
- Advanced wound dressing products
- Wound debridement
 - Theoretical
 - Practical
- Wound infection
- Complex wound types (leg ulcers, pressure ulcers, diabetic foot ulcers, malignant/fungating tumours)
- Vascular assessment
 - Theoretical
 - Practical
- Compression bandaging
 - Theoretical
 - Practical
- Complex case studies

Advanced Wound Care Workshop Program

Day One

<i>8.00am – 8.30am</i>	<i>Registration & welcome</i>
8.30am – 9.15am	Physiology of wound healing & advanced wound assessment
9.15am – 10.30am	Advanced wound dressing products
<i>10.30am – 10.45am</i>	<i>Morning Tea (catered)</i>
10.45am – 11.15am	Wound debridement – Theoretical
11.15am – 12.30pm	Wound debridement – Practical
<i>12.30pm – 1.15pm</i>	<i>Lunch (BYO)</i>
1.15pm – 1.45pm	Wound infection
1.45pm – 2.30pm	Complex wound types
<i>2.30pm – 2.45pm</i>	<i>Afternoon Tea (catered)</i>
2.45pm – 3.30pm	Complex case study – practical
3.30pm – 4.30pm	Complex case study – presentation

Day Two

<i>8.00am – 8.15am</i>	<i>Registration & welcome</i>
8.15am – 10.00am	Vascular Assessment – Theoretical
<i>10.00am – 10.15am</i>	<i>Morning Tea (catered)</i>
10.15am – 12.00pm	Vascular Assessment – Practical
<i>12.00pm – 12.30pm</i>	<i>Lunch (BYO)</i>
12.30pm – 1.30pm	Compression Bandaging – Theoretical
1.30pm – 2.30pm	Compression Bandaging – Practical
<i>2.30pm – 2.45pm</i>	<i>Afternoon Tea (catered)</i>
2.45pm – 4.15pm	Compression Bandaging – Practical
4.15pm – 4.30pm	Discussion & Evaluation

Detail of Course Content

- **Physiology of wound healing**

This session will explore the anatomy and physiology of normal tissue structure and outline the physiology, process and types of wound healing. It will explore the general principles necessary to achieve better wound healing as well as the intrinsic and extrinsic factors that affect wound healing.

- **Advanced wound assessment**

Comprehensive wound assessment is essential in order effectively plan and implement wound management strategies. This session will assist clinicians to identify the components of a comprehensive wound assessment in order to develop a diagnosis. Validated frameworks and classification systems available to facilitate wound assessment will be explored.

- **Advanced wound dressing products**

This session will provide participants with comprehensive theoretical knowledge to assist in the selection of appropriate wound dressing products to optimise wound repair. Participants will be assisted to develop an understanding of the classification and properties of wound dressing products. They will also be required to select and justify the selection of specific wound dressings for clinical scenarios.

- **Wound debridement**

- Theoretical
- Practical

The purpose of this session is to enable participants to develop an understanding of the principles of wound debridement and develop skills and competence in this area of clinical practice. Participants will be required to describe anatomy and physiology of viable and non-viable tissues and structures, identify the different types of debridement and understand the indications and contraindications of each, recognise new technologies and products used in the sharp debridement process, identify the tools used in sharp debridement, demonstrate sharp debridement techniques and discuss legal implications and policy and procedures related to debridement.

- **Wound infection**

This session will enable participants to develop an understanding of the principles of recognising and treating wound infection in daily clinical practice. This session will provide participants with broad, clear and safe guidance on the areas of diagnosis and topical/systemic treatment of bacterial wound infection. Current research in this area will be explored.

- **Complex wound types**

This session provides participants with greater understanding and skills to effectively manage acute and chronic wounds including surgical wounds, burns, traumatic wounds, pressure ulcers, malignant / fungating tumours, diabetic foot and leg ulcers. Participants will gain a broader understanding of the

techniques available to assess specific wound types. The aetiological factors, risk factors and strategies to reduce or eliminate causes will be examined.

- Vascular assessment
 - Theoretical
 - Practical

Assessment and clinical investigation of patients with leg ulcers should only be undertaken by health care professionals trained in leg ulcer management. In this session participants will investigate the rationale for vascular assessment, review the principles of hand-held Doppler ankle brachial pressure index assessment, determine how to select equipment and prepare the patient, measure and calculate ABPI correctly, interpret results accurately, revise indications for re-examination, outline factors affecting the ABPI, indications for measuring toe pressures on patients with calcification, recording and interpreting Doppler waveforms, review the current evidence informing vascular assessment principles, and participate in an intensive practical session.

- Compression bandaging
 - Theoretical
 - Practical

Compression therapy requires specialised training and must be tailored to individual patients and their circumstances. This session will provide an opportunity to enhance assessment and management skills related to leg ulcer management. Key content will include pathophysiology of leg ulcers, assessment of leg ulcers, evidence-based management and treatment options, principles of compression therapy, and an intensive practical session using different compression therapy systems.

- Complex case studies

This session offers participants the opportunity to apply theoretical and practical skills covered throughout the course in a real-world clinical scenario. Participants will be allocated a work station in pairs where they will be responsible for undertaking a comprehensive assessment of a patient with a wound. Participants will be allocated one hour in which to assess the wound, perform an ankle brachial pressure index assessment, develop a wound management plan that includes selection of appropriate wound dressing products, application of the wound dressing products under the supervision of the facilitator, recommendations for long-term management and/or preventive strategies. Participants will then be provided with an hour in which to prepare a 10 minute presentation to the group in which they will be required to present their case (using a standardised case study format provided) and to justify the wound management plan selected including, where possible, current evidence to support their recommendations. There will be an opportunity for discussion and questions following each presentation.

Lower Limb Vascular Assessment & Compression Bandaging Workshop

- Proposed Dates:** Thursday 5 July 2012
- Registration Fee:** \$575 per person (inc. GST, course materials, morning/afternoon tea, certificate of attendance)
- Number Participants:** Minimum of 10 people, maximum 20 people
- Pre-requisites:** Nil
- Venue:** Room 2.08 Level 2, 44 Musk Avenue Kelvin Grove
- Program Times:** 8:00am to 4:30pm

Target Audience

The Lower Limb Vascular Assessment and Compression Bandaging Workshop is an intensive one-day program designed for health professionals including registered nurses and podiatrists who are involved in vascular assessment for individuals in the acute, community, general practice or aged care residential setting.

Synopsis

Leg Ulcers occur in approximately 1 – 2% of the over 60 years' population and prevalence increases with age. Assessment, clinical investigation and management of patients with leg ulcers should only be undertaken by health professionals trained in leg ulcer management. In this session participants will investigate the rationale for vascular assessment, review the principles of hand-held Doppler ankle brachial pressure index assessment, determine how to select equipment and prepare the patient, measure and calculate ABPI correctly, interpret results accurately, revise indications for re-examination, outline factors affecting the ABPI, indications for measuring toe pressures on patients with calcification, recording and interpreting Doppler waveforms, review the current evidence informing vascular assessment principles, participate in an intensive practical session and undertake a skills assessment. Participants will also learn the principles of compression therapy and participate in an intensive practical session utilising various types of compression therapies.

Key Content

- Rationale for vascular assessment
- Principles of hand-held Doppler Ankle Brachial Pressure Index assessment
- Interpretation of results
- Factors affecting ABPI
- Review current evidence informing vascular assessment principles
- Compression bandaging
- Practical workshops

**Lower Limb Vascular Assessment & Compression Bandaging Workshop
Program**

8.00am – 8.15am	<i>Registration & welcome</i>
8.15am – 9.15am	Lower Limb Vascular Assessment Theoretical
9.15am – 10.00am	Lower Limb Vascular Assessment Demonstration
10.00am – 10.15am	<i>Morning tea (catered)</i>
10.15am – 11.00am	Doppler Practical Session
11.00am – 12.00pm	Doppler Skills Assessment
12.00pm – 12.30pm	<i>Lunch</i>
12.30pm – 1.30pm	Leg Ulcer Assessment and Compression Bandaging – Theoretical
1.30pm – 2.30pm	Compression Bandaging – Practical <ul style="list-style-type: none"> • Multi-layer compression bandaging systems • Short-stretch compression bandaging
2.30pm – 2.45pm	<i>Afternoon Tea (catered)</i>
2.45pm – 4.15pm	<ul style="list-style-type: none"> • Long-stretch compression bandaging • Compression hosiery
4.00pm – 4.30pm	Question time & Evaluation

Detail of Course Content

- Vascular assessment

- Theoretical

Assessment and clinical investigation of patients with leg ulcers should only be undertaken by health care professionals trained in leg ulcer management. In this session participants will investigate the rationale for vascular assessment, review the principles of hand-held Doppler ankle brachial pressure index assessment, determine how to select equipment and prepare the patient, measure and calculate ABPI correctly, interpret results accurately, revise indications for re-examination, outline factors affecting the ABPI, indications for measuring toe pressures on patients with calcification, recording and interpreting Doppler waveforms, review the current evidence informing vascular assessment principles, and participate in an intensive practical session.

- Vascular assessment

- Practical

This session offers participants the opportunity to apply theoretical and practical skills covered throughout the course in a real-world clinical scenario. Participants will be allocated a work station in pairs where they will be responsible for undertaking a comprehensive vascular assessment of a patient. Participants will be allocated one hour in which to assess the patient, perform an ankle brachial pressure index assessment, interpret results and recommend a management plan based on clinical findings. Participants will then be provided with an hour in which to prepare a 10 minute presentation to the group in which they will be required to present their examination and to justify the management plan selected including, where possible, current evidence to support their recommendations. There will be an opportunity for discussion and questions following each presentation.

- Doppler Skills Assessment

This session offers participants the opportunity to apply theoretical and practical skills covered throughout the course in a real-world clinical scenario skills assessment. The purpose of the skills assessment is to assess underpinning knowledge and to demonstrate that the participant has acquired the skills required to conduct a comprehensive assessment of an adult patient's lower limb vascular status. The assessment will include the measurement and interpretation of the ABPI result.

- Leg Ulcer Assessment and Compression Bandaging

In this session participants will learn how to identify the clinical signs and symptoms of different types of lower limb ulceration and develop an understanding on the principles of assessment, management and prevention of venous leg ulcers, mixed venous/arterial leg ulcers and arterial leg ulcers. Identification of the different compression bandaging systems, their indications for use and precautions that must be considered will also be discussed.

- Practical Workshop

This session offers participants the opportunity to apply theoretical concepts of compression bandaging in a series of practical workshops. Participants will move sequentially through the workstations with the facilitator demonstrating principles and then participants having opportunity to practice techniques. Each workstation will run for approximately 45 minutes each and cover the most common types of compression bandaging and compression hosiery and associated devices.

Summary Wound Education Dates

January – December 2012

Fundamentals of Wound Care Workshop

- Wednesday 7 March & Thursday 8 March 2012
- Wednesday 7 November & Thursday 8 November 2012

Registration fee: \$680 per person (min. 10, max 30)

Lower Limb Vascular Assessment and Compression Bandaging Workshop

- Thursday 5 July 2012

Registration fee: \$575 per person (min. 10, max. 20)

Advanced Wound Care Workshop

- Wednesday 22 February & Thursday 23 February 2012

Registration Fee: \$1250 per person (min. 8, max. 20)

Biography of Presenter

Michelle Gibb M Nsg Sci (NP), M Wound Care, BN

Michelle is a Nurse Practitioner in Wound Management and leads the Wound Healing Community Outreach Service at Queensland University of Technology. Michelle has more than ten years experience in wound management and has worked in the general practice, acute, community and aged-care residential environments.

Michelle is currently the Australian Wound Management Association Queensland State Representative, recipient of the Association of Queensland Nurse Leaders Emerging Leaders Award 2009 and was awarded the prestigious Bob and June Prickett Churchill Fellowship in 2010 to explore multidisciplinary wound healing services in the United Kingdom and Denmark. Michelle commenced her PhD in 2011.