

Criteria of T.I.M.E.S and the assessment of associated barriers to wound healing⁶.

	Criteria	Assessment	Barriers
T	The overall appearance of the wound bed indicated the health of the tissue within the wound bed.	The percentage of different tissue types present within the wound bed: <ul style="list-style-type: none"> • Epithelialisation • Granulation • Slough • Necrosis • Other e.g. Supporting structures, eschar, blister 	Devitalised tissue provides an ideal environment for microbial growth and, in most cases, should be removed to expedite healing. This can be achieved through debridement.
I	Wounds contain bacteria, which may proliferate and cause infection, delaying healing and increasing pain, moisture and malodour. The presence of biofilm will also impede healing.	Are there any signs and symptoms based on the infection continuum for: <ul style="list-style-type: none"> • Biofilms • Local infection • Spreading infection • Systemic infection 	Wound cleansing and mechanical disruption of biofilm to break it up and prevent reformation. After disruption of the biofilm if there are signs of infections use an antimicrobial dressing for 2 weeks, then review.
M	Wound moisture known as exudate is a normal part of wound healing and drying out impedes the healing process. High levels of moisture can break down new wound tissue and macerate the surrounding skin.	The type and amount of wound exudate: <ul style="list-style-type: none"> • Type <ul style="list-style-type: none"> • Serous • Haemoserous • Purulent • Haempurulent • Amount <ul style="list-style-type: none"> • Heavy • Moderate • Minimal • None 	Mechanically debride to distribute and reduce the body's automatic response to produce moisture and remove any dry skin.
E	Lack of new healthy tissue at the wound edges or the presence of rolled edges indicates wound healing is not progressing normally.	Measure the width, length and depth of the wounds (including undermining/tunnelling).	Mechanically debride encrusted exudate at the wound edges. Assess why the edge is not progressing e.g. devitalised tissue, moisture imbalance, biofilms or infection. Protect the delicate edge tissue.
S	The wound management strategy may affect the surrounding skin condition, which in turn affects the wound healing process.	The appearance of the surrounding skin: <ul style="list-style-type: none"> • Healthy • Dry • Macerated • Hyper hydration • Oedema • Erythema 	Address the cause of the skin issue. Mechanically debride dry skin and protect the skin from further damage. Encourage self-care where possible.
Further details, education and skills relating to T.I.M.E.S is included in Tier 1 of the Wound Care Alliance Educational Programme.			

