

# Looking after your wound



Doncaster and Bassetlaw  
Teaching Hospitals  
NHS Foundation Trust

## Self Supportive Wound Management Passport

Patient information	
Date:	
Patients' Name:	
Who is performing self care?	
Baseline assessment by the health professional	
Wound type:	
Location:	
Tissue:	
Infection:	
Moisture:	
Edges:	
Surrounding Skin:	
Dressing Regime	
Cleansing Solution:	
Peri wound (Skin around the wound).	
Primary Dressing (Place on top of wound).	
Secondary Dressing (Place on top of the first dressing).	



Bandage or compression hosiery.	
Your dressing should be changed every ..... days.	
<b>Additional advice (Please tick).</b>	
<input type="checkbox"/> High protein diet. <input type="checkbox"/> Elevate legs when sat. <input type="checkbox"/> Exercise. <input type="checkbox"/> Ankle exercise. <input type="checkbox"/> Weight Loss Advice. <input type="checkbox"/> Smoking cessation <input type="checkbox"/> Alcohol Intake Advice. <input type="checkbox"/> Drug advice. <input type="checkbox"/> Other.	

## Wound diary

Your wound care provider will teach you how to monitor your wound so that you can tell if it is getting better or worse.

Please document what you see at each dressing change (as taught to you) on page 6.

Another way to do this is to keep a photograph.

If you want to do this you will need either a digital camera or mobile phone with a camera.

In order to get a clear picture of your wound these tips may help, these top tips will help:

- Use the automatic settings on your camera and use as a white background (if possible include a ruler in the photograph).
- Make sure you are comfortable and there is plenty of light.
- Make sure that the photograph only captures parts of your body you are comfortable showing.
- Avoid photographing any identifying marks such as your face, tattoos or birthmarks.

Your wound care provider will also teach you how to monitor for signs of infection such as:

- More wound leakage than usual.
- More pain than usual.

- Increasing redness around the wound.
- An unusual smell.
- The wound getting bigger.
- Feeling generally unwell

In the event you experience one or more of these please contact your wound care provider (Page ?).

If outside our working hours please contact your GP or if outside their working hours 111.

**In the event of an emergency please contact 999 or attend your local A+E.**

After your full assessment which will include your wound and personal circumstances your wound care provider may identify that you are able to carry out some of your dressing changes. This is known as self-care.

Self-care is a great option for patients who want to participate in their wound care regime as it will provide more independence whilst allowing you to participate in your wound management.

Self-Care can be undertaken by yourself, a family member or a friend; This will enable them (or yourself) to do wound management in between your visits to your health care professional.

Your wound care provider will teach you or your family member or friend how to manage your wound.

Once you are happy and feel confident, yourself and your wound care provider will agree and sign a shared-care plan; After this, we can agree a timetable for your shared- care plan.

This guide provides you with all the information you to participate in your shared-care plan.

# Wound diary

	Date:	Date:	Date:	Date:	Date:	Date:	Date:
<b>Why did you change the dressing?</b> A. Due to be changed B. Leaking C. Dressing fell off D. Other							
<b>Was the wound:</b> A. Same B. Bigger C. Smaller							
<b>Was the leakage:</b> A. Same B. More C. Less							
<b>Was the pain the Same:</b> A. Same B. More C. Less							
<b>Was the smell:</b> A. Same B. Worse C. Better							

## Prepare to change the dressing

1. Clean the table or work surface you are going to put the new dressings on with sanitising wipes or a solution of warm water and detergent (washing up liquid).
2. Wash your hands thoroughly with soap and water for 20 seconds, especially between fingers and palms of hands. Dry hands with a clean towel/kitchen roll.



### 3. Gather what you will need. This may include:

- A dressing pack or similar (typically contains gauze, gloves, tray, apron, waste bag similar to the picture shown).
- New dressing(s).
- (If required) Clean scissors or wipe the blades with a sanitizing wipe.
- Fluid to cleanse the wound.

### 4. Prepare your materials:

- Open the dressing pack and put the apron on (if you are not the patient) then put the waste bag to one side.
- Open new dressing(s) and drop onto the clean surface of the dressing pack wrapping as shown in the picture.



## How to remove the old dressing

5. Carefully remove the old dressing without touching the part that has been in contact with the wound or touching the wound itself:
  - If the dressing is stuck, soak with cleaning solution and wait for the dressing to loosen. Please allow a bit of time and avoid pulling the dressing as this will be painful and will damage your wound.
  - If the dressing is adhesive or has an adhesive border, please avoid peeling it off. Instead, lift one or more corners of the dressing and stretch it horizontally along the skin surface to break the adhesive bond. Again, take your time and continue gently stretching until the entire dressing lifts.
6. Place the dirty dressing in the waste bag then wash your hands.



## How to clean wound and apply a new dressing

7. If you have sterile or clean gloves, put them on. If not, try to avoid touching the wound or anything that will be in contact with the wound.
8. Soak the gauze from the dressing pack with Prontosan solution then apply directly onto the wound, make sure it overlaps onto the surrounding skin (Please see picture).
9. After ten minutes, remove the gauze and put it in the waste bag.



10. Apply the new dressing on the wound following the instructions of the health care professional.
11. Seal the waste bag and put it in the bin then wash your hands (The waste bag can go in your usual rubbish collection unless you have been advised otherwise).



**PLEASE ENSURE YOU READ THIS BOOKLET CAREFULLY.**

**The key things to remember are:**

- To keep your dressing clean and dry
- To eat a well - balanced healthy diet and stay hydrated
- To change your dressing as instructed
- To observe for signs of infection
- To contact a health professional if you have any concerns.

**Where do I get more dressings from?**

You will initially be given enough dressings by your wound care provider. After this, you are responsible for asking for more dressings as they begin to run out.

Some items may need a prescription, please give your wound care provider enough notice to ensure you have an adequate supply available.

## Useful Information

### Who should I contact if I am worried?

If you have any concerns about your wound or dressing supplies, contact your wound care provider, GP surgery or community nursing service; this will be discussed between you and your wound care provider.

## Important Contact Numbers

### Skin Integrity Team:

**01302 642878**

Monday to Friday

8.30am to 16.30pm

### Tissue Viability and Lymphedema Services (TVALS):

**01302 566999**

Monday to Friday

8.30am to 16.30pm.

### Single point of access Community Nursing Service:

**01302 566999**

This service is accessible 24 hours, 365 days per year.

### Doncaster Same Day Health Centre FCMS

**0300 123 3103**

Monday to Friday

16:30pm to 20.00pm

Saturdays and Sundays

08.00am to 20.00pm

*Skin Integrity Team*

Developed by the Skin Integrity Team and the Tissue Viability and Lymphedema Service.  
Version 1 January 2023. For review June 2024.

