

Your guide to Connected Wound Care



Background

Wound care is an on-going challenge for health providers in the community.

Limited resources are available for use by staff in the arena of wound care, and those that exist are not standardised for use across the state.

The Connected Wound Care initiative is part of the Victorian Strengthening Wound Management Practice Strategy, which aims to improve the management and treatment of chronic wounds within the Victorian community.

The Connected Wound Care project was implemented in conjunction with Regional Wound Management Consultants across Victoria. This has resulted in the development of multiple resources to educate nursing staff and individuals in the prevention and management of wounds such as leg ulcers and diabetic foot ulcers across the state.

Benefits

The anticipated benefits of the Connected Wound Care tools for nurses and individuals across the state are:

- Improved wound outcomes by educating nursing staff and individuals in important areas related to wound care
- Standardising the clinical approach to wound care within the community health arena, as well as promoting best practice
- Informing nursing practice and educating individuals to help them become more independent in certain aspects of their care

Resources available

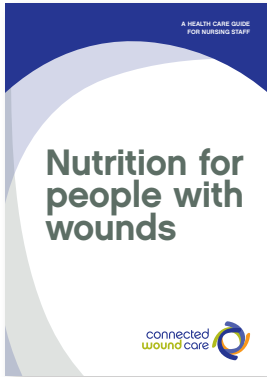
The resources available as part of the Connected Wound Care program include:

Health care guides

Six health care guides are available which educate and promote an individual's independence regarding their health. The titles of these health care guides are:

- Activity and healing for venous leg wounds
- Care of your high-risk feet
- Footwear for high-risk feet
- Healthy eating for healing
- Skin care and you
- Care of your compression garments





Health care guides for nursing staff

Three health care guides are available for nursing staff. These include:

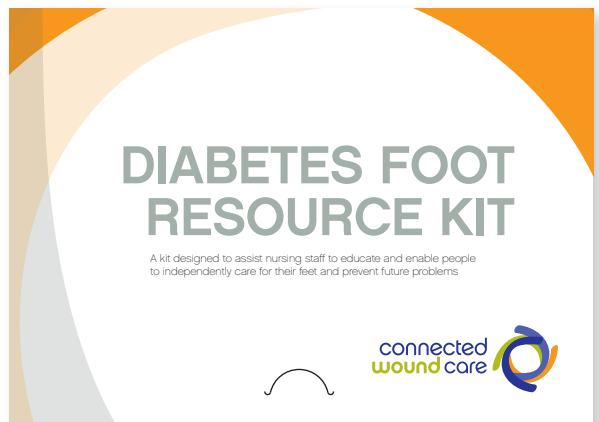
- Nutrition for people with wounds
- Skin tears: assessment and management
- Care of wound equipment and dressing field

Diabetes Foot Resource Kit

This tailored education kit has been developed to assist nursing staff to educate and enable individuals to independently care for their feet, and help prevent future problems.

The kit can also be used as a tool for nursing staff to increase awareness of diabetic foot problems, as a means to help assess these problems, and to provide examples of resources which are available for nursing staff. The kit includes:

- Preventing Diabetic Foot Ulcers: The 3-Step Program DVD
- Basic Foot Assessment Checklist and Action Plan
- 10g monofilament
- Your guide to the Diabetes Foot Resource Kit



Preventing Diabetic Foot Ulcers: The 3-Step Program DVD

The DVD is to be viewed by the individual with the nurse. It has been designed to educate the individual about:

Step 1

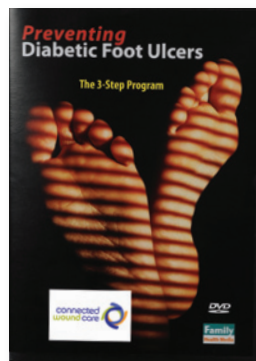
The importance of how and why to do a daily foot exam

Step 2

Common diabetic foot problems (including pictures so that they know what to look for when they check their feet)

Step 3

The importance of being fitted for and wearing podiatrist-recommended footwear



Basic Foot Assessment Checklist and Action Plan

Use the Check List/Action Plan to assess and identify any concerns about an individual's feet.

The Check List/Action Plan has been developed by the Australasian Podiatry Council, which encourages individuals to be involved in their foot assessment to highlight its importance.

The Action Plan allows for the identification of person-centred goals of care.

This copy of the Check List/Action Plan is the master copy. Make photocopies of the Check List/Action Plan to place in the individual's health record.

Note: If there is an existing organisational Check List/Action Plan, it can be used instead of this one.

Basic Foot Assessment Checklist and Action Plan			
1. Check the person	Identify individual		10
	Identify foot ulcer		10
	Identify foot problem		10
	Identify risk		10
	Identify site		10
2. Look at both feet	Redness		10
	Swelling		10
	Discolouration		10
	Wounds		10
	Deformities		10
3. Check foot pulses	Arterial pulses		10
	Venous pulses		10
4. Test for neuropathy	Temperature		10
	Sensation		10
THERMISTOR or DOP PLASTER 			
5. Assess footwear	Fit		10
	Material		10
6. Assess education need	Does the patient understand the nature of diabetes and foot care?		10
	Does the patient know how to check their feet?		10
7. Assess self care capacity	Does the patient have adequate vision?		10
	Does the patient have adequate hearing?		10

All people with diabetes need to have their feet assessed with these seven simple steps every 6 months, or more often if problems are identified.

10g monofilament

The 10g monofilament is a tool that is used to test whether the foot's protective sensation is intact.

Individuals who cannot feel the monofilament have lost protective sensation and are at a very high risk of developing ulcers.

The monofilament will help to identify individuals at high risk and implement necessary preventative strategies.



Your guide to the Diabetes Foot Resource Kit

This guide includes a resource list to help you access the necessary professionals in order to provide multidisciplinary care for individuals with diabetes.

Guidelines for using the Connected Wound Care tools

Health care guides

Nursing staff are to:

- include the relevant health care guides in their clinical practice
- use the nursing health care guides as a resource and learning tool to further their own education and clinical practice
- give the health care guides to the individual and answer any questions they have

Diabetes Foot Resource Kit

Nursing staff are to:

- view the 'Preventing Diabetic Foot Ulcers: The 3-Step Program' DVD to educate and inform their own practice
- view the DVD with the individual to discuss which areas are relevant to the individual and can be incorporated into their care
- keep the Assessment Check List/Action Plan as a master plan and make photocopies to store in the individual's health record when needed

Replenishing supplies

Health care guide replenishment

Further copies of printed health care guides can be obtained via the Regional Wound Management Consultant.

Electronic versions of the health care guides are available on the website **www.health.vic.gov.au/hacc/projects/woundmanagement**

Follow the link to Connected Wound Care and print all health care guides using a colour printer.

Diabetes Foot Resource Kit

The Diabetes Foot Resource Kit is a shared and reusable resource.

DVD

The individual is to return the DVD to the nurse once they have viewed it. Copyright for the DVD allows copying for loss and damage only.

Basic Foot Assessment Checklist/Action Plan

Keep the master copy and photocopy as required. Further copies can be downloaded from **http://www.dreref.com.au/practicemanagement/foot_assessment.pdf**

Monofilament

Keep the monofilament for multiple uses (on intact skin only) and clean the filament with an alcohol wipe after each use. Consider providing a monofilament to each nurse as part of their assessment tools. Monofilaments can be purchased through multiple medical companies (for example, Briggate).

Assistance with Connected Wound Care

For any concerns or questions regarding the Connected Wound Care tools, please contact the Regional Wound Management Clinical Nurse Consultant. Contact details and further information regarding Connected Wound Care can be obtained via **www.health.vic.gov.au/hacc/projects/woundmanagement** and following the link to Connected Wound Care.

Acknowledgements

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