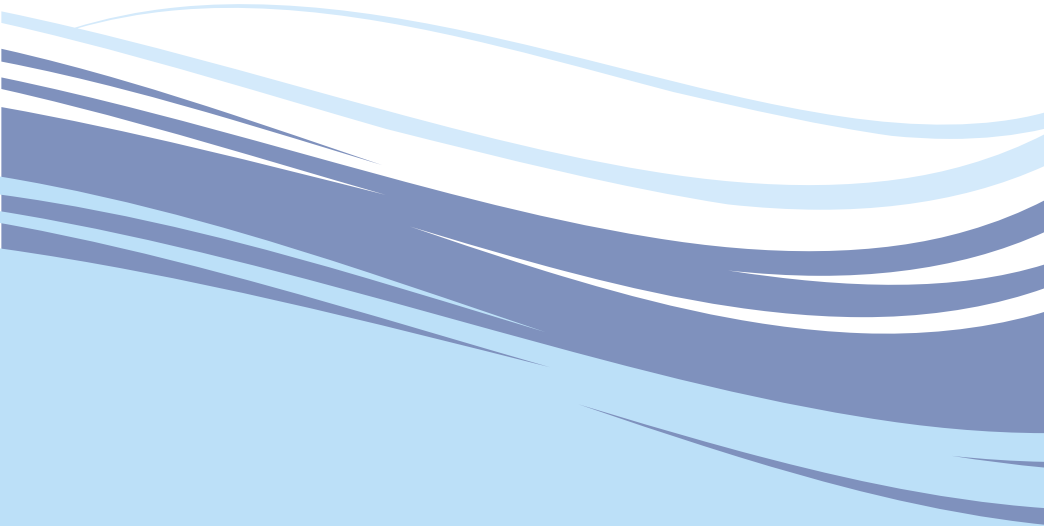


Shared Care for Wounds

This document is intended for patients / carers and podiatrists working together.

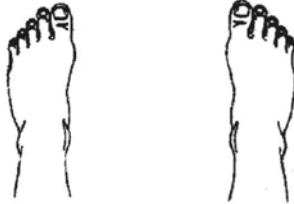
A large, decorative graphic consisting of several overlapping, wavy bands of different shades of blue, ranging from light to dark. The bands flow from the left side of the page towards the right, creating a sense of movement and depth.

Supporting people with wounds to look after their own wound is likely to improve their self-confidence and quality of life.

Where is the wound?

Please circle the location of the wound:

Top of feet



Inside of feet



Bottom of feet



Outside of feet



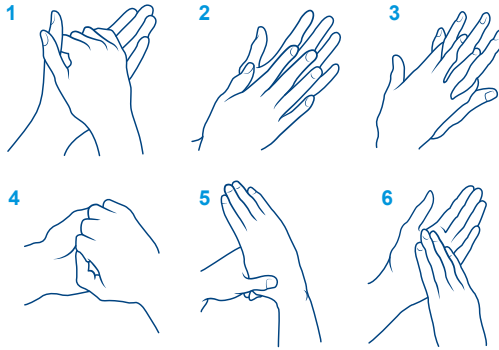
Wound Care Plan

What will I need?

Clean the wound and surrounding skin with:		
Dressings:	Name	Size
Wound Contact Layer: (place dressing directly on top of the wound)		
Secondary Dressing: (place this dressing directly on top of the first dressing)		
Creams/Barrier products (apply this product to the surrounding skin before/after applying dressing as instructed)		
Bandages /Tapes (use this product to hold dressings in place)		
Other Advice e.g. keep dressing dry:		
Aim to change your dressing every _____ days		
Pressure relief		
Daytime		
Night-time		

Prepare to change 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:

- Dressing pack, containing gloves, tray, sterile gauze, waste bag.
- Dressings
- Sterile scissors
- Fluid to clean around the wound (tap water or saline)
- Cream for skin around wound
- Adhesive tape
- Apron

4. Prepare your materials

Open dressing pack and put the waste bag to one side.

Spread out the dressing pack wrapping so you have a clean surface. Open new dressing(s) and drop onto the clean surface of the dressing pack wrapping.

Providing the tap water is drinkable, it does not need to be boiled.

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 water or saline and wait for the dressing to loosen – allow a bit of time and avoid pulling as this will be painful and will damage the wound
 - If the dressing is adhesive or has an adhesive border, 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 and wash your hands.

How to clean the 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. If you want to clean the wound itself, clean from the centre outwards using tap water (or saline) and gauze from the dressing pack. Clean the skin around the wound.
9. Make sure the skin around the wound is dry. If your health care professional advises, apply cream to the skin around the wound but avoid where any adhesive tape or dressing will go, or it will not stick.
10. Put the new dressing on the wound following the instructions that came with the dressing.
11. Clear up, put sealed waste bag in bin and wash your hands. (The waste bag can go in your usual rubbish collection unless you have been advised otherwise.)

Be aware of what is happening with the wound

Monitor for signs of infection or other problems:

If you have one or more of the following signs this may indicate infection:

- Increased swelling
- More redness around the wound than normal
- Pain worse than normal
- Skin around the wound feels hot to touch
- Increased fluid leaking from the wound
- Changes to wound fluid e.g. green, thicker, cloudy, foul smelling

Sepsis

If you develop the following symptoms, it is essential that you seek urgent medical advice:

- Raised temperature
- Flu like symptoms
- Generally unwell
- Nausea and vomiting
- Reduced urine output

Who should I contact if I am worried?

If you have any concerns about your wound or require more dressing supplies, contact the Podiatry Team on the number below. You are responsible for asking for more dressings as they begin to run out. Some items may need a prescription, your Podiatrist will discuss this with you.

To Contact Podiatrist	
To Contact GP (out of Podiatry service Hours)	
Podiatry Hub	Number: 0141 531 6261 or 01475 501 206
NHS 24	111

Photography

How can I tell if my wound is improving or getting worse?

You may wish to keep a record of how your wound is healing by taking photos. If you want to do this, you will need:

- A digital camera or mobile phone with a camera.
- To be able to see the wound site easily and safely you should use the automatic settings on your camera and use something plain as a background. If possible, include a ruler in the photo.
- Make sure you are comfortable and there is plenty of light.
- Make sure that the photo will only show parts of your body you are comfortable showing. Avoid photographing any identifying marks such as your face, tattoos or birthmarks.

You may also like to keep a wound diary.

