

King Saud University

College of Medicine

Department of Medical Education

Riyadh, KSA

**Wound Care**

**OBJECTIVE:** To properly conduct wound care.

**MATERIALS: Wound dressing (4x4 gauze pad or swab, forceps,** sterile cotton tipped applicators**), aseptic solutions (**0.9% Normal Saline, D/W, Chlorexidine, Povidone Iodine**, clean gloves, soap and water**

***D: Appropriately done PD: Partially done ND: Not done/Incorrectly done***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **STEP/TASK** | **D** | **PD** | **ND** |
|  | **Preparation** |  |  |  |
|  | Introduce yourself to the patient. |  |  |  |
|  | Confirm patient’s ID. |  |  |  |
|  | Explain the procedure to the patient. Stressing that modesty will be ensured and that the examination is usually painless. |  |  |  |
|  | Get patient’s consent. |  |  |  |
|  | Ask for a Chaperone. |  |  |  |
|  | Wash hands and put on clean gloves. |  |  |  |
|  | Prepare the necessary materials. |  |  |  |
|  | Ensure the privacy of the patient. |  |  |  |
|  | Position the patient depending on the location of the wound and ensure that she is comfortable. |  |  |  |
|  | Expose the wound area. |  |  |  |
|  | **Procedure** |  |  |  |
|  | Remove the old wound dressing. |  |  |  |
|  | From a distance, assess the wound from any redness, discharges, swelling, and bleeding. |  |  |  |
|  | Remove old gloves. |  |  |  |
|  | Wash hands. |  |  |  |
|  | Irrigate the wound if needed. |  |  |  |
|  | Clean the wound using selected solutions (0.9% Normal Saline, D/W, Chlorexidine, Povidone Iodine). |  |  |  |
|  | Start from the top of the incision to the bottom. Wipe once and then discard the gauze pad. |  |  |  |
|  | Continue to work outward from the incision in line running parallel to it. Always wipe from cleanest area toward the dirtiest area (usually from top to bottom). |  |  |  |
|  | Use each gauze pad or swab for only one stroke. |  |  |  |
|  | Use sterile cotton tipped applicators for efficient cleaning of tight-fitting wire sutures, deep and narrow wounds. |  |  |  |
|  | Clean all areas of the wound to wash away debris, pus, blood. Try not to disturb sutures or irritate the incision. |  |  |  |
|  | Check to make sure the edges of the incision are lined up properly. |  |  |  |
|  | Wash skin surrounding the wound with soap and water and pat dry using sterile 4x4 gauze pad. |  |  |  |
|  | Apply a skin protector if needed. |  |  |  |
|  | Gently place sterile 4x4 gauze pad at the center of the wound and move progressively outward to the edges. |  |  |  |
|  | ***Continue on next page ->*** |  |  |  |
|  | Extend the gauze at least 1” or 2.5 cm beyond the incision in each direction. |  |  |  |
|  | Secure the dressings’ edges to the patient skin. |  |  |  |
|  | Make sure patient is comfortable. |  |  |  |
|  | Properly dispose of the solutions in the trash bag as per hospital policy. |  |  |  |
|  | **After the Examination** |  |  |  |
|  | Cover up the patient. |  |  |  |
|  | Thank the patient and ensure her comfort. |  |  |  |
|  | Explain to the patient what has been done and answer any of her/his questions. |  |  |  |
|  | Document the examination. |  |  |  |
|  | Wash hands. |  |  |  |
|  | Summarize your findings. |  |  |  |

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