



NURSING WOUND MANAGEMENT PROGRAM

Everything you have ever wanted to know about wound care management

Cheryl Dezotti



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Nursing Wound Management Program

"Everything you have ever wanted to know about wound care management"

The Nurses for Nurses Network has created a nine-module Wound Management Program, called the Fabulous World of Wounds that provides the Nurse with the skill and knowledge to assess, plan, and manage wounds in the clinical setting, to achieve the best possible outcome for the client.

The modules are delivered in several different formats. The content of each module stands alone as a continuing professional development (CPD) activity and at the completion of each module, a CPD Certificate will be awarded as evidence of the education activity.

Should a Nurse complete all nine modules within a two-year period they will be awarded an additional certificate indicating that they have completed the full Nursing Wound Management Program.

The two-year period commences from the completion date of the first wound care module the Nurse chooses to undertake. Two years was chosen as an acceptable time frame where changes to science or industry practice would not quickly occur.

[Click here to find out which modules are being delivered via the Travel CPD program](#)

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Cheryl Dezotti is the author and creator of the Nursing Wound Management Program.

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Cheryl Dezotti is a Director, a Nurse Education Consultant, and a Wound Care Specialist at the Nurses for Nurses Network. Cheryl co-created and administers this Network to provide an online platform for Nurses to meet their continuing professional development requirements. She is also the editor, and major contributor, of the Nursing News Blog associated with this Network.



Cheryl has worked extensively in the field of wound care management over the last 30 years. This passion for wound care has seen her lecture widely on the topic both in Australia and internationally and has led her to author a wound assessment book, multiple wound management documents, as well as creating a postgraduate wound care course.

Recently Cheryl has launched the Nurses for Nurses Wound Assessment Tool that was created based on her extensive experience in the field and her continued interaction with Nursing colleagues, mentoring and assisting them to achieve the best possible wound management outcome for their clients. Cheryl continues her research into best practice wound assessment by overseeing a trial of the assessment tool in multiple clinical settings.

As an author, Cheryl's aim is to provide the reader information that can be easily and practically applied in the clinical setting. As a presenter, Cheryl is known for her ability to deliver the complexities of wound management in a straightforward and easily understood format that allows attendees to easily apply the content to their individual clinical practice.

Cheryl's aim is to make a difference to the recipients of health care and she believes that a positive outcome for the patient can only be achieved if Nurses keep up to date with best practice guidelines and their practical application in the workplace.

MODULE ONE: Physiology and Best Practice Wound Assessment

8 CPD Hours | Mode of Delivery: Face to Face / Online

Understanding the physiology of the integumentary system, as it relates to wound healing, is pivotal to successful wound management. The correct visual identification and categorisation of wounds is critical as this information provides valuable 'clues' for the astute Nurse who is assessing, reviewing and managing wounds. Poor assessment can lead to inappropriate wound management, possibly slow to heal wounds, a waste of resources and significant patient concerns.

In this module, we will apply our knowledge of the wound healing process, along with the categorisation of wounds to the recommended assessment process, highlighting the key points from the Standards for Wound Prevention and Management. You will learn how to interpret the information you glean from the comprehensive wound assessment process and discover the clues the wound displays which will assist your wound care product selection and ongoing care plan.

Module Learning Outcomes:

- Gain an understanding of the physiology of wound healing and the categorisation of wounds
- Explore the information that should be captured in a comprehensive wound assessment
- Investigate how to complete a comprehensive wound assessment
- Examine how to interpret the assessment data to create a plan of care

Topics Covered:

The Physiology of Wound Healing and the Identification and Categorisation of Wounds

In this session you will:

- Gain knowledge regarding the skin structure as it relates to wounds
- Explore the wound healing process in detail with an emphasis on what occurs physiologically when a wound becomes chronic
- Discover clues provided by determining the phase of wound healing, that will direct your wound management strategies
- Investigate the different classifications of wounds and the potential implications for wound healing

What Information should be Captured in a Comprehensive Wound Assessment

In this session you will:

- Gain a solid understanding of the fundamental elements that must be included in a comprehensive wound assessment
- Explore the Australian Standards for Wound Prevention and Management
- Discover the links between physiology and wound assessment – what the wound is telling us through physical examination
- Learn the 'must do' components of a wound assessment when access to resources are limited

How to Complete a Comprehensive Wound Assessment

In this session you will:

- Review the key processes associated with conducting a comprehensive wound assessment
- Identify the recommended risk assessment tools for use in the Australian healthcare setting
- Explore practical solutions for measuring difficult wound parameters
- Discover 'Nursing Tips' which can be valuable when assessing complex wounds

How to Interpret the Assessment Data to Create the Plan of Care

In this session you will:

- Learn key variables for each assessment factor that can impact wound management decision-making
- Identify practical ways to correlate the physiological assessment evidence with your knowledge of the wound healing process to support the creation of a comprehensive plan of care
- Gain an understanding of the importance of establishing the goal of wound care
- Reflect on the information that should be included when documenting

MODULE TWO: Acute Wounds – Types and Management

12 CPD Hours | Mode of Delivery: Face to Face / Online

Acute wounds can present in any healthcare setting. Nurses need to remain aware of the types of acute wounds that may present and the contemporary management strategies that should be employed.

In this module, we will explore the common types of acute wounds and the unique characteristics of wounds that are found in each category. In particular, we will unpack the aetiology, risk factors and best practice management recommendations for skin tears, burns, surgical wounds and wounds caused by trauma.

Module Learning Outcomes:

- Investigate the types of acute wounds from aetiology to management strategies
- Explore the management of skin tears and burns
- Investigate the management of surgical wounds and wounds created by acute trauma
- Undertake case study and scenario-based group work to reinforce the knowledge gained

Topics Covered:

The Types of Acute Wounds

In this session you will:

- Review the definition of acute wounds
- Discover the causes of acute wounds and how the aetiology can affect wound healing
- Gain an understanding of the unique physical wound characteristics that are commonly found within each category of acute wounds
- Identify the principles of acute management and learn how they are applied in practice

Best Practice Management of Skin Tears

In this session you will:

- Gain an understanding of the characteristics of each category of skin tear
- Identify risk factors and discover the best practice recommendations to reduce the incidence of skin tears
- Review the initial actions to take when assessing a skin tear
- Explore the current recommended dressing products for the management of skin tears

The Management of Burns

In this session you will:

- Explore the aetiology of the different types of burns
- Gain an overview of the recommended assessment tools and processes for determining the severity of burn injuries
- Review the specific first aid actions to take for the different types of burns
- Gain an understanding of the current recommended principles and management strategies for burns

The Management of Surgical Wounds

In this session you will:

- Explore the main types of surgical wounds and their predicted wound healing path
- Gain an understanding of the most common surgical wound complications
- Investigate the sequence of action to take to address these wound complications
- Examine the principles of wound product selection to support your wound management practices

The Management of Trauma Wounds

In this session you will:

- Review the frequency and type of trauma wounds that occur in Australia
- Gain an overview of the clues that are present in these wounds that will dictate actions to be taken
- Discuss the sequence of actions to take to address these often-complicated presentations
- Examine the principles of wound management

Case Study and Scenario Group Work

In this session you will:

- Explore the case studies and scenarios presented
- Review the presentations based on knowledge gained within the module
- Identify the clinical issues displayed in each scenario and create a plan of care
- Consider the complications that could occur and identify the care strategies to mitigate same

MODULE THREE:

International Best Practice – Pressure Injury Prevention and Management

7 CPD Hours | Mode of Delivery: Face to Face / Online

Pressure Injuries (PI) cause significant patient harm, impact on quality of life, and increase the cost of health care. In Australia, one estimate of PI prevalence in acute and sub-acute health care facilities ranged from 5.6% to 48.4% (mean 25.5%) and estimates in acute care facilities ranged from 4.5% to 36.7% (reference <http://www.woundsaustralia.com.au/2015/SPID-factsheet.pdf>).

In this module, the categories of Pressure Injuries will be identified along with the known risk factors for pressure injury development. Specialised nursing interventions will be explored for high-risk populations and best practice recommendations for the prevention and management of pressure injuries, including wound and pressure relieving devices, will be identified.

Module Learning Outcomes:

- Gain an understanding of the risk factors and categorisation of pressure injuries
- Explore high risk populations and the specialised Nursing interventions required
- Investigate the interventions available to prevent pressure injuries
- Examine the wound management strategies available to treat pressure injuries

Topics Covered:

The Risk Factors and Categorisation of Pressure Injuries

In this session you will:

- Gain an understanding of the Pan Pacific Guidelines for the Prevention and Management of Pressure Injury
- Explore the criteria for each of the different stages of pressure injuries
- Investigate the criteria to assist in identifying patients that are at risk of developing pressure injuries
- Examine the principles that underpin pressure injury prevention

High Risk Populations and the Specialised Nursing Interventions Required

In this session you will:

- Discover the specific populations that are at high risk of developing pressure injuries in the community and within a healthcare setting
- Review the pressure injury locations and the physiological reasons for why pressure injuries develop in each of these groups
- Explore the tailored Nursing interventions that should be employed for these high risk populations
- Discuss scenario-based examples of pressure injuries in these high-risk groups

The Interventions Available to Prevent Pressure Injuries

In this session you will:

- Gain an understanding of the best practice interventions to reduce the potential for pressure injury development
- Explore the intervention of risk assessment more closely
- Review the recommended pressure relieving devices & specifications for same
- Examine skin integrity management, positioning recommendations, and wound prevention products

The Wound Management Strategies to Effectively Treat Pressure Injuries

In this session you will:

- Become familiar with the range of different wound care product categories used to treat pressure injuries
- Explore the key assessment information that will successfully guide wound product selection
- Examine the advantages and disadvantages associated with different wound care products
- Discuss scenario-based examples to apply knowledge gained on pressure injury management

MODULE FOUR: Chronic Wounds – Best Practice Management

12 CPD Hours | Mode of Delivery: Face to Face ONLY

Over 433,000 Australians suffer from chronic wounds and at least 2.6 billion dollars a year is spent on treatment strategies. Chronic wounds are debilitating for patients and are resource intensive for healthcare services.

In this module, we will discover the most common types of chronic wounds along with the aetiology, assessment, and best practice wound care recommendations. We will provide tips to apply to your decision making when choosing wound care products that are appropriate for each wound type.

Module Learning Outcomes:

- Explore the types of chronic wounds
- Investigate the aetiology of arterial and venous ulcers and review management and care planning strategies
- Consider the aetiology of mixed ulcers and review management and care planning strategies
- Gain an understanding of product selection – acknowledging that there are over 3000 products available to choose from

Topics Covered:

The Types of Chronic Wounds

In this session you will:

- Gain an understanding of the incidence and impact of chronic wounds in Australia
- Define what a chronic wound is
- Discover what occurs in the wound healing process to 'make a wound chronic'
- Explore in detail the types of chronic wounds

Arterial Ulcers – Aetiology, management, and care planning

In this session you will:

- Gain an understanding of the aetiology of arterial ulcers with a focus on the linkages between physiology and the creation of the ulcer
- Explore the unique presentation characteristics of an arterial ulcer
- Review the contemporary clinical strategies for the management of arterial leg ulcers
- Examine the implications for creating an ongoing plan of care

Venous Ulcers – Aetiology, management, and care planning

In this session you will:

- Gain an understanding of the aetiology of venous ulcers with a focus on the linkages between physiology and the creation of the ulcer
- Explore the unique presentation characteristics of a venous ulcer
- Review contemporary management strategies for the management of venous leg ulcers
- Examine the correct way to apply compression bandages

Mixed Ulcers – Aetiology, management, and care planning

In this session you will:

- Gain an understanding of the aetiology of mixed ulcers with a focus on the linkages between physiology and the creation of the ulcer
- Explore the often-confusing characteristics of a mixed ulcer
- Review contemporary management strategies for the management of mixed leg ulcers
- Examine the implications for creating an ongoing plan of care

Demystifying 3000 + Wound Care Products

In this session you will:

- Review the categories and types of wound care products available
- Identify the key variables for consideration when deciding on which product to use
- Learn the key contraindications for specific dressing products
- Discover Nursing tips to save you time and worry about product selection

Real World Wounds to Solve!

In this session you will:

- Discuss difficult wounds that you are managing in your own clinical setting
- Explore solutions with Nursing colleagues in a group setting
- Cross-reference the discussion to current best practice recommendation provided by the session facilitator
- Discover Nursing tips that have successfully been applied in the clinical setting

MODULE FIVE: Complex and Hard to Heal Wounds

6 CPD Hours | Mode of Delivery: Face to Face / Online

Complex and Hard to Heal wounds impact the individual, their family, society, and the health economy. Inappropriate or delayed treatment adversely affects the time for the wound to heal. Failure to recognise wounds not progressing towards healing increases the subsequent risk of non-healing and places the patient at unnecessary increased risk of wound complications.

We will explore the aetiology of hard to heal wounds and learn the clues for management that are hidden within a wound assessment. We will focus on the world of biofilms and identify biofilm management recommendations along with reviewing and problem-solving dressing choices for problem wounds.

Module Learning Outcomes:

- Gain an understanding of complex and hard to heal wounds
- Explore the available strategies to manage biofilm and wound infection
- Investigate what is best practice wound assessment
- Review the Nursing strategies that can be applied to the management of complex and hard to heal wounds

Topics Covered:

Complex Wounds – A melting pot of causes and types

In this session you will:

- Explore the aetiology of acute hard to heal/complex wounds
- Explore the aetiology of chronic hard to heal/complex wounds
- Discover the clues available in a wound assessment that can flag that this is a 'problem wound'
- Review the critical elements of a wound assessment from a best practice perspective

Wound Biofilms and Wound Infection - The what, where, why, and best practice management strategies

In this session you will:

- Gain an understanding of biofilm inclusive of mode of action
- Explore the current international recommendations for the use of topical antimicrobials in wounds
- Review the Nursing strategies that you can apply in the workplace to effectively reduce biofilm in wounds
- Examine the wound infection continuum and the recommended method for obtaining a wound swab

Problem Solving Complex/Hard to Heal Wounds – Enhancing assessment and problem-solving skills

In this session you will:

- Gain an understanding of the key components of wound assessment that facilitate an effective wound management plan in the case of hard to heal wounds
- Explore the tailored Nursing interventions that should be employed for these difficult wounds
- Examine the “go to suitcase” of products commonly used and recommended for hard to heal/complex wounds
- Review the advantages and disadvantages of various therapies via group discussion using photographic case studies

MODULE SIX: Wound Products and Best Practice Application

6 CPD Hours | Mode of Delivery: Face to Face / Online

With over 3000 wound care products on the market, appropriate product selection can be difficult. In this module, we will explore the key categories of products available and review national and international best practice wound management guidelines. A number of “clinical tips” will be shared by the Presenter during this session.

In recognition of the fact that not all workplaces are well resourced with wound care products, the session will also cover a baseline selection of products that would allow you to address the majority of wounds that you may see in your clinical practice.

Module Learning Outcomes:

- Gain an understanding of the common-sense strategies that should underpin product selection
- Review the large number of wound care products currently on the market
- Determine how adequate assessment should drive product selection
- Discuss examples of various wound types and explore the products best suited to the situation

Topics Covered:

Bringing Clarity and Common Sense to Wound Product Categories

In this session you will:

- Explore the main categories of wound care products
- Gain an understanding of the mode of action of each category of wound care product
- Examine the purpose for using each category of product
- Using the information provided reflect on the use of the different categories of products available

Demystifying 3000+ Wound Care Products Currently Available on the Market

In this session you will:

- Explore the key variables for consideration when deciding on what wound care product to use
- Review the types of wound care products currently available
- Gain an understanding of the contraindications for specific dressing products
- Discover what is on the horizon in advanced wound product modalities

Wound Case Studies - Putting knowledge into practice

In this session you will:

- Explore the ‘clues’ that are contained within a completed wound assessment that facilitate appropriate wound product selection
- Review the advantages and disadvantages of selected therapies
- Discuss difficult wounds that you are managing in your own clinical setting including appropriate product selection

MODULE SEVEN: Wound Therapies

6 CPD Hours | Mode of Delivery: Face to Face / Online

Science and innovation are advancing the world of modern wound therapy at a rapid rate. Products that have been embraced in the past, are now combined with state of the art technologies to form new healing modalities to apply to wounds, that by tradition, would not have been able to be resolved.

We will unpack the therapies that are available in Australia and review their application. Wound care research is progressing rapidly, and we will peruse the latest products available now and on the horizon. You will be fascinated!

Module Learning Outcomes:

- Gain an understanding of the theory and application of negative pressure wound therapy
- Explore hyperbaric oxygen therapy
- Investigate maggot therapy and the application in the modern wound care environment
- Consider the use of venous ulcer compression therapy as an effective management strategy

Topics Covered:

Negative Pressure Wound Therapy - Fundamentals and trouble shooting

In this session you will:

- Gain an understanding of the recommendations and contraindications for the use of NPWT
- Explore practical strategies to employ to address common issues experienced with the management of NPWT
- Examine the nine principles of NPWT dressing techniques
- Review the key information required to provide education to your patient/client

Hyperbaric Oxygen Therapy - History and current applications

In this session you will:

- Explore the history of and the current recommendations for the use of hyperbaric oxygen therapy
- Gain an understanding of the practical strategies to employ to address common issues experienced with patients receiving hyperbaric oxygen therapy
- Investigate the benefits and risks associated with hyperbaric oxygen therapy
- Review the key information required to provide education to your patient/client

Maggot Therapy – Back to the future with wound care

In this session you will:

- Explore the history of maggot therapy
- Gain an understanding of the wounds that benefit from the application of maggots for wound debridement
- Examine the benefits and risks associated with maggot therapy
- Review case studies demonstrating the successful use of maggot therapy

Venous Ulcer Compression Therapy – Combining theory with practice

In this session you will:

- Gain an understanding of the recommendations and contraindications for the use of compression therapy
- Explore practical strategies to employ to address common issues experienced by your patients receiving compression therapy
- Examine best practice recommendations for the application of compression therapy
- Review the key information required to provide education to your patient/client

MODULE EIGHT: Wound Care Practice Tasks

12 CPD Hours | Mode of Delivery: Face to Face / Online

Please Note: Due to the intricate and practical nature of the teaching required this module will only be delivered as a Face to Face session to a small group of 16 participants.

Modern wound care embraces the application of traditional, refined, and new treatment modalities. Nurses work in a variety of settings and require confidence and competence in many wound-related practices. This module focuses on common wound-related Nursing tasks.

Module Learning Outcomes:

- Gain an understanding of the principles of wound management
- Explore the correct use of aseptic technique in the wound management environment
- Review the correct way to implement key wound management tasks
- Examine practical tips for the removal and application of common wound management products

Topics Covered:

The Principles of Wound Management

The principles of wound management provide a solid foundation for wound management in any setting. In this session you will:

- Gain an understanding of the history associated with the creation of the principles of wound management
- Examine the overarching principles of wound management
- Learn the principles of wound management that have been established for specific wound categories including acute and chronic wounds and burns
- Review practical ways to integrate the principles of wound management into your clinical wound care practice

Determining which Aseptic Technique is Required for which Wound

Nurses must be aware of the criteria that determine the application of the appropriate aseptic technique when managing wounds.

In this session you will:

- Receive an overview of the history associated with the establishment of the aseptic technique in wound management
- Examine the 'original' principles of asepsis
- Gain an understanding of the current standard and evidence criteria for surgical aseptic technique and standard aseptic technique as it relates to wound management
- Explore methods for integrating the appropriate aseptic technique into your wound management practice

Accurately Measuring a Wound

Accurate measurement of a wound is critical in the process of wound assessment. Failure to measure a wound accurately can result in inappropriate wound management strategies and non-healing wounds.

In this session you will:

- Gain an understanding of the different devices available for measuring wounds
- Examine best practice recommendations for accurate wound measurement
- Explore practical strategies to address common issues associated with measuring hard to access wounds
- Review how to correctly document the measurements of a wound

Packing a Wound

Packing a wound takes knowledge of wound physiology and skill to ensure that additional injury is not caused to the wound tissue.

In this session you will:

- Gain an understanding of the physiological aspects of wounds that must be considered prior to packing wounds
- Review common criteria used to determine when wounds should be packed
- Review the process for packing a wound
- Explore practical strategies to address common issues associated with packing wounds

Applying Debriding Agents

Debriding agents are used to facilitate wound healing. With an expanding range of products on the market, the Nurse must be skilled and knowledgeable in the judicious application of debriding agents to reduce the potential for adverse effects.

In this session you will:

- Gain an understanding of the different types of debriding agents available
- Examine best practice recommendations for the application of debriding agents
- Explore practical strategies to address debriding agent adverse effects
- Review specific debriding

Compression Bandaging

Compression bandaging remains an effective treatment for supporting venous ulcer wound closure. Inappropriate bandaging can cause significant adverse effects for the client.

In this session you will:

- Gain an understanding of the recommendations and contraindications for the use of compression bandaging therapy
- Explore practical strategies to employ to address common issues experienced by your patients receiving compression therapy
- Examine best practice recommendations for the application of compression therapy
- Review the key information required to provide education to your clients

Skin Tear Alignment

Skin tears occur in those with fragile skin, including neonates and more frequently the elderly. Correct skin tear alignment is pivotal to the early resolution of skin tear injuries.

In this session you will:

- Review the physiology associated with the creation of skin tear injuries
- Examine best practice recommendations for the management of skin tears
- Learn the process for realigning skin tears
- Review the wound products available to support the healing of skin tears

Tips for Wound Product Application and Removal

With over 3000 wound care products on the market, it can be difficult to be aware of the specific recommendations for application and removal of the products.

In this session you will:

- Gain an understanding of the categories of wound care products available on the market
- Learn the 'groups' of wound products found in each wound category
- Explore practical ways to recall specific product application and removal recommendations
- Review specific wound care product recommendations

MODULE NINE: Specialised Populations and Wound Management Considerations

12 CPD Hours | Mode of Delivery: Face to Face / Online

Wound management is often complex, and the complexity is magnified when caring for those populations that require specialised care and services.

This module explores patient populations that have compounding variables that impact wound healing. The aetiology, risks, and best practice recommendations for wound and pain management will be explored with a focus on contemporary wound management products and group problem-solving.

Module Learning Outcomes:

- Gain an understanding of the specialised care requirements of various client populations
- Explore the linkages between physiology and the process of wounding
- Examine the most common types of wounds that are found in these populations
- Review Nursing strategies that are directed at reducing the incidence of unnecessary wounds or wound complications in these populations

Topics Covered:

Paediatric Patients and Wound Management

In this session you will:

- Gain an understanding of the unique characteristics of paediatric patients that increase the risks of wounds developing
- Explore the linkages between physiology and the process of wounding
- Examine the most common types of wounds that are found in the paediatric population
- Review Nursing strategies that are directed at reducing the incidence of unnecessary wounds or wound complications in the paediatric patient

Bariatric Patients and Wound Management

In this session you will:

- Explore the unique characteristics of bariatric patients that increase the risk of wounds developing
- Examine the linkages between physiology and the process of wounding
- Investigate the most common types of wounds that are found in the bariatric population
- Review Nursing strategies that are directed at reducing the incidence of unnecessary wounds or wound complications in the bariatric patient

Palliative Patients and Wound Management

In this session you will:

- Explore the unique characteristics of palliative patients that increase the risks of wounds developing
- Gain an understanding of the linkages between physiology and the process of wounding
- Investigate the most common types of wounds that are found in the palliative population
- Review Nursing strategies that are directed at reducing the incidence of unnecessary wounds or discomfort in palliative patients

ICU – Critically Ill Patients and Wound Management

In this session you will:

- Gain an understanding of the unique characteristics of critically ill patients that increase the risks of wounds developing
- Explore the linkages between physiology and the process of wounding
- Examine the most common types of wounds that are found in the critically ill patient population
- Review Nursing strategies that are directed at reducing the incidence of unnecessary wounds or wound complications in critically ill patients

Wound Care in Spinal Cord Injury (SCI) Patients

In this session you will:

- Gain an understanding of the unique characteristics of SCI patients that increase the risks of wounds developing
- Examine the linkages between physiology and the process of wounding
- Investigate the most common types of wounds that are found in the SCI population
- Review Nursing strategies that are directed at reducing the incidence of unnecessary wounds or wound complications in SCI patient

Real World Wounds to Solve

In this session you will:

- Explore photographic case studies where the assessment and management of individual wounds will be discussed & debated
- Apply the knowledge of specialised populations to the wound care scenarios presented
- Discuss difficult wounds that you are managing in your own clinical setting
- Reflect on the Nursing strategies available to manage the situations that are presented

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