



## Wound Management At Home

We focus on providing quality care for complex or hard-to-heal wounds. Our certified wound care clinicians are nationally recognized for their expertise and highly effective, evidence-based treatments. We come to your home to assess your needs and then work with your physician to develop a specific plan of care based on those needs.

We recognize that some situations have complicating factors, so we take the time to learn about these factors and discuss them with you and your family or caregiver. We address and support the healing process and help you manage your condition, allowing you to live as comfortably as possible at home.

### **The Goals of the Wound Management at Home Program Are To**

- Provide high-quality care in your home
- Provide early interventions to prevent hospital readmissions
- Educate you and your caregiver in the management of your wound
- Work collaboratively with your physician and our hospital partners to improve your recovery
- Improve your quality of life

### **Ongoing Wound Management Care Includes**

- Development of a patient-centered treatment plan that includes addressing the cause of the wound, nutrition, environment and specific care protocol
- Treatment of draining wounds or fistula management
- Treatment of acute (short-term) wounds
- Treatment of chronic (long-term) wounds

Our nurses identify the optimal protocol for each wound type that will promote wound healing and prevent complications.

## Facts About Complex Wounds

Many people suffer from hard-to-heal or complex wounds which can result from surgery, circulation disorders or diabetic ulcers. People with disabilities or with chronic illnesses that keep them in bed or in a wheelchair may also experience wounds caused by pressure on a specific part of the body. All these conditions can impact their quality of life.

### **Common Symptoms of Wound Infection Include**

- Redness or excessive swelling of the wound area
- Throbbing pain or tenderness in the wound area
- Red streaks in the area around the wound
- Pus or watery discharge collecting beneath the skin of the wound
- Foul odor from the wound



- Generalized chills or fever

If you experience these symptoms, contact your physician.

**Tips for Managing Wounds**

- Follow your physician's instructions for changing the dressing on your wounds. Always wash your hands before and after you work with the wound area.
- Monitor the wound area. If you notice any sign of infection, notify your physician immediately.
- Eat a balanced diet and drink plenty of fluids.
- Increase your protein consumption and take vitamins.

For more information about wound management, visit the [Wound Ostomy and Continence Nurses Society](#).