

Unit 4
Wound Care

A. Prevention, identification and treatment of pressure ulcers (4 hours)

OBJECTIVES	CONTENT	TEACHING METHODS	EVALUATION METHODS
<p>Upon completion of this unit, the student will be able to demonstrate knowledge of techniques for prevention, identification and treatment of pressure ulcers with 80% accuracy.</p>	<p>A. Basic anatomy of the epidermis and dermis B. Physiological effects of aging C. Pressure areas D. Skin evaluation E. Risk factors for development of a pressure ulcer F. Prevention techniques and devices G. Stage I- II pressure ulcers</p>	<p>A. Lecture B. Discussion C. Questions and answers D. Handouts E. Homework assignment F. Resources: <u>Pressure Ulcer Treatment</u>, Clinical Practice Guideline, AHCPR Pub. No, 95-0653, Dec. 1994 <u>Pressure Ulcer Treatment</u>, Clinical Practice Guideline, AHCPR Pub. No, 95-0652, Dec. 1994 <u>How to Identify & Prevent Pressure Ulcers</u>, videotape summarizing generally accepted practice guidelines for identification and prevention of Stage 1 and Stage 2 pressure ulcers. University of Texas, Center on Aging, 7000 Fannin, Suite 720, Houston, TX 77030,</p>	<p>A. Homework assignments B. Quizzes C. Written exam</p>

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B. Positioning (4 hours)

OBJECTIVES	CONTENT	TEACHING METHODS	EVALUATION METHODS
Upon completion of this unit, the student will be able to demonstrate knowledge of positioning techniques with 80% accuracy. Must demonstrate critical elements of skills.	A. Positioning techniques to prevent skin breakdown B. Positioning techniques to promote resident comfort C. Positioning techniques to prevent and manage contractures D. Positioning devices E. Support surfaces for positioning	A. Lecture B. Discussion C. Demonstration E. Resources: <u>Pressure Ulcer Treatment</u> , Clinical Practice Guideline, AHCPR Pub. No, 95-0653, Dec. 1994 <u>Pressure Ulcer Treatment</u> , Clinical Practice Guideline, AHCPR Pub. No, 95-0652, Dec. 1994 http://www.vpurt.org	A. Quizzes B. Written exam C. Demonstration

C. Sterile and clean techniques (2 hours)

OBJECTIVES	CONTENT	TEACHING METHODS	EVALUATION
Upon completion of this unit, the student will be able to differentiate between sterile and clean technique with 80% accuracy	A. Sterile technique B. Clean technique C. Contamination paths for infection D. Signs of wound infection	A. Lecture B. Discussion C. Questions and answers D. Handouts E. Resources: <u>Pressure Ulcer Treatment</u> ,	A. Quizzes B. Written exam

		<p>Clinical Practice Guideline, AHCPR Pub. No, 95-0653, Dec. 1994</p> <p><u>Pressure Ulcer Treatment,</u> Clinical Practice Guideline, AHCPR Pub. No, 95-0652, Dec. 1994</p> <p>http://www.vpurt.org</p>	
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D. Wound care and dressing changes (4 hours)

OBJECTIVES	CONTENT	TEACHING METHODS	EVALUATION
<p>Upon completion of this unit, the student will be able to describe and demonstrate proper wound care technique for stage I and stage II pressure ulcers with 80% accuracy. Must demonstrate critical elements of skills.</p>	<p>A. Cleaning a pressure ulcer</p> <p>B. Removing dead tissue and debris</p> <p>C. Choosing and using dressings</p> <ol style="list-style-type: none"> 1. Hydrocolloid 2. Gauze 3. Film <p>D. Changing a dressing</p> <p>E. Storing and caring for dressings</p>	<p>A. Lecture</p> <p>B. Discussion</p> <p>C. Questions and answers</p> <p>D. Demonstration</p> <p>E. Handouts</p> <p>F. Resources:</p> <p><u>Pressure Ulcer Treatment,</u> Clinical Practice Guideline, AHCPR Pub. No, 95-0653, Dec. 1994</p> <p><u>Pressure Ulcer Treatment,</u> Clinical Practice Guideline, AHCPR Pub. No, 95-0652, Dec. 1994</p> <p>http://www.vpurt.org</p>	<p>A. Quizzes</p> <p>B. Written exam</p> <p>C. Demonstration</p>

E. Concepts of hydration (4 hours)

OBJECTIVES	CONTENT	TEACHING METHODS	EVALUATION
Upon completion of this unit, the student will be able to identify the impact of hydration on wound healing with 80% accuracy	A. Main functions of water in the body B. Physiological changes associated with aging that affect water intake C. Signs of dehydration in the elderly population D. Physical and physiological effects of dehydration E. Elimination of body fluids F. Fluid requirements related to skin breakdown and wound healing G. Promotion of adequate fluid intake	A. Lecture B. Discussion C. Questions and answers D. Handouts E. Homework assignments F. Resources: Barrocas A. Nutritional Assessment. Practical Approaches. <i>Clin Geriatr Med.</i> 1995;11:675-683 Garibella S. Sinclair A. Nutrition, aging and ill health. <i>BR J Nutr.</i> 1998;80:7-23. Position of the American Dietetic Association Nutrition, aging and the continuum of care. <i>J Am Diet Assoc.</i> 2000;100:580-595 http://www.vpurt.org	A. Homework assignments B. Quizzes C. Written exam

F. Nutrition and weight loss (4 hours)

OBJECTIVES	CONTENT	TEACHING METHODS	EVALUATION
Upon completion of this unit, the student will be able to identify the impact of nutrition and weight loss on wound	A. Physiological changes associated with aging that impact nutritional status B. Signs of malnutrition in the	A. Lecture B. Discussion C. Questions and answers D. Handouts	A. Homework assignments B. Quizzes C. Written exam

healing with 80% accuracy	elderly population C. Nutritional needs for the elderly vs. the general adult population D. Nutritional requirements in relation to skin breakdown and wound healing E. Promotion of a positive nutritional status	E. Homework assignments F. Resources: Barrocas A. Nutritional Assessment. Practical Approaches. <i>Clin Geriatr Med.</i> 1995;11:675-683 http://www.vpurt.org	
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G. Recognizing, reporting and documenting changes in a resident's condition (4 hours)

OBJECTIVES	CONTENT	TEACHING METHODS	EVALUATION
Upon completion of this unit, the student will be able to identify changes in a client's condition that require reporting and documentation with 80% accuracy	A. Evaluation of treatment effectiveness B. Evaluation of need for treatment plan changes C. Characteristics of a healing pressure ulcer D. Characteristics of a nonhealing pressure ulcer	A. Lecture B. Discussion C. Questions and answers D. Handouts E. Homework assignments F. Resources <u>Pressure Ulcer Treatment</u> , Clinical Practice Guideline, AHCPR Pub. No, 95-0653, Dec. 1994 <u>Pressure Ulcer Treatment</u> , Clinical Practice Guideline, AHCPR Pub. No, 95-0652, Dec. 1994 http://www.vpurt.org	A. Homework assignments B. Quizzes C. Written exam