

Taking part in Continuous Professional Development



Continuous Professional Development is a major workplace focus for nurses and is a requirement for continuing registration in some countries. It ensures that nurses keep up-to-date with current trends in clinical governance.

- What is your experience of Continuous Professional Development?
- Are you familiar with sharing your knowledge through feedback sessions on the ward? If not, how do you share your knowledge with your colleagues?

Match the medical terms above (1-8) to their meanings (a-h).

- | | |
|------------------------|--|
| 1) Well-vascularized | a) The transplantation of skin from another part of the body to a wound which cannot heal on its own |
| 2) Viable | b) Excessive softness caused by too much moisture |
| 3) Necrotic Tissue | c) Good blood circulation is achieved, and the tissues are supplied with oxygen and other nutrients |
| 4) High Bacterial Load | d) Long term or ongoing |
| 5) Exudate | e) A high level of infection carried by the tissues |
| 6) Maceration | f) Ooze or discharge from a wound |
| 7) Chronic | g) Able to grow or survive |
| 8) Skin Graft | h) Dead tissue |

Complete the following handout using the following words:

Necrosis	Load	Exudate	Stable
Dryness	Balance	Inflammation	Base

Session Handout

The aim of wound bed preparation is to prepare a _____ wound environment which results in wound healing.

This is achieved by:

Restoring a well-vascularized wound bed, or _____

Decreasing the high bacterial load by controlling _____ or infection

Creating moisture _____ in the wound environment

The barriers to wound healing include:

The presence of _____ - in other words, dead tissue

High bacterial _____, or a high level of infection carried by the tissues

Imbalance of moisture levels: wounds with excessive _____ that is, wounds which are too moist—and wounds which have excessive _____, or desiccation will not heal properly.

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Fill the hand-outs with words provided.

Dressing	Imbalance	Desiccation	Surgical
Graft	Excessive	Reduced	Well Vascularized
Debridement	Fluid	Optimal	
Infection	Reassess	Chronic	
Viable	Antibiotic	Advanced	

What is time? TIME is an acronym for a framework which helps to identify barriers to healing in the wound bed and identifies expected outcomes of treatment.				
	T	I	M	E
Description of the wound	Tissue is not _____. The tissues of the wound bed do not have sufficient blood supply to survive.	Inflammation or _____ is present. The high bacterial load prevents healing.	Moisture _____. _____ exudate causes maceration, or softening, of the wound edges. _____, or excessive dryness slows healing.	Edge of the wound does not heal. The wound becomes a _____ wound.
Clinical action	_____ of necrotic tissue. Often a _____ procedure.	Remove the infection and reduce the high bacterial load. Antimicrobial dressings as well as _____ medication are used.	Hydrating _____, which add moisture for dry wounds. Negative pressure dressings, e.g. VAC dressings, which remove excess _____ in macerated wounds.	_____ the wound. Consider different management, e.g. skin _____ to replace the damaged skin.
Expected outcome	Wound bed is _____ and has a good blood supply.	_____ inflammation around the wound.	The wound has an _____ moisture balance.	The edge of the wound has _____ or healed.

Share your knowledge

- Do you follow the same process for wound bed preparation?
- What are the advantages of following the wound bed preparation protocol?
- Have you ever had any experience with skin grafts? If so, what type?