

WOUND BALANCE: ACHIEVING WOUND HEALING WITH CONFIDENCE

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Wound Balance will help integrate critical parameters to offer continuity, individualised care, support clinical decision-making, and place the patient at the centre of all care. With patient goals being priority, the shift in focus moves from managing wounds to leveraging intention of healing wounds whenever possible and as early as possible.



RECOMMENDATIONS

Wound Balance

- Regulation of biomarkers
 - MMPs (SAP containing dressings)
- Manage exudate
- Normalise and maintain healing trajectory
- Early intervention

Patient Care Balance

- Patient-centred assessment and diagnosis
- Support patients ability to comply
- Use QoL Questionnaire

Clinical Practice

- Clinical treatment continuity
- Address wound balance challenges (See clinical tools and challenges above)
- Balance time in daily practice



FIND THE RIGHT BALANCE FOR YOUR PATIENTS

Treating complex wounds is all about balance. Research shows superabsorbent dressings with polyacrylate polymers (SAPs) are better than foams at balancing the wound microclimate.¹ Zetuvit® Plus Silicone Border is a soft, silicone, super absorbent polymer which absorbs and sequesters excessive wound inhibitors, such as MMPs and bacteria,² helping to prevent maceration³ and improve quality of life.

References 1. Wounds International 2023. Wound balance: achieving wound healing with confidence. Wounds International London. Available to download from www.woundsinternational.com. 2. Barrett, S., M. Rippon, and A. Rogers. Treatment of 52 patients with a self-adhesive siliconised superabsorbent dressing: a multicentre observational study. Journal of Wound Care, 2020. 3. Barrett, S., M. Rippon, and A. Rogers. Treatment of 52 patients with a self-adhesive siliconised super absorbent dressing: a multicentre observational study. Journal of Wound Care, 2020.

Size	Wound pad	Product code	Pack size	PIP code	NHSSC code
10 × 10 cm	5 × 5 cm	413910	10	4137071	EJA254
12.5 × 12.5 cm	7 × 7 cm	413920	10	4137055	EJA255
17.5 × 17.5 cm	11.5 × 11.5 cm	413930	10	4137063	EJA256
15 × 25 cm	9 × 19 cm	413940	10	4137048	EJA257
20 × 25 cm	14 × 19 cm	413950	10	4137030	EJA258

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FACTORS AFFECTING WOUND HEALING



Wound Care

- Excessive protease levels e.g. MMPs, elastase
- Other biomarker shifts
- Nutrient/oxygen deficiency
- Comorbidities



Patient Care

- Patients ability to comply
- Impact of QoL
- Lack of support network
- Environment and hygiene
- Psychosocial factors
- Level of education and literacy

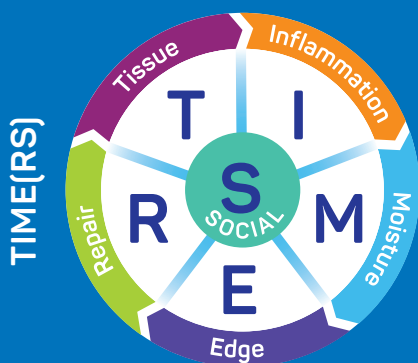


Clinical Care

- Consistency in wound care treatment/provider
- Missed early signs of chronicity
- Habitual wound management
- Limited education/training

CLINICAL TOOLS AND GUIDANCE

Wound Wound Assessment Tool



Dressing Selection

- Excessive protease levels are the most significant factors inhibiting healing that have been identified
- Dressings can be selected that address factors associated with stalled healing through protease modulation

1. ABSORPTION

Uptake of wound inhibitors, microorganisms.

2. SEQUESTRATION

Wound inhibitor factors (ex-proteases), microorganisms are locked away.

3. RETENTION

Wound inhibitor factors (ex-proteases), microorganisms are held and immobilized.

4. REMOVAL

Wound inhibitors, microorganisms are removed with the dressing.

Patient

QoL Assessment Tool

Measure quality of life, social determinants of health and impact of living with a wound

In the last seven days —	not at all	a little	moderately	quite a lot	very much
1 ...my wound hurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 ...my wound had a bad smell	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 ...there was a disturbing discharge from my wound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 ...the wound had affected my sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 ...the treatment of the wound has been a burden to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 ...the wound has made me unhappy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 ...I have felt frustrated because the wound is taking so long to heal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 ...I have worried about my wound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 ...I have been afraid of the wound getting worse or of new wounds appearing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 ...I have been afraid of bumping the wound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 ...I have had trouble moving about because of the wound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 ...climbing stairs has been difficult because of the wound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 ...I have had trouble with day-to-day activities because of the wound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 ...the wound has limited my leisure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 ...the wound has forced me to limit my activities with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 ...I have felt dependent on help from others because of the wound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 ...the wound has been a financial burden to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Patient Priorities

Useful questions to ask the patient:

- ✓ Priorities for dressing selection?
- ✓ Goals for healing & improving QoL?
- ✓ Lifestyle issues?
- ✓ Concerns?
- ✓ Do you have any questions about how the dressing will work?

Patient Centered

- Clearly communicate ownership, responsibilities and expectations
- Use uncomplicated language
- Assess both intrinsic and extrinsic factors
- Provide patient/caregiver education

Care

Clinical Practice: Wound Balance

- Identify patient priorities
- Shift focus from management to intention of healing
- Eliminate ritualistic practices
- Treatment based on patient needs not most familiar products
- Identify and act upon "red flag" signs of chronicity quickly

Clinical Practice: Patient Care

- Reassess clinical/social factors often
- Clinician continuity
- Timely action
- Provide patient centric care
- Use optimistic language
- Promote patient centered communication

Clinical Practice: Addressing Challenges

- ✓ Schedule for complexity
- ✓ Manage time for complex patients
- ✓ Support patient centred care
- ✓ Upskill knowledge of evidence based woundcare
- ✓ Promote MDT Communications
- ✓ Take photos when possible