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No. 64
July 2008

Wound Wisdom

Newsletter of the
South Australian Wound Management Association Inc.
Box 1144 Blackwood, SA 5051
Telephone: 0406 440 813

EDUCATION MEETING WEDNESDAY 20 AUGUST 2008

"Feet: facts, fallacies & fetishes"

Foot complications secondary to diabetes

Presenters include:

Ms Bec Daebeler

Manager, Toe lickin' & lovin' (podiatry services) FMC

Dr David Wilkinson

Director, Hyperbaric Medicine RAH

Trade display & supper 1845

Education meeting commences 1930

ALL WELCOME

Non members \$5.00 Members & students free

SAWMA is a multidisciplinary association and is non-partisan in its approach to wound products

IMPORTANT DATES 2008

Education
nights:

20 August

19 November

WIN A BOOK

Attend the August SAWMA education night and you could win the door prize of a wound book. Thanks to a generous donation during Wound Awareness Week

CAMPAIGN FOR ACCESS TO SUBSIDISED DRESSING PRODUCTS

Sign the petition at www.elephantintheroom.com.au to support subsidisation of dressing products across Australia in all care settings. Don't be an elephant and ignore the problem. SAWMA strongly encourages its members to sign.

Encourage your colleagues and patients to sign too!

EDUCATION NIGHT VENUE: JULIA FARR SEMINAR FACILITIES

104 Greenhill Road, Unley

East of King William Road, Opposite the Adelaide Hockey Club

Parking on Greenhill Road, outside the venue

NEW!

PRESIDENT'S REPORT

We are now half way through the year and I'm certain, each year proceeds quicker than the last!

The AWMA conference in Darwin was the largest Australian Wound Management Association conference to date, with 719 registered delegates. Tropical Darwin was an enticing venue! Key note presentations covered topics such as wound healing challenges, advances in scar management, the horrors of war injuries and tropical wounds. Concurrent sessions were difficult to choose from and included the latest on infection and wound management, mechanisms of wound healing, pressure ulcers, lower limb ulcers, burns, evidence based practice and lower limb ulceration. **Overall, it was a fabulous conference providing an opportunity to learn and network with colleagues.**

As you aware, SAWMA offers its members an annual research grant of up to \$5000. The research grant is available to further wound management practice in South Australia. It is with pleasure that **SAWMA announces the 2008 research grant has been awarded to Beth McErlean and colleagues at the Repatriation General Hospital for a study into "The phenomenon of Living with an Advanced Pressure Ulcer and Its Impact on Discharge Planning"**. Co-researchers include Leslie Thomas, Dr. Amanda Moseley and Dr. Jan Paterson. The project aims to identify and explore the experiences of patients and their carers discharged to home from the RGH with a stage 3 or 4 pressure ulcer. Gaps to discharge planning processes and patient/carer knowledge will be identified. Based on the findings, education packages will be tailored to support patients and carers who are being discharged from the RGH into the community with a pressure ulcer. We wish the group well in their study and look forward to hearing the outcomes of the study, which aims to improve the lived experience of a pressure ulcer.

In December last year we were saddened by the sudden loss of Janet Vincent. In recognition and remembrance of such a vibrant, passionate and loving committee member and friend, **SAWMA is developing the annual "Janet Vincent Education Scholarship"**. The scholarship is designed to assist a SAWMA member to attend a conference, course or seminar in wound management. The scholarship will pay for all reasonable expenses incurred by the recipient and will be capped at \$600. In this way, Janet will leave a legacy of her dedication to wound management. We will keep you informed when the details and selection criteria are completed.

For our August education night the focus will be on the diabetic foot and hyperbaric medicine. We are yet to decide on a theme for November, however, we have many topics to choose from! I would like to thank all the members who took the time to complete the **SAWMA member survey**. Your feedback is valuable and will certainly guide us in identifying topics for future education evenings. The number one topic requested was "Drugs and wound healing" and I have great pleasure confirming that Greg Duncan from Monash University has agreed to present in February 2009. Greg is a lecturer in Pharmacy Practice and is a vibrant and motivating speaker.

Once again, don't forget to visit the website www.elephantintheroom.com.au and sign the online petition to the Federal Government. Every petition counts and we hope that there will be greater attention paid the problem of chronic wounds in society. Encourage your friends and colleagues also to vote; the more signatures, the greater the impact.

With Kind Regards,



Margi Moncrieff
SAWMA President

SAWMA MEMBER SURVEY 2008

In May 2008 SAWMA undertook a survey of its members to ascertain if SAWMA is meeting its member's needs. 69 responses were received.

The SAWMA committee sincerely thanks all members who participated in the survey. Your feedback contributes to making SAMWA a respected and valuable organization and contributes to the advancement of wound management in South Australia.

Below is a summary for selected responses received. (For some responses there may be less than a total of 69 if a response was not received for that particular question.)

64/68 members stated that overall, SAWMA meets or exceeds their expectations.

48/68 members stated that they had attended an education evening in the last 12 months.

49/69 members stated that they found SAWMA education evenings to be 'somewhat' or 'very' valuable.

The majority of members also believed holding education evenings in conjunction with other organisations (i.e. Vascular nurses, Infection control, Stomal therapy & Orthopaedic nurses) was valuable. Many topics were identified as of interest for future education evenings.

The SAWMA committee is considering feedback received in planning future activities and events. Member feedback on topics for education evenings, alternative methods of education delivery and increased options for payment of membership provides a guide to continuously improving SAWMA.

The committee is committed to ensuring SAWMA continues to meet member's needs in the future.

RESEARCH SCHOLARSHIP

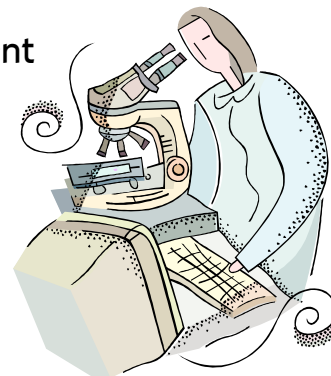
SAWMA continues to offer a research scholarship to the value of \$5000. Local research is vital for developing wound management as a science, art and speciality with its own, distinct body of knowledge. SAWMA encourages any members considering wound management research. Several research grants have been provided previously.

Recently a grant was approved for proposed research to investigate 'The phenomenon of living with an advanced pressure ulcer and its impact on discharge planning'. A group of four nurses from the Repatriation General Hospital (RGH) and Flinders Medical Centre (FMC) will be leading an investigation into this important issue to "gain a deeper knowledge and understanding of the multiplicity of physical, psychological and social experiences of the individual and carers' living with a pressure ulcer following hospital discharge..."

If you are considering undertaking any wound management research in South Australia the SAWMA research grant can assist you.

The grants can contribute to any size research project.

Further details and conditions are available on the SAWMA website or contact SAWMA via the mobile phone for more information.



AWMA CONFERENCE REPORT

'DREAMS: DIVERSITY: DISASTERS'

Increasing national awareness and interest in the specialty of wound management was reflected in the record attendance of approximately 719 registrants to the 7th Australian Wound Management Association National Conference held in the beautiful city of Darwin, 7-10 May 2008.

Conference themes were based around our **dreams** for the future of wound healing, particularly in minimising scarring, advances in the management of chronic wounds and in the provision of equal access to wound management resources across Australia.

Interesting presentations reviewed **diversities** in wound management, including alternative therapies and delivery of care in rural and remote environments.

Keynote speakers held the attention and gained the utmost respect of packed auditoriums with their presentations of **disaster** wound management in Bali, Iraq and South Africa.

On the social scene, the conference provided the perfect opportunity to network with both established leaders and newcomers to our specialty, with all willing to share their expertise and experiences. The conference dinner was held under the stars in the idyllic setting of Darwin Yacht Club, with plenty of dancing to the great music of Orange Whip, led by Peter Stewart (Hampstead Spinal Unit) and Mike Hennessey (ConvaTec).

SAWMA made a considerable and valuable contribution to the conference program through delivery of presentations and conducting workshops:-

Sue Templeton (RDNS) – 'Beating the bad bugs: best practice use of topical antimicrobials', & 'Wound photography and measurement workshop'.

Margi Moncrieff (FMC) – 'It's TIME to manage hypergranulation' & 'Using 'TIME' principles to guide appropriate product selection workshop'.

Beth McErlean (RGH) – 'Pressure ulcer point prevalence survey variances across settings and across jurisdictions'.

Andrea Smallman (FMC) – 'Using 'TIME' to guide appropriate product selection workshop'.

Cheryl Kimber (FMC) – 'Bursting the bubble – management of fracture blisters'.

Tal Ellis (WoundHeal) – 'Infect or inert? Determining the need for antimicrobial intervention in the older person' & 'Wound photography and measurement workshop' & 'The politics of wound management in 2008 and where to from here....'.

Newton Panicker (RAH) – '*Hirudo medicinalis* (leech therapy) -an interesting perspective'.

It is with pleasure to announce that **Naomi Higgins** (Goolwa Medical Centre) won the College of Nursing Award for her presentation 'Diverting disasters, fostering innovation and inspiring dreams in the Australian rural health setting'.

Well done everyone for your fabulous work and great representation of South Australian wound management.

I urge all SAWMA members to consider attending the next AWMA conference - 'Journey into New Frontiers' in Perth 24-27 March, 2010.

Hope to see you there!

Andrea Smallman (SAWMA committee)

TAKE THE TAQ (THE ACROYNM & ABBREVIATION QUIZ)

Acronyms and abbreviations seem to be taking over our lives. Health care is certainly no exception. How many of us only know diseases or conditions by their acronym or abbreviation? e.g. COAD, MI, CVA, TURP.

So, if you think you know your acronyms take the challenge! Most of these acronyms relate to wound management. However there a few general ones thrown in too!

Acroynm/Abbreviation	Your answer <i>Correct answers on page 8</i>
TIME	
MEASURE	
HEIDI	
LOL	
NERDS	
STONES	
FITH	
PVD	
PUPPIES	
PUSH	
ROFL	
SAWMA	

GOVERNMENT GRANTS FOR WOUND RESEARCH

On 4 April 2008 the Federal Government announced it would fund wound management research grants worth up to \$500 000. The grants will fund wound research projects under the Encouraging Best Practice in Residential Aged Care Program (EBPRAC). Individual projects will focus on federally-funded aged care homes.

The Government media release states that: "The research will identify the most effective strategies for aged care homes to implement and maintain current good practice in wound management".

A full copy of the media release is available on the AWMA web site: www.awma.com.au

RDNS Wound Education

22-24 & 27-28 October 2008. Five day internal **Wound Management Course**. The course can be completed as a certificate or a 3 unit credit option within the School of Nursing, Flinders University of South Australia.

28 November 2008. Three hour **wound management seminar** using a case study framework.

4 December 2008. 3½ hour workshop for practitioners who want to become accredited in measurement of **Ankle Brachial Pressure Index (ABPI)** using hand-held Doppler ultrasound.

RDNS also offers individualised education programs, sessions and workshops to suit your organisation.

For further details phone RDNS: 8208 5300 and ask for the Education Centre.

Wound Management Symposium

Ausmed Publications are offering a two day symposium for nurses on **Wound Management and Skin Integrity**. This is a highly evaluated program.

Date: Tuesday 21 October – Wednesday 22 October 2008

Venue: Old Adelaide Inn: 160 O'Connell Street, North Adelaide

For further information contact Ausmed Publications:

Ph (03) 9375 7311

Email ausmed@ausmed.com.au or Web www.ausmed.com.au

Vascular 2008

The Australian and New Zealand Society for Vascular Surgery and the Australian and New Zealand Society for Vascular Nursing is pleased to announce registrations are now open for their national conference: **Vascular 2008**.

Adelaide Convention Centre

11-14 September 2008

The conference themes are: Innovation: Education: Tradition

There are three main streams to the conference:

- Vascular scientific program
- Ultrasound program
- Nurse scientific seminar program

The conference program promises to be interesting and informative and will provide delegates with increased knowledge and skills to promote best practice.

Further information and a registration brochure is available at www.vascular2008.com

CLINICAL CORNER

CLASSIFICATION OF DRESSINGS

With the plethora of dressings available on the market today it can be difficult to know where to start when choosing a dressing. Today, dressings range from simple gauze to sophisticated technologies that can alter wound environments.

The following conceptual framework classifies dressings according to functionality.

Remember: These categories represent generalities. Each person and wound must be assessed individually and there are always exceptions to the general rules!

Category & description	Types of dressings examples only, not exhaustive	Uses examples only, not exhaustive
Traditional Dressings that do not regulate moisture well. Usually use 'old' technology.	<ul style="list-style-type: none"> - paraffin impregnated - petrolatum emulsion - gauze - combine and similar - wound contact layers / 'low adherent' dressings 	<ul style="list-style-type: none"> - secondary dressings - extensive wounds - wounds with low healing probability - persons who choose not to participate in their care - skin grafts - suture lines - some acute wounds
Basic contemporary Dressings that regulate moisture to achieve an ideal wound healing environment.	<ul style="list-style-type: none"> - hydrogel - hydrocolloid - clear acrylic - hydroselective - thin foam - regular/thick foam - calcium alginate - hydrofibre 	<ul style="list-style-type: none"> - mainstay of dressing treatment for most wounds. - usually used as first line management for wounds with adequate healing potential
Specialised Dressings that offer specialized, particular functions. Function may be primary or secondary. Some require training to use. Some are expensive per item.	<ul style="list-style-type: none"> - rapid capillary action - antimicrobial - odour control - debridement - granulation & contraction - compression 	<ul style="list-style-type: none"> - usually used where other dressings have failed to improve the wound or - to address a particular issue - often used for a limited time frame as part of wound bed preparation.

Sub-classification of topical antimicrobials

Antimicrobials are specialised dressings that have become very popular for all types of wounds. However, topical antimicrobials should only be used where an assessment leads the clinician to believe wound healing is being impaired by bacteria, or is at overwhelming risk of such.

Category & description	Types of dressings examples only, not exhaustive	Uses examples only, not exhaustive
Mild topical antimicrobial	<ul style="list-style-type: none"> - povidone iodine impregnated - no or low release silver - honey impregnated tulle 	<ul style="list-style-type: none"> - antiseptics in wounds with low healing potential - high risk contaminated or colonised wounds
Powerful topical antimicrobial	<ul style="list-style-type: none"> - cadexomer iodine - high release silver - high UMF honey or equivalent 	<ul style="list-style-type: none"> - treatment of superficial compartment infection - adjunct to systemic antibiotics

Developed by Sue Templeton

WOUNDS AS ART

The relatively new practice ‘cutting’ uses deliberate wounding to create permanent body art. The following is taken from www.scarabbbodyarts.com but other web sites can be found.

“Scarification is one of the oldest forms of marking the body. Traditionally, it was used to represent rites of passage and to mark different stages of life. Today, this form of body modification is making a come back as another way of modifying the body. There are many different forms of this artform. Branding is probably the best known method. However, scarification through cutting is growing in popularity. This is partly due to the higher degree of control you have over the finished design. It is important to note that scarification as an artform is done for the same reasons someone would tattoo or pierce themselves. It is in no way, related to self injury or self cutters. The motivation and outcome is very different.”



It is important to note that scarification as an artform is done for the same reasons someone would tattoo or pierce themselves. It is in no way, related to self injury or self cutters. The motivation and outcome is very different.” Cutting is done by precise excision of skin with a knife/scalpel to create a scar in a pattern or picture!

TAKE THE TAQ ANSWERS

Acronym/Abbreviation	Answer
TIME	Tissue viability, Infection & Inflammation control, Moisture balance, Edge <i>(used to describe the components of wound bed preparation)</i>
MEASURE	Measure (dimensions), Exudate, Appearance (wound bed), Suffering (pain), Undermining, Re-evaluate, Edge <i>(wound characteristics)</i>
HEIDI	History, Examination, Investigations, Diagnosis, Intervention (management) plan <i>(principles of wound management framework)</i>
LOL	Laugh Out Loud <i>(frequently used by teenagers)</i>
NERDS	Non healing, Exudative, Red and bleeding, Debris and Smell <i>(used to describe characteristics of superficial infection)</i>
STONES	Size bigger, Temperature increased, Osteomyelitis (probes to bone), New or satellite breakdown, Exudate, erythema, edema, Smell <i>(used to describe characteristics of deep infection)</i>
FITH	F_____ed In The Head <i>(a derogatory term to describe persons with a personality disorder or disruptive behaviours)</i>
PUPPIES	Pressure Ulcer Prediction and Prevention: Integration of Evidence Strategies <i>(the title of the SA Department of Health pressure ulcer project)</i>
PUSH	Pressure Ulcer Scale for Healing <i>(scale for assessing pressure ulcer status)</i>
ROFL	Rolling On the Floor Laughing <i>(another term commonly used by teenagers)</i>
SAWMA	Surely the Answer Would Make Awareness of wounds more likely!

IMPORTANT DATES 2008-2009

SASVN: Vascular 2008 – National Conference: 11-14 September 2008

Adelaide www.sasvn.com.au or www.vascular2008.com

Australian Association of Stomal Therapy Nurses (AASTN) 37th

National Conference, 11-13 March 2009 Burswood Resort, Perth

Australian Podiatry Association of SA Inc. Podiatry refresher day

17 November 2008, UniSA, www.podiatrysa.net.au

This newsletter aims to share information about contemporary issues in wound management. We welcome your contributions, resources, tips, case studies etc.

Submit contributions to the editor
Sue Templeton Ph 1300 364 264 or
editor@sawma.org.au

Web address

Visit us at:

www.sawma.org.au

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0406 440 813

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