

Disease Management Guidelines

A working tool intended to assist with the development
of an individualized comprehensive plan of care

Wound Care



Goal: Optimize wound healing and minimize risk for future wound development



Action Steps:

✓ **CM will:**

- Explore and provide MEMBER/caregivers with information and education on available wound care resources
- Contact Member's physician office to discuss wound care strategies and obtain recommendations for plan of care
- Facilitate IDT with Caregiver, MEMBER, PCA, RN, Dietitian, PT, Wound Care Specialists, DME providers, and/or other providers deemed appropriate to assess wound status, safety supervision needs, program and community appropriateness, and develop an individualized program for wound management
- Obtain needed equipment and supplies as recommended by interdisciplinary team and approved by MEMBER's physician
- Provide referrals as required by plan, including, but not limited to:
 - ❖ Wound Care Specialist (In-patient, Out-Patient, or In-Home):
 - Assess and make recommendations for wound care management
 - ❖ Physical Therapist:
 - Assess tissue loads and need for positioning devices
 - Assess and make recommendations for appropriate support surfaces and wound care
 - Assess need for mobility and safety assistive devices
 - Provide CM with written report documenting assessments, recommendations, interventions, and outcomes
 - ❖ Dietitian:
 - Assess MEMBER nutritional status
 - Assess MEMBER, PCA, and informal caregiver knowledge of diet requirements
 - Assess for nutritional impact of co-morbid conditions

- Provide nutrition guidelines including, but not limited to:
 - Weight management
 - Increased protein and carbohydrate needs
 - Vitamin, mineral, and amino acids supplementation
 - Oral or enteral nutritional supplementation
 - Appetite stimulants
 - Special needs related to co-morbid conditions
 - Provide nutrition education to MEMBER/caregivers
 - Provide CM with written reports documenting assessments, education, diet plan, interventions, and outcomes
 - Provide _____ home visits (frequency to be determined by MEMBER need) to:
 - Monitor and evaluate MEMBER/caregiver adherence and outcomes to wound management plan, including, but not limited to review of:
 - Member/caregiver knowledge and skills
 - Status of wound
 - Repositioning logs
 - Weight
 - Vital signs
 - Food diary
 - Medications
 - Wound care
 - Lab values
 - Proper usage and maintenance of equipment
 - Presence of adequate and appropriate supplies per guidelines and physician orders
 - Follow up on referrals
 - Obtain and review reports of each visit by all providers including RN, Wound Care Specialist, PT, and Dietitian
 - Evaluate effectiveness of plan
 - Collaborate with MEMBER, caregivers, and all providers to evaluate and amend the plan as needed to meet changing MEMBER needs.
- ✓ **Skilled Nurse (or Wound Care Specialist) will provide _____ home visits (frequency to be determined by MEMBER need) to:**
 - Provide initial assessment to include general health, pain, nutritional/hydration status and weight, comprehensive health history, wound history, vital signs, and psychosocial needs.

- Assess wound at least weekly using E-Z graph, PSST, PUSH, or other agency approved standardized tool to monitor:
 - Location
 - Size
 - Drainage
 - Stage
 - Sinus tracts
 - Tunneling
 - Eschar
 - Slough
 - Epithelialization
 - Granulation
 - Odor
 - Infection
 - Undermining
 - Condition of surrounding tissues
- Assess risk for pressure ulcer development using Braden or Norton scale
- Monitor and evaluate laboratory tests including, but not limited to:
 - Serum Albumin - 3.5-5.0
 - Prealbumin - >16 mg/dl
 - Cholesterol - > 140
 - Total Lymphocyte Count - > 1800/mm (note: not a good indicator of malnutrition if infection is present)
- Provide MEMBER/caregiver education as needed regarding:
 - Wound healing
 - Nutrition
 - Tissue loads
 - Repositioning
 - Reducing shear
 - Transfers
 - Signs and symptoms of infection
 - Wound care
 - Skin care
 - Incontinence care
 - Standard precautions
- Monitor and evaluate MEMBER and caregiver knowledge, skills, and adherence to wound care plan.
- Provide CM with written reports of all visits documenting assessments, education, interventions, outcomes, and recommendations

- ✓ **MEMBER/Informal Caregiver will:**
- Participate in the development, implementation, and evaluation of plan
 - Participate in plan for repositioning, nutrition, wound care, and proper use of equipment
 - Perform wound care as ordered by physician
 - Verbalize how to recognize wound healing and wound complications
 - Provide adequate nutrition including prescribed supplements
 - Maintain food diary
 - Inspect skin daily
 - Provide and record repositioning in bed every 2 hours
 - Provide and record repositioning in a chair every hour and shifting weight every 15 minutes
 - Provide incontinence care
 - Make and keep all medical appointments
 - Report concerns, changes in skin integrity, changes in wound, and problems with plan to skilled nurse, CM, or physician
 - Verbalize understanding of risks and benefits of adherence/non-adherence to plan

- ✓ **PCA will:**
- Demonstrate proper technique for transfers, repositioning, use of equipment, and shear reduction
 - Assist with keeping surfaces clean and dry
 - If providing assistance with personal care, report changes in skin condition to RN, MEMBER, and caregiver



Expected Outcomes:

- MEMBER has access to available resources to facilitate wound healing.
- PCA, informal caregivers, and/or MEMBER can verbalize wound healing principles, wound care plan, ulcer prevention, and proper skin care.
- Wound progression is continually evaluated and plan of care amended as needed.
- PCA, informal caregivers, and/or MEMBER can recognize signs and symptoms of wound progression or complications and can verbalize when to call the RN or physician.
- PCA, informal caregivers, and/or MEMBER can demonstrate proper use of equipment and supplies.
- All persons responsible for wound care can demonstrate proper wound care techniques including standard precautions.
- PCA, MEMBER, and informal caregivers have adequate information to make informed decisions, including the risks and benefits of adherence/non-adherence to plan.