

WOUND AND SKIN CARE *Pocket Guide*

Table of Contents

Anatomical Directions.....	4
Descriptive Terminology.....	6
Configuration.....	8
Distribution.....	9
Skin Lesions	
Primary.....	10
Secondary.....	11
Pressure Ulcer Staging.....	12
Classification Systems	
Diabetic Ulcers - Wegner Scale.....	14
Skin Tears – Payne Martin Scale	14
Bruises	15
Surgical Wound.....	15
Lymphedema.....	16
Edema.....	16
Wound Documentation Tips.....	17
Arterial Ulcers.....	18
Neuropathic (Diabetic) Ulcers.....	20
Pressure Ulcers.....	24
Venous Ulcers.....	26
Burns.....	28
Lab Values.....	30
Nutritional Interventions	
Nutrients for Healing.....	32
Appetite Stimulants.....	32
Nutritional Supplements.....	34
Bedside Testing	
Semmes Weinstein Monofilament Test.....	36
Ankle Brachial Pressure Index (ABI).....	37
Toe Brachial Pressure Index (TBPI).....	39
Capillary Refill.....	40
Vibration Tuning Fork.....	40

Adjunctive Therapies	
Negative Pressure Wound Therapy Guidelines.....	41
Electrical Stimulation Protocol.....	42
Ultrasound Treatment Parameters.....	42
Pulsed Lavage.....	42
Support Surfaces	
Definitions.....	43
Decision Tree.....	44
Support Surface Categories.....	45
Bottoming Out.....	45
Foam Terminology.....	45
Wheelchairs	
Proper fit Checklist.....	46
Wheelchair cushions.....	47
Topical Products	
Alginate, Antimicrobials, Antiseptics, Bio-Synthetics, Collagen, Composite, Contact Layers, Foam.....	48
Gauze, Hydrocolloid, Hydrogel, Moisture Barriers, Skin Sealants.....	49
Transparent Films, Tapes, Wound Fillers, Accuzyme, Biafine.....	50
Gladase, Gladase C, Granulex, Optase.....	51
Panafil, Regranex, Santyl, Xenaderm.....	52
Surgical Dressing Reimbursement Documentation.....	53
Wound Product Company Directory.....	54
References.....	59