

Case Study Assessment Question:

Mrs. Johnson, a 68-year-old woman with a history of diabetes and hypertension, is admitted to the hospital with a non-healing foot ulcer. She is scheduled for wound debridement and requires post-operative wound care. As an enrolled nurse, describe the steps you would take in providing comprehensive wound care for Mrs. Johnson, considering her medical history and the principles of wound management.

Case Study Assessment Answer:

In providing comprehensive wound care for Mrs. Johnson, several steps should be followed, taking into account her medical history and the principles of wound management.

- **Assessment:** Begin by assessing the wound, including its location, size, depth, presence of any signs of infection, and the surrounding tissue condition. Consider Mrs. Johnson's medical history, diabetes, and hypertension, as these factors may affect wound healing.
- **Cleaning and Debridement:** Cleanse the wound using a gentle, non-irritating antiseptic solution and sterile techniques. Perform wound debridement as necessary to remove necrotic tissue, promoting wound healing and preventing infection.
- **Dressing Selection:** Choose an appropriate dressing based on the wound characteristics and desired outcome. Consider using a moist wound healing approach to create an optimal environment for healing. For Mrs. Johnson, taking into account her diabetic condition, a dressing that provides moisture balance, promotes granulation, and helps prevent infection is essential.
- **Infection Control:** Implement strict infection control measures, including proper hand hygiene, use of personal protective equipment, and adherence to aseptic techniques during dressing changes. Monitor the wound for signs of infection, such as increased redness, swelling, warmth, or purulent discharge, and promptly report any concerns to the registered nurse.
- **Patient Education:** Educate Mrs. Johnson about the importance of proper wound care, including maintaining good glycemic control, proper nutrition, and the need for regular follow-up appointments. Provide clear instructions on how to perform self-care and when to seek further medical assistance.
- **Documentation:** Accurately document the wound assessment findings, the type of dressing used, wound progress, and any interventions performed. Document any changes in the wound's appearance, patient response, and collaborative care provided.

By following these steps, I would ensure that Mrs. Johnson receives comprehensive wound care tailored to her specific needs, promoting healing, preventing infection, and improving her overall well-being.