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
- Tunneled
- 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.