

ALTERATION IN SKIN INTEGRITY CARE PLAN GUIDELINES

A separate care plan DOES NOT have to be done for each wound. Staging and measurements should not be listed to avoid having to update every week. Care plans should be pulled off of the MDS system and then individualized based on resident's clinical condition. Care plans should be updated at each care plan meeting, wound meeting, any time a new intervention is added or discontinued, if the wound has deteriorated or a new wound develops. Each time the care plan is updated the date should be written in on the left hand column of the care plan.

Problem Section:

This should list out all related risk factors that may have contributed or may delay wound healing.

Examples: Diabetes, PVD, PAD, hypertension, ESDR, malnutrition, contractures, incontinence, decreased range of motion, decreased cognition, small vessel disease, MS, Parkinson's, infection, decreased oxygen perfusion, cancer, CAD, on meds such as corticosteroids, radiation, steroids; hepatic disease, immuno-compromised, smoking, perspiration, obesity, impaired sensation, HTN, dehydration, fracture, anemia, advanced age, collagen vascular disease, decreased LOC, depression, friction, shearing, neuropathy, list goes on and on

Also list any behaviors that the residents is doing that can delay wound healing such as sitting up for prolong periods, removing dressing, refusing cushion or mattress, refusing to turn or reposition, not following diet such as diabetic, or fluid restriction, picking in wound, smoking, refusing podiatrist or consultation of wound clinic, etc

Goal Section:

This section should have measurable goal(s).

Example: Wound will be free of infection, or wound will not increase in size, or wound will decrease in size by .5cm or wound will be free of necrotic tissue or resident will be free of pain related to wound or Free of additional breakdown, etc

Approach or Intervention Section:

This section should list out ANY intervention that was put into place to assist in healing or prevention of new wounds. **These interventions must have date to identify when they were put in place or discontinued.**

Examples: Pressure relieving mattress, pressure reducing cushion, suspending heels off mattress with pillow under calves, using heel suspension boots, Prafo boots, spenco boots to prevent friction, splints to prevent skin to skin contact, dietitian eval, podiatrist eval, vascular referral, wound clinic referral, Arginaid, Multivitamin with mineral, Vitamin C juice and milk, Trapeze over the bed, special lift sheets, super cereal, food supplements, ice cream, Resource, pudding, med pass supplementation, finger foods between meals to increase oral intake for residents that have short attention spans, special labs that are being monitored, calorie counts, any dressings that are being used to prevent re-opening of a previously closed area such as a hydrocolloid or transparent film, special turning/repo schedule such as Q 1 or if they are to only turn on certain turning sides (such as back to left, or left to right, or back to right side) wedge cushion in wheel chair to prevent shearing, dycem in wheel chair to prevent shearing, leg rest on wheel chair to prevent shearing, pillow or wedges being used to position, limit head of bed to no more than 30 degrees where medically stable, antishair liners on the bed to prevent shearing, knee gatch or elevate foot or bed to reduce shearing, any meds that are used for appetite stimulation if person is malnourished, any meds that are used to control/improve a co-existing medical condition that can slow wound healing, monitor weekly weights if person is malnourished, use of any moisture barriers/moisturizers/skin sealants, use of special transfer board, if infected wound – use of the antimicrobial dressing or antibiotic, any type of adjunctive modality, i.e. anodyne, whirlpool, pulse lavage, ultrasound, hyperbaric treatments, sharp debridement, wound vac, diabetic shoes, etc.

ANYTHING THAT HAS BEEN ADDED TO THAT PERSON CAN BE ADDED TO THE CARE PLAN TO MAKE IT INDIVIDUALIZED.