

Establish and Implement a Plan of Care

Wounds Prevention and Management Cycle

Tip Sheet



Establish and Implement a Plan of Care

Ensure that any plan of care is:

- Focused on the client's and team's goals.
- Developed, based on the wound etiology and healability.
- Sustainable, based on the care environment.

A plan of care addresses:

- Wound etiology.
- Mitigating risks of delayed healing, by optimizing the client health status. For example: management of co-morbid conditions, nutritional status, pain management, etc.
- Psychosocial needs.
- Environmental and health care system barriers, such as communication and collaboration between team members, access to resources, approved policies and clinical standards.
- Wound treatment, which is developed based on wound bed interventions:
 - Cleanse to control bacterial burden and promote healing.
 - Debride to remove slough and necrotic tissue, and reduce bacterial burden.
 - Manage foreign body, exposed structures.
 - Monitor/manage infection or inflammation to ensure bacterial balance and reduce inflammation.
 - Maintain moisture balance.
 - Maintain thermal insulation.
 - Manage dead space (i.e., wound packing/filling).
 - Support open wound edges to support cell migration and wound closure.
 - Protect the periwound skin.
 - Manage the closed wound.