



FACEBOOK LIVE

**APRIL**  
**7**

## **POST COVID**

WHAT'S NEXT FOR  
SHARED CARE IN  
WOUND MANAGEMENT?



**ALISON SCHOFIELD**

# Learning objectives

- What are the learnings from COVID-19 in relation to patient management?
- Will the effects of COVID-19 affect the way wounds heal in the future?
- Shared care is now part of a patient's journey — how do we embed this into practice?
- What resources and guidance are available?
- Experiences of using a shared care approach in practice

# Patient management during COVID

- Snapshot audit of 20 patients with lower leg wounds
- Journey through primary care into specialist clinic
- Duration of wounds to leg ranged from 3–12 months
- Initial GP contact during Covid-19 via telephone consultations

# Patient management during COVID

- 14 patients were prescribed antibiotics
- All prescribed dressings to self-care initially
- Once referred to and assessed in specialist clinic, 16 patients healed in six weeks, and four in 12 weeks of optimal management including self-care

# Will COVID affect the way wounds heal in the future?





# COVID and shared care

- The COVID-19 pandemic drove a redistribution of healthcare workers across the NHS
- In some cases, this impacted appointment frequency and face-to-face care

(Holdsworth, 2020)



# COVID and shared care

- This created an urgent need to support nurses with documents and advice on self-care/shared care for patients with wounds
- The National Wound Care Strategy Programme (NWCSP, 2020) developed documents to support self-care because of the urgent need for such advice

# What are the principles of shared care?

- Involving patients in decision-making
- Developing care plans together
- Setting goals and arranging follow-up
- Helping patients to understand what to look out for and how to get help







# What are the principles of shared care?

- Helping to motivate patients with good structure and support
- Promoting a healthy lifestyle
- Educating patients about their condition

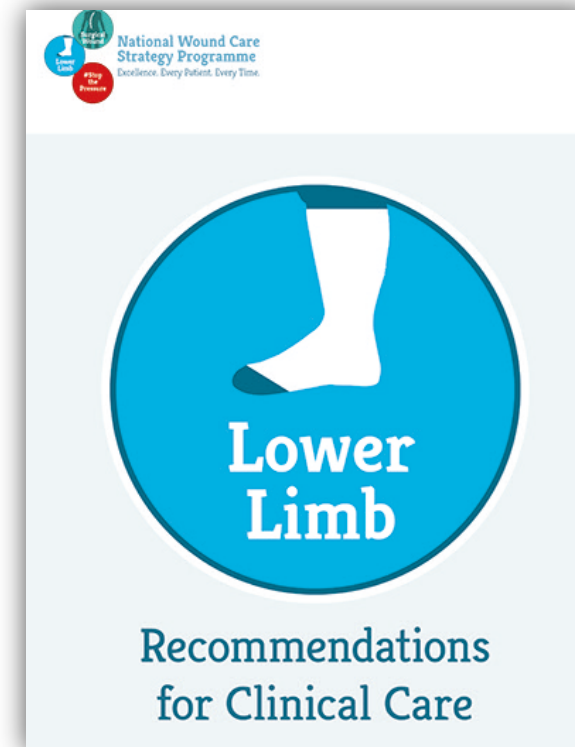
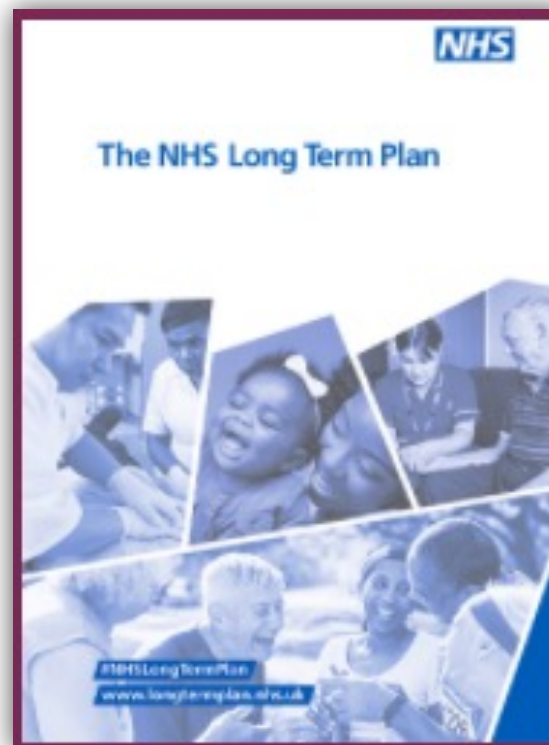
**The Self Care Forum**  
[www.selfcareforum.org](http://www.selfcareforum.org)





# Shared care guidance

Shared care is a key driver for the NHS. It is part of the *NHS Long Term Plan*, encouraging patients to take a more active role in their health and well-being.



# Why is shared care so important?

- Patients living life with a chronic disease or a wound will often experience several physical and psychological emotions that can lead to a sense of negative well-being
- As healthcare professionals, the aim is to support, manage and improve well-being in our patients



# Who benefits?



Benefits to the patient	Benefits to the healthcare professional
Sense of purpose	Effective use of resources
Achieving a goal	Impact on the quality of treatment
Better understanding of their condition and requirements	Clinical outcomes
Financial benefits	Cost-effective care
Motivation to heal	

(Hiskett, 2020)

# Shared care using HOME

- HARTMANN want to provide relevant tools to support both the healthcare professional and patient to develop a positive, shared care partnership in practice
- HOME is an acronym designed to help support the identification, assessment and implementation of such partnerships in shared wound management



# Shared care using HOME

- This complete guide takes a clear look at all areas of a patient's activities of daily living
- Based on a full holistic approach, it aims to maximise a patient's potential to be confident and have the ability to share some of the care required for their wounds





# Tools available

- Patient wound journal
- Holistic assessment/planning and implementation guide
- Patient friendly pathways

Wound Management HARTMANN

My Wound Journal

A 4 week plan

Your personal Shared Care Journal

Wound Management Personalised Care Plan (to be completed together with your health care professional)

Optimising ability to heal Personalised Care Plan (to be completed together with your health care professional)

Overall Aim:

Your objective:

Your Nurse's objective:

Dressing change regime:

Day	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Nurse							
Patient							

Directions relating to tasks:

Specific tasks to be delivered, e.g. Skin Care, Dressing Change, Compression Therapy:

Review dates (insert dates below):

WEEK 1

Let's get started Complete your Journal

Week commencing: \_\_\_\_\_

Objective set delivered this week? Yes  No

Wound management Objective/s

Did you complete the dressing regime on your set days this week? Yes  No

Did the dressing stay in place for the period of time set? Yes  No

Was the dressing wet or removed? Yes  No

If wearing compression therapy, are you wearing it as instructed:

All the time / most of the time / not as often as I should (circle which one is relevant)

Is the wound showing any red flags listed in the checklist? Yes  No

If you please list them below and inform your healthcare professional:

How is your pain currently on a scale of 0 – 10 (10 being the worst pain) \_\_\_\_\_

When do you feel your wound is at its worst? \_\_\_\_\_

Improving / same / deteriorating / not sure (circle which one is relevant)

Have you noticed anything different about your wound today and how you are feeling generally? (Please describe using the space below)

Directions relating to tasks:

Specific tasks to be delivered, e.g. Nutrition, Mobilising, sleeping in a bed:

Review dates (insert dates below):

WEEK 2

Have you noticed any changes? Complete your Wound Journal

Week commencing: \_\_\_\_\_

Objective set delivered this week? Yes  No

Wound management Objective/s

Did you complete the dressing regime on your set days this week? Yes  No

Did the dressing stay in place for the period of time set? Yes  No

Was the dressing wet or removed? Yes  No

If wearing compression therapy, are you wearing it as instructed:

All the time / most of the time / not as often as I should (circle which one is relevant)

Is the wound showing any red flags listed in the checklist? Yes  No

If you please list them below and inform your healthcare professional:

How is your pain currently on a scale of 0 – 10 (10 being the worst pain) \_\_\_\_\_

When do you feel your wound is at its worst? \_\_\_\_\_

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Have you noticed anything different about your wound today and how you are feeling generally? (Please describe using the space below)

Directions relating to tasks:

Specific tasks to be delivered, e.g. Nutrition, Mobilising, sleeping in a bed:

Review dates (insert dates below):

Caring for Your Wound at Home

When it is time to change the dressing look out for possible changes in the appearance of the wound that indicate it needs to be seen by your healthcare professional. These are described as Red Flags.

Red Flag: New or expanding redness around the wound, swelling and pain. The skin around the wound becomes itchy, stings or feels hot. Heavy oedema (swelling) may cause the wound to leak or ooze.

Red Flag: A change in the fluid coming out of the wound. Fluid may be clear, thick, straw coloured, dark or black. It may be smelly or have a foul odour.

Red Flag: The amount of fluid coming from your wound increases. The dressing becomes saturated or you have to change it more often. The wound becomes more painful.

Red Flag: The progression from redness to black, brown or grey. This may be a sign of infection or a dry scab.

Red Flag: The wound starts to have an unpleasant smell.

Red Flag: The wound doesn't heal at all or it takes longer to heal.

Red Flag: The wound becomes more painful.

Red Flag: The wound becomes more itchy or stings.

If you experience any of the Red Flags listed above you will need to contact your healthcare professional immediately.



# Shared Care Virtual Education support

- Structured Shared Care educational package aimed at providing you with all the necessary support and tools to actively:
  - Identify
  - Support
  - Implement a shared care approach with your patients



Wound Management HARTMANN

LEARN HOW TO Share the care at

**H O M E**

**Making the shared management of wounds a part of every day life.**

Enroll on our Shared Care at Home Education Programme

Please contact your Hartmann Representative to book your place

For further information and updates please visit [sharedcareathome.com](http://sharedcareathome.com)

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# Clinician feedback using HOME and Zetuvit®

- Patients were assessed by the district nurse team lead and team for suitability/willingness to share care of their wounds
- Each patient has a HOME pack
- Zetuvit® Plus Silicone Border provided, and patients were shown how to apply the dressing
- Leg ulcer pathway followed with first-line use of hosiery kits and compression wraps over the dressing
- Patients shared care successfully, and enjoyed being part of their journey

# Patient feedback using HOME and Zetuvit®



- The booklet and dressings were given to a patient who had been self-caring for a short while
- She has a wrap in place and has been doing well with this plan of care
- By filling in the booklet she found that she was looking back to the previous week and seeing changes from week-to-week. If the wound was not as good one week, she could go back to look at what she had done differently with the wound or in her life to cause the change

# Patient feedback using HOME and Zetuvit®

- As a new patient, she thought the information in the document would be useful and help her in recording her shared care
- She thought the pack was informative and aimed at a wide education base. She did not find it too simple and could be used across the board
- Although she has been doing self-care for a while, she enjoyed reading the pack and learned some things she had forgotten or did not know

# Summary

- Shared care is part of the Government's long-term plan to empower patients and their families to take a more active role in their care
- Identifying what aspects of the care the patient can support will potentially help improve clinical outcomes, free up valuable resources and improve overall patient experience
- Using a tool such as HOME will help you to guide a patient to a successful outcome in relation to that partnership planning

# Call to action

- Do you have patients who could take on a more active role with their wound care, freeing up valuable resources?
- Contact HARTMANN at [www.sharedcareathome.com/contact](http://www.sharedcareathome.com/contact) to arrange an appointment to discuss ways of embedding shared care into your everyday practice

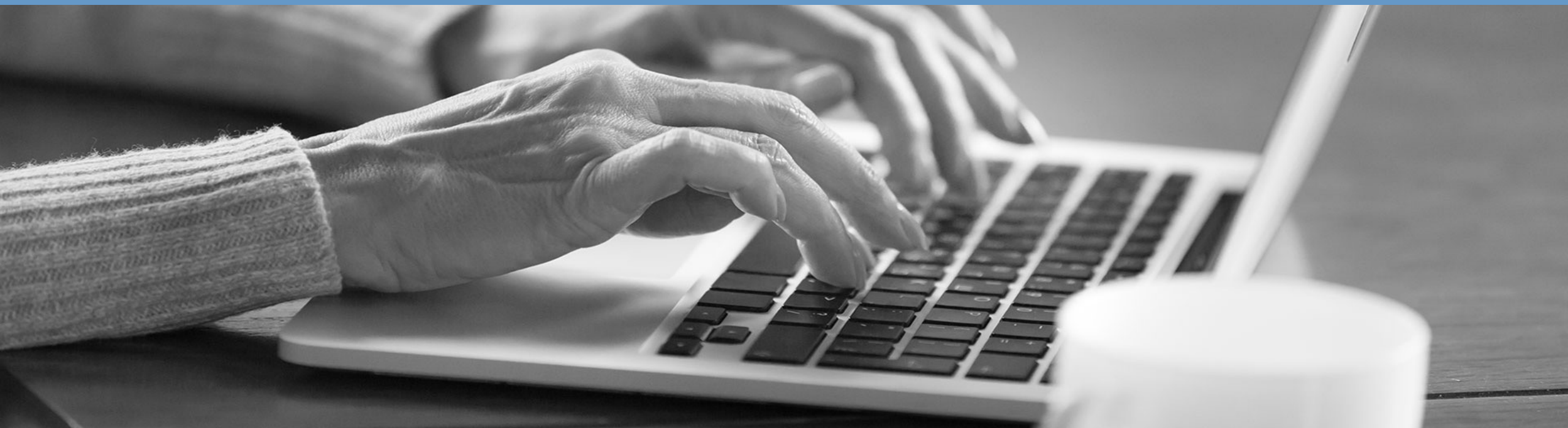


# References

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- NHS England (2019) *The NHS Long Term Plan*. Available online: [www.longtermplan.nhs.uk/](http://www.longtermplan.nhs.uk/)



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