



Wound care



Wound care

Assessing the wound

The best way to assess a wound is to combine the TIME model and the WCS classification.

TIME model:

Tissue: Check whether the wound is vital or dead / yellow-red-black /dry or weak.

Infection: Redness, swelling, heat and pain are signs of infection.

Moisture: Provide a proper fluid balance, is there wound-fluid?

Edges (wound edge): Check whether there is a non-conclusive or debilitating wound edge.

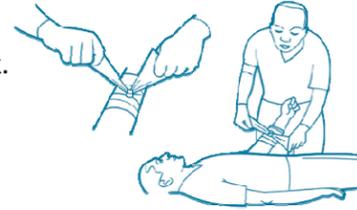
The WCS classification model ranks wounds to colour, red, yellow and black.

These colours say a lot about the wound and the stage of wound healing.

Black: Parts of the wound are dead. Remove black parts of the wound, these parts hinder the wound from healing.

Yellow: The wound is infected. Clean the wound, remove wound-fluid/yellow parts of the wound carefully with a pincet and/or sterile gauze.

Red: The wound is healing. Protect the wound and keep it clean and dry to prevent infection.



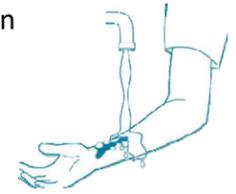
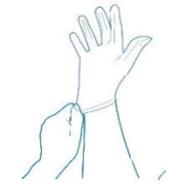
Basic wound care

What to do:

1. Wash your hands with soap and put on rubber gloves.
2. Try to stop or slow down the bleeding: press on the wound with a clean cloth or bandage.
3. Rinse out the wound with distilled water.
4. Pour water on the wound until you cannot see any foreign material left in the wound.

Caution! Do not try to clean inside the wound by rubbing it.

5. Put a bit of betadine on the wound to prevent infection.
6. Use a sterile gauze to close a clean cut.
7. Bandage the dressing to the wound. Do not apply the bandage too firmly. If the part of the body under the bandage changes colour or is swelling, loosen the bandage a little bit.
8. Wash your hands with soap after giving first aid..
10. Every 2 or 3 days rinse out the wound with distilled water and change the dressing and gauze.



Infected wound

Clean the wound with distilled water every time when changing the bandage.

Put a thick layer of ointment on the wound.

Put an exudate-absorbing pad on the wound.

Fixate the pad with a bandage.

Leave the wound covered for several days.

When the wound is deep and wet (a lot of exudate is still coming out of the wound), only rinse it with distilled water and put an absorbing pad +bandage on the wound. Change bandage when soaked, at least one time a day.



Black wounds

Remove necrotic (black) parts, try to make the wound red and clean again

Yellow exudating wounds

Remove yellow parts and clean the wound

Red wounds

Keep the wound dry and protect the wound