



Health

Self-Managed Wound Care Teaching Plan

Client Name: _____ Health Record Number: _____

Person to be Taught Identified: _____

Relationship: _____

Date Teaching Initiated: ____/____/____

Anticipated Discharge Date: ____/____/____

Note: The goal of teaching toward self-management should be discussed with the client/resident and caregivers upon admission to services

LEARNING ELEMENTS	TEACHING METHOD				EVIDENCE OF ACHIEVEMENT			Comments	DATE & INITIALS
	Demonstration	Verbal	Other (see comments)	Not applicable	Verbalized Understanding	Return Demo	Teaching in Progress		
1. Hand Hygiene: ☐ Importance of hand hygiene ☐ When to perform hand hygiene ☐ How to perform hand hygiene									
2. Preparation of Work Area and Supplies: ☐ Select a location with adequate lighting, and away from pets. Work surface should be hard and easy to clean. ☐ Identify and set up supplies required prior to performing care ☐ Ensure tools such as forceps and scissors are cleaned with alcohol ☐ How to make saline (if applicable) ☐ Showering (if appropriate) ☐ How to store instruments and dressing materials ☐ Ordering supplies (if applicable)	<u>Wound Care Self-Management</u> Handout Provided ☐ Yes ☐ No								
3. Wound Care: ☐ Dressing removal ☐ Observe old dressing for drainage volume and type ☐ Ensure all packing is removed (if applicable) ☐ Wound cleansing ☐ Wound packing (if applicable) ☐ Dressing application ☐ Disposal of soiled dressings									



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4. Use and Care of Devices/Equipment ☐ Stockings ☐ Mattress ☐ Cushion ☐ Cast/Boot/Orthotic ☐ Other _____								Client has received education on care and use of devices/equipment from therapist/vendor ☐ Yes ☐ No	
5. Nutrition and Wound Healing ☐ Importance of nutrition and hydration in wound healing ☐ Specialty diet (if applicable)									
6. Chronic Disease Self-Management ☐ Take medications as prescribed ☐ Glycemic control (if applicable)									
7. Pain ☐ Types of pain ☐ Pain management strategies									
☐ When and How to Get Help ☐ Signs and symptoms of infection ☐ Increased pain ☐ Increased swelling ☐ Wound too dry/too wet ☐ Questions regarding care ☐ Supplies required ☐ How to contact SE ☐ How to contact HCCSS ☐ How to contact physician/NP ☐ When to go to ED								<u>Wound Care Self-Management</u> Handout Provided ☐ Yes ☐ No	
8. Other (please specify) ☐ _____ ☐ _____ ☐ _____									