



Helping You Heal:  
Your Guide to Wound Care

# Pressure Injuries



Ontario  
Health atHome

## The Program

This booklet will help you:

- Manage your wound at home,
- Improve and maintain your health and quality of life,
- Prevent new wounds.

You can use this booklet and the accompanying passport to:

- Keep track of information about your care,
- Guide your day-to-day wound care,
- Know when you need to call your care team,
- Ensure that your wound is being managed in the best way possible.

**Your team looks forward to working with YOU to Heal/Take Control of Your Wound.**



Wound Self Management Program

### YOUR PASSPORT TO HEALTH

Your Health Passport is for you and your family and/or caregiver. It contains information that is important to you, your condition and treatments as you begin managing your wound. Inside you will find forms and tables that will become a daily log as you move through caring for your wound. Make sure you bring this passport with you to all your medical appointments/ procedures.



You have developed some personal goals, and your passport is your tool to keeping track of them, and your care, as you begin managing your wound at home.

To heal your wound you will need to take care of yourself and pay attention to your body, but it does not mean you need to stop doing the things you love to do. This booklet is here to help you!

Keep this booklet and your passport nearby, in a convenient spot, so you can refer to them and make notes about your healing journey. It helps to know a bit more about your particular wound.

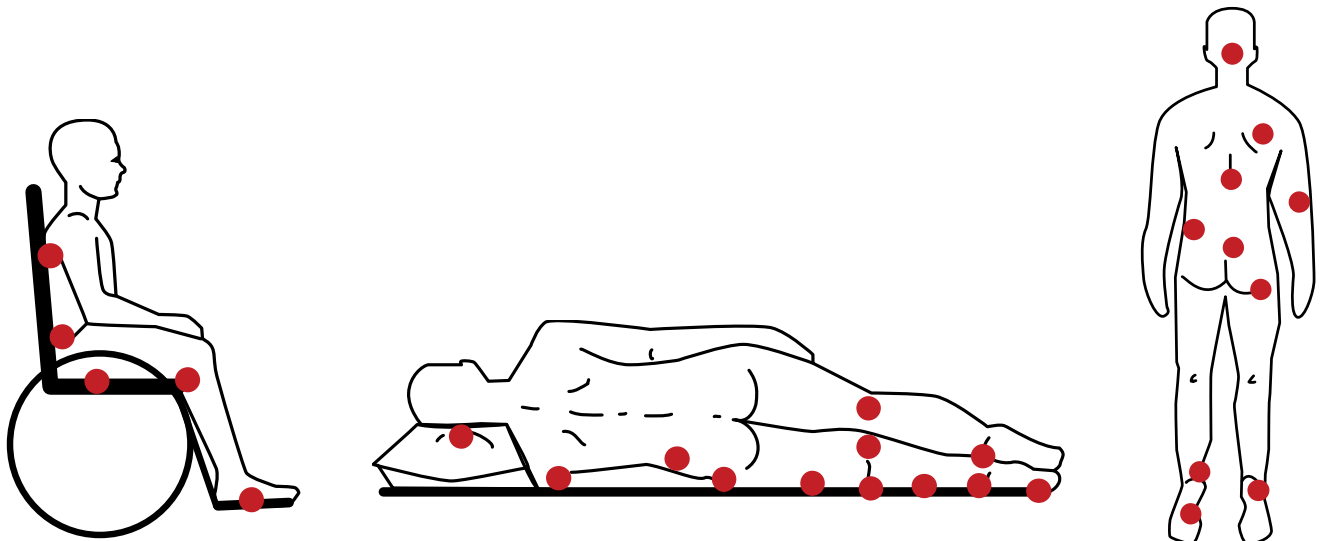


## PRESSURE INJURIES

You have a pressure injury, which is a wound caused by pressure on your body.

When there is pressure applied to parts of your body for a long period of time, your blood flow is obstructed and a wound forms. Some pressure injuries are also caused by something rubbing, pushing or pulling in one area.

Pressure injuries happen around bony areas in your body that have little fat or muscle, such as your elbows, buttocks, and back, but they can develop anywhere.



## Managing Your Pressure Injury

Knowing how you may have gotten your pressure injury will help you manage your wound and prevent future pressure injuries from forming. In order to be YOUR healthiest, you should:

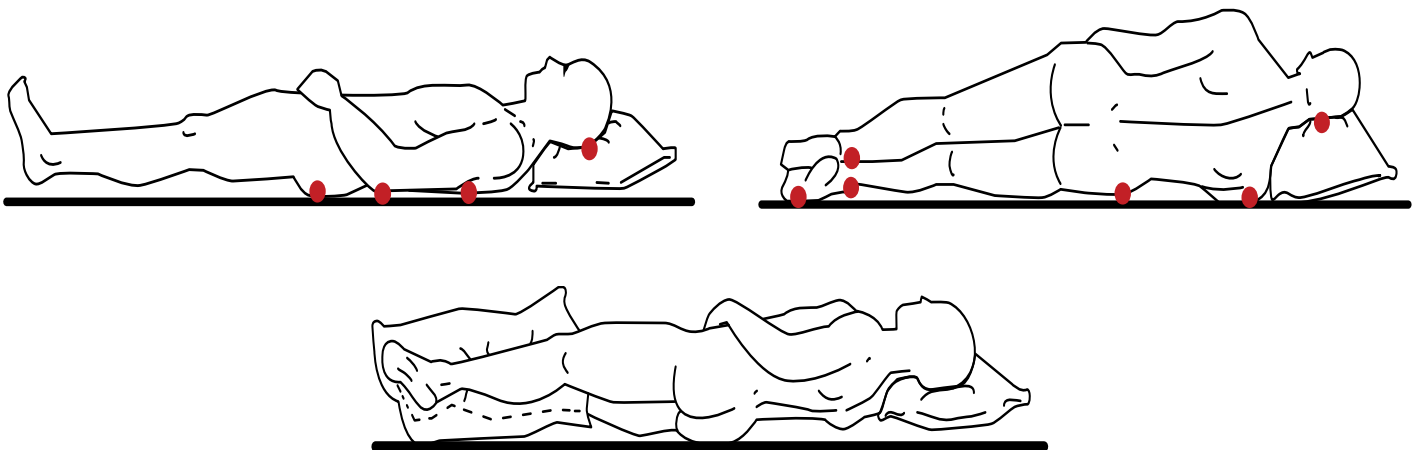
- Avoid pressure. Pressure is caused when you stay in one position for a long time.
- Keep your skin clean and dry, but moisturizer should be applied around the injury/periwound area.
- Avoid friction, pushing and pulling, and nicks and scratches to your skin.
- Eat a balanced diet that is high in protein, which keeps your skin strong and helps wounds heal.
- If you smoke, **QUIT!** It's bad for blood flow, your skin, and your body. Your team will talk to you about options that will help you kick the habit! It's truly one of the best things you can do for your body at any age.

## Repositioning & Turning

Repositioning will help free your body from pressure, allowing your pressure injury to heal and preventing others from forming. Your Home and Community Care Support Services North East nurse will teach you and your caregiver about how and when to reposition.

Tips to remember about repositioning:

- Evenly distribute pressure on your body
- Change positions every 2 hours
- Make frequent smaller position changes
- Avoid direct pressure on bony areas such as your hips (lying on your side)
- Use pillows to keep your body away from pressure
- If you are in a wheelchair, your Home and Community Care Support Services North East team will recommend products that will help relieve pressure



## Caring For Your Wound

Here are the steps you'll need to take to properly care for your wound.

### Prepare

- Get your supplies together and clean a work surface with plenty of room

### Wash Hands

- Remove all jewelry and point hands down, under warm water
- Add soap and wash for 15 to 30 seconds, cleaning under your nails
- Rinse and dry well with a clean towel

### Removing Dressing

- Carefully loosen the dressing, and pull off gently
- If the dressing sticks, wet the area
- Put old dressing in a plastic bag, and set aside
- Wash your hands AGAIN

### Inspect

- Inspect wound for any drainage, redness, pain or swelling

### Clean Wound

- Fill the syringe with recommended fluid
- Hold 1 to 6 inches away from the wound and spray gently
- Use soft, dry cloth or piece of gauze to pat the wound dry

### Apply Dressing

- Place and secure the clean dressing onto your wound

### Finish

- Throw used supplies into waterproof, tightly closed, double plastic bag
- Wash your hands AGAIN
- Wash any soiled laundry separately

**Remember, use a dressing only ONCE and never reuse.**

## Signs of Trouble

Your wound will change throughout the healing process. Changing your dressing gives you a chance to take a closer look at your wound.

Call your nurse if you see the following changes:

- More redness, pain, swelling or bleeding
- The wound is larger or deeper
- The wound looks dried out or dark
- The drainage coming from the wound is increasing
- The drainage coming from the wound becomes thick, tan, green or yellow, or smells bad (pus)
- Your temperature is above 100 °F (37.8 °C) for more than 2 hours

## My Dressing Change

Keep the following list handy and use it to help you remember the types of dressings you will use for your wound and when to change your dressings.

**I remove my dressing:**

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**I clean my wound:**

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**The 1st dressing I apply:**

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**The 2nd dressing I apply:**

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**The 3rd dressing I apply:**

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**I change my dressings:**

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**I will call my nurse:**

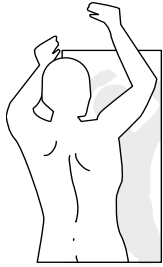
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**If my dressing leaks:**

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## Avoiding New Pressure Injuries

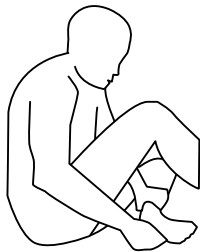
Once your healing is underway, you will want to prevent new wounds from forming. The best way to do this is to inspect your skin every day, by yourself or with a caregiver. If you are doing it by yourself, a mirror can help when looking at hard to see areas. Pay special attention to any areas that remain red after you have changed positions. The goal is to find and correct problems BEFORE pressure injuries form.



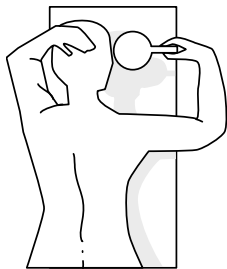
Examine the body front and back in the mirror, then the right and left sides with the arms raised.



Bend your elbows and look carefully at the forearms, and the back of your upper arms.



Look at the backs of the legs and feet as well as the spaces between your toes and your soles.



Examine the back of the neck and scalp with a hand held mirror.  
Don't forget to part the hair and examine the scalp.



Finally, examine the buttocks and groin area with a hand held mirror.

## Managing Your Wound

Here are a few scenarios that will help you to judge how your healing is progressing:

### Your wound is healthy.

Your wound looks very similar to the last dressing change. There is no redness, inflammation, pain, bleeding and the discharge looks the same. Your wound may look smaller and the discharge may be less.

### Your wound may be in trouble, call your nurse.

Your wound looks larger or deeper. There is some redness and it looks swollen. There is no bleeding but the discharge is different, or there is more than usual.

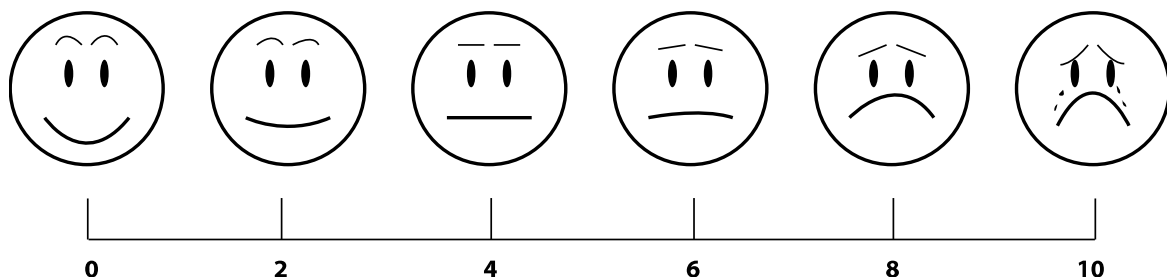
### Call your nurse or follow up with your primary care provider. If there is an emergency, call 911.

Your wound looks much larger or deeper. There is redness, swelling and bleeding that isn't stopping. The discharge is very different or there is much more of it. You have pain and a fever. Or, if you notice a foul odour coming from your wound after you have cleaned your wound

## Daily Activities

Please note the following daily activities:

- Check your dressing daily. Ensure your dressing is dry and stable. Check to see if a dressing change is required.
- Inspect your skin and body.
- Assess your wound for any changes daily or with each dressing change.
- Practice proper nutrition, eat regular meals, and get enough protein.
- Assess how you generally feel today.
- Follow your exercise plan.
- Assess your pain level. The scale below may help you to assess your pain level. You may review this with your nurse at appointments.





## Red Flags

**If you experience any of these, call 911 or go to the emergency room immediately!**

- Your temperature is above 100 °F (37.8 °C) for more than 4 hours
- You have difficulty breathing
- You feel confused
- You have fever, chills or light-headedness
- Your wound is bleeding and does NOT stop

## Contact Information

Use this worksheet to record important numbers and information while you manage your wound at home.

**My Nurse's Name:** \_\_\_\_\_

**Cell Phone No.:** \_\_\_\_\_

**Office Number:** \_\_\_\_\_

**My Care Coordinator:** \_\_\_\_\_

**Cell Phone No.:** \_\_\_\_\_

**Office Number:** \_\_\_\_\_

**My Physician:** \_\_\_\_\_

**Cell Phone No.:** \_\_\_\_\_

**Office Number:** \_\_\_\_\_



## Contact Us

If you have any questions regarding this service, please contact:  
310-2222 • [ontariohealthathome.ca](https://ontariohealthathome.ca)

Ontario Health atHome has many community offices in the North East to serve you, including:

### Kirkland Lake

53 Government Road West  
Kirkland Lake ON P2N 2E5  
Telephone: 705-567-2222  
Toll free: 1-888-602-2222

### North Bay

1164 Devonshire Ave.  
North Bay ON P1B 6X7  
Telephone: 705-476-2222  
Toll free: 1-888-533-2222

### Parry Sound

6 Albert St.  
Parry Sound ON P2A 3A4  
Toll free: 1-800-440-6762

### Sault Ste. Marie

390 Bay Street, Suite 103  
Sault Ste. Marie ON P6A 1X2  
Telephone: 705-949-1650  
Toll free: 1-800-668-7705

### Sudbury

40 Elm St, Suite 41-C  
Sudbury ON P3C 1S8  
Telephone: 705-522-3461  
Toll free: 1-800-461-2919  
TTY: 711  
(ask operator for 1-888-533-2222)

### Timmins

330 Second Avenue, Suite 101  
Timmins ON P4N 8A4  
Telephone: 705-267-7766  
Toll free: 1-888-668-2222

# Exceptional care – wherever you call home.

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Ontario Health atHome coordinates in-home and community-based care for thousands of patients across the province every day.

For information and referrals related to home and community care or to learn more about long-term care home placement services, please call 310-2222. No area code is required.

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[www.ontariohealthathome.ca](http://www.ontariohealthathome.ca)



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