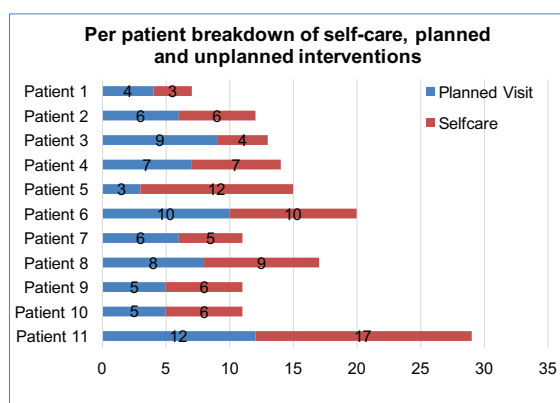


## Enabling Supported Self-Management of Wound Care in a Community Setting

Poole C, Maslen J, Taylor LJ (2016) Enabling supported self-management of wound care in a community setting. Primary Health Care. 26, 7, 24-30. Date of submission: 26 February 2016; date of acceptance: 11 April 2016. doi: 10.7748/phc.2016.e1137

Pennine Care Foundation Trust implemented supported self-management within a wound-care pathway. Flo provided self-management guidance to patients between face-to-face District Nurse visits. Patient experiences and outcomes were positive, and it was possible to extend service capacity due to a reduction in the need for nursing contacts, enabling the team to focus on patients with more complex needs. Staff felt positive about the revised care pathway and appreciated the support offered in improving the patient experience. The District Nursing Team felt supported self-management made more time available to provide care and improved their job satisfaction. Other community nursing services in the trust are adopting this approach, incorporating lessons learned so far and identifying ways to enhance the care pathway further.

### Visits & Self-Management



### Mrs P: improving self-esteem

Mrs P had a skin graft to her leg following surgical removal of cancer. She received a nurse visit on alternate days to change her dressing. It was important for her self-esteem that she showered daily, which would have meant doubling the nurse's visits to apply dry dressings after her shower. Her husband was taught to dress his wife's wound, as she was unable to do it herself. His confidence and competence meant that Mrs P received self-care six days a week, with the nurse attending once a week to ensure on-going healing.

*Patient engagement better with treatment, therefore concordance achieved reduced home visits.'*

**District Nurse Comment**

### Pathway

- ✓ Identify appropriate patient/carer
- ✓ Provide information and guidance on self-management and Flo
- ✓ Sign patient up to using Flo
- ✓ Patient/carer complete competency of wound care
- ✓ Identify and supply equipment required arrange subsequent provision
- ✓ Allocate named practitioner daily to respond to requests for advice
- ✓ Agree face-to-face care provision (gradual reduction to no less than 25%)
- ✓ Undertake full reviews at each Face-to-Face visit
- ✓ Give patient/carer feedback questionnaire
- ✓ Discharge when supported wound care is no longer required

### Outcomes

- ✓ Community Nurse visits reduced by 53% over a 12-week period
- ✓ 100% of wounds healed over 12-week period
- ✓ Positive experience for Community Nursing Team
- ✓ Reduced time and cost of Nurse travel
- ✓ Nurses reported improved job satisfaction
- ✓ Increased ability for patients to engage in development of care plans
- ✓ Patients engaged positively and felt their quality of life increased
- ✓ Community Nurse time released to focus on more complex patients