



# Supported Shared Care Patient Journal

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## Introduction

Research shows that helping patients to share the care of their wounds improves self confidence and enhances the understanding of their condition. It also improves Quality of Life and provides more convenient care.

In consultation with your Healthcare Professional, you have been selected to share in the care of your wound. Rest assured you will receive ongoing support from your Healthcare Professional until your wound has healed.

## The Coloplast 3 Step Approach Simplifying wound management

### Step 1: Assess

Assessment is paramount in defining treatment objectives.  
*The Triangle of Wound Assessment is a holistic framework that allows practitioners to assess and manage all areas of the wound, including the periwound skin.*



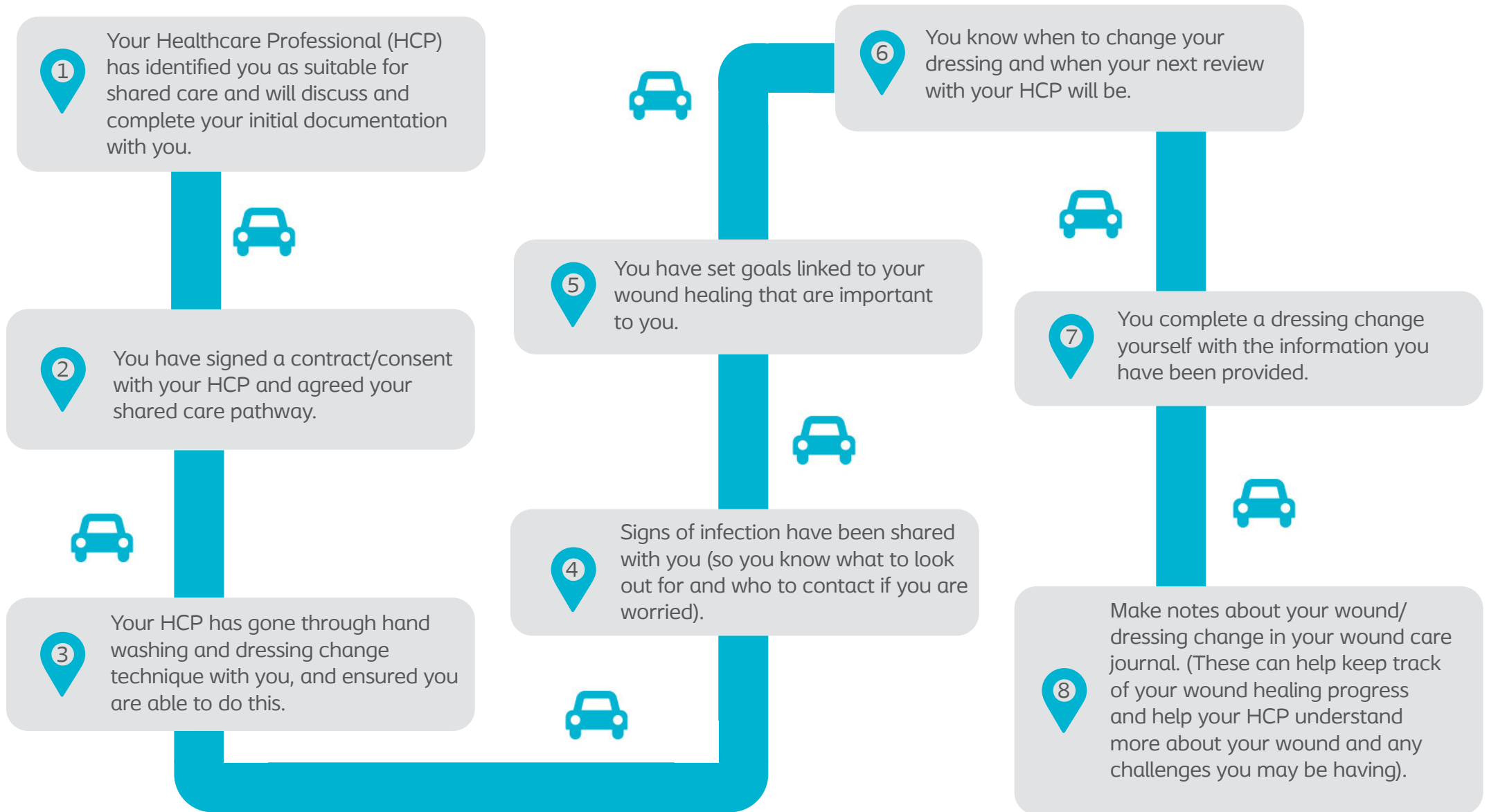
### Step 3: Treat

Portfolio of dressings to manage a wound of any depth and stage of healing.

### Step 2: Prepare

Wound preparation is key to remove the barriers to healing, creating an optimum healing environment

# Supported Shared Care Road Map





# Supported Shared Care Inclusion Criteria



*To be completed by a Healthcare Professional*

## **Mental Capacity**

- Participant has mental capacity and is able to give informed consent or alternatively has someone who is able to act in their best interests to facilitate care
- Is concordant with treatment

## **Physical Health**

- The patient is physically able to undertake the procedure or has someone able to carry out the procedure on their behalf
- Clinician has observed patient self-care with appropriate dressings

## **Wound**

- Wound is not infected
- Wound is not deteriorating

## **Product**

- Wound is superficial or 0-2cm in depth and is not undermined/has no evidence of tunnelling

- Clinician assessing has deemed in clinical judgement that the patient's wound is suitable for supported shared care
- Patient has agreed based on the above criteria and is confident and competent to self-care until next agreed review date

# Patient/Carer wound care competencies



Criteria	Competence Demonstrated?	Assessors Initials
Hand hygiene and clean technique?	<input type="checkbox"/>	.....
Understands how to change their dressing?	<input type="checkbox"/>	.....
Understands the signs and symptoms of wound deterioration? <i>(Increased pain, redness, size, wetness, heat, swelling, smell, or deterioration of the surrounding skin)</i>	<input type="checkbox"/>	.....
Understands when and where to report any problems?	<input type="checkbox"/>	.....

## About the patient's wound care

Wound Type: .....

Dressing:  Biatain® Silicone  Biatain® Non-Adhesive  Other (Please Specify): .....

Dressing size: .....

Quantity of dressings: .....

Frequency of dressing change:  Daily  Every other day  Twice weekly  Weekly

Recommended day for dressing change(s):  
 Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday

Has a photograph of the wound been taken?  Yes  No

Wound care plan: .....

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Agreed reassessment date & time: .....

Clinician Signature: ..... Date: ...../...../.....

Patient Signature: ..... Date: ...../...../.....



# Supported Shared Care Contract and Consent Document

## Contract and Consent

This shared care document forms an agreement between you and your Healthcare Professional. Your Healthcare Professional will agree regular review points with you as part of this agreement to your ongoing care. Shared care does not mean you are alone in managing your wound.

Your review will be every ..... days/weeks, unless you require assistance prior to then. (If this is required please follow the escalation process below). For example: if you are worried that your wound is deteriorating, or you have developed an infection.

In return, your Healthcare Professional requires your commitment to the shared care process, which will enable you to manage your own intimate healthcare needs.

Your Healthcare Professional will commit to completing your plan of care with you and ensure that you are able to perform the required dressing changes in order to manage your wound.

If you are unable to perform the dressing changes yourself, you may have a carer or family member (third party) that is able to assist you with this. In these circumstances, with your consent, your Healthcare Professional will give the required information to the third party involved, to enable them to best support you.

Photographs may be taken of your wound throughout this process. Please tick the box before signing below to ensure that you are happy for these photographs to be taken, and used for education/training/resource purposes. (All photographs will be anonymised prior to any use).

## Escalation Process

If you require assistance before your agreed review date, please do not hesitate to contact your Healthcare Professional. (They would prefer to hear from you with any concerns you may have, rather than you feel you have to manage alone).

**Please contact ..... if you require assistance.**

Please sign below if you agree to this shared care programme. (Third party can sign this on your behalf, if they have consent or legal power of attorney over your healthcare needs).

Patient's signature: .....

Third party/Power of attorney: .....

*Healthcare Professional should check power of attorney documents in order to accept this if required.*

Healthcare Professional: .....

# Supported Shared Care Journal

Patient's name: .....

Date of birth: ...../...../..... NHS number: .....

Carer's name: .....

Clinician's name: .....

GP contact: .....

## Contact Details for you to get in touch with your Healthcare Professional:

Teams name: .....

Telephone number: .....

## What can you do to help your wound?

To give your wound the best opportunity to heal follow the guidelines below.

- **Wash your Hands** – the most important thing you and your care givers can do to prevent infection is to follow the correct hand washing procedure.
- **Keep a dressing on your wound** – dressings keep germs out and protect the wound from injury. They also help absorb fluid that drains from the wound and that could damage the skin around it.
- **Eat Healthily** - Eating a well-balanced diet can make a huge difference to your wound and will encourage it to heal.
- **Let the nursing staff know if you notice any of the following:**
  - Your wound is oozing more than usual
  - The dressing leaks at any time
  - An increased amount of pain from your wound
  - An unusual smell from your wound
  - An increase in redness around your wound
  - Feeling generally unwell

If you notice anything else that concerns you, please contact your Healthcare Professional immediately.

## 3 Hand washing

Removing all dirt and contaminants from the skin is extremely important. The correct method of cleaning ensures bacteria are removed from the hands



## Aseptic non touch technique

1

Wash hands with liquid soap and dry with paper towels (recommended). Apply alcohol gel to all areas of physically clean hands.

2

Identify a clear surface or dressing trolley that can be used to place the sterile field on (not to be put on the floor). At this point if using a dressing trolley you should clean the surface with detergent wipe followed by alcohol wipe.

3

Check the dressing pack is sterile, i.e. the pack is undamaged, intact and dry. Open the outer cover of the sterile pack and slide the contents onto the identified surface you will be using.

4

Open the sterile field using only the corners of the paper so that areas of potential contamination are kept to a minimum. You can put your hand inside the rubbish bag from the pack and move the contents of the pack around on the sterile field. This will make things easily accessible.

5

Check pack containing dressings are sterile and have not been contaminated. Open by carefully tipping their contents onto the centre of the sterile field.

6

Hands should be cleaned with alcohol gel if available, and if not available then wash hands as per guide above, apply non-sterile gloves and remove old dressing. Dispose of this in the rubbish bag provided.  
\*Please refer to Cleaning your wound for further information.

7

Clean your hands with alcohol gel, if available, and if not available then wash hands as per guide above, once completely dry, apply sterile gloves, touching only the inside of the wrist, you do not want to touch the outside of glove as this will contaminate it.

8

Once sterile gloves are on, apply new dressing as advised on care plan. Do not touch any key parts of the dressing. With sterile gloves on only touch the outside edge of the dressing whilst applying.

9

Wipe down dressing trolley with antibacterial wipes and alcohol based wipe (if trolley used) then dispose of rubbish as per local waste management policy and wash hands with soap and water. Dry hands with paper towel (recommended).



## Cleaning your wound

Prepare

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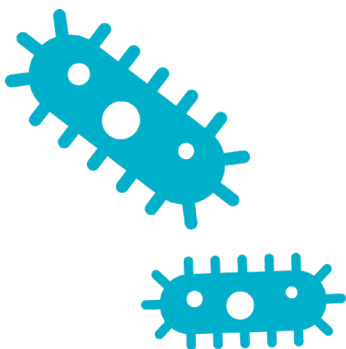
1. Put on disposable gloves if available.
2. Add saline or water to the gauze or pad which you will be using to clean your wound.
3. Gently clean your wound in small circular motions avoiding vigorous rubbing and wiping. Start from the middle of wound working outwards to prevent contamination and trauma.
4. Gently pat the wound and surrounding skin dry with a piece of dry gauze.
5. Discard used gloves and cleaning products.



## How can you protect your wound from infection?

Germs from your skin or your environment can create an infection in the wound. Wash your hands following the correct hand washing procedure - this is one of the most important things you and your care givers can do to prevent infection.

Please refer to the hand washing, and the step-by-step guide on how to clean your wound before applying a new dressing. This can be found at the beginning of section 3.



If your dressings does not stay in place and cover your wound, you may be at an increased risk of infection. The dressing will prevent bacteria getting into the wound, reducing the risk of contamination.

Keep a clean dressing on your wound - dressings keep germs out and protect the wound from injury. They also help absorb fluid that drains from the wound that could damage the surrounding skin.



## How do I know if my wound gets infected?

There are some signs that you should be aware of, as they can be signs of wound infection.



Contact your Healthcare Professional if you notice any of the following:

- The wound is not progressing as expected
- The wound may be oozing or leaking more than usual, or the wound fluid becomes thicker
- The wound may be wetter than normal
- An increase amount of pain from your wound
- An unusual smell from the wound
- An increase in redness and/or swelling around the wound

Please note that if you have a diabetic foot ulcer, your wound may not show these signs - always be very aware of any changes in your wound and contact your Healthcare Professional if you have any concerns.

## ***Be aware of spreading infection***

If you experience any of the following, contact your Healthcare Professional **immediately**:

- If redness, pain and/or swelling spreads to areas away from the immediate edge of the wound
- If you feel unwell, or have a fever
- If you develop a temperature, shivers or feeling unwell in yourself



# Supported Shared Care

During this journey, what is important to you?

*What activities have you been unable to do?*



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*What should an ideal solution of your wound care enable you to do?*



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## About your wound care

Patient's name: .....

Date of birth: ...../...../..... NHS number: .....

Carer's name: .....

Clinician's name: .....

GP contact: .....

Date: .....

Wound Type: .....

Dressing:  Biatain® Silicone  Biatain® Non-Adhesive  Other

(Please Specify): .....

Dressing size: .....

Quantity of dressings: .....

Frequency of dressing change:  Daily  Every other day  Twice weekly  Weekly

Has a photograph of the wound been taken?  Yes  No

Wound care plan & any other advice: .....

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Agreed reassessment date & time: .....



# Supported Shared Care

## Patient Dressing Change Record

Date of dressing change:		
Question	Yes	No
Did you find your dressing change easy?		
Do you find the dressing comfortable?		
Do you feel your wound is improving?		
Is your wound getting smaller?		
Is your wound leaking less?		
Is your wound painful?		
If yes, please comment:		
Score your pain (please circle your selection): 1 2 3 4 5 6 7 8 9 10		
Have you noticed an odour to your wound?		
If yes, please comment:		

If there is anything else you would like to document about your wound, please do this below:

Comments:

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# 7 A guide to using Biatain® Silicone



## Preparing the skin for application of Biatain Silicone

1

Cleanse the wound in accordance with normal procedures e.g. lukewarm water or physiological saline.

2

Gently dry the skin around the wound.

3

If a topical product is applied, allow the skin to dry before dressing application.

## Application Guide

Using the 3-piece non-touch aseptic technique



1. Remove the central release liner from the dressing.



2. Holding on to the remaining side release liners, centralise the dressing adhesive side down over the wound.

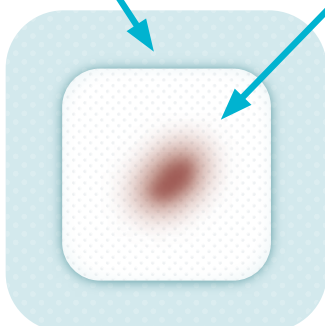


3. Remove the side release liners one at a time and ensure the dressing is secured to the skin.

## When is it time to change a Biatain Silicone dressing?

Biatain Silicone can be left in place for up to 7 days dependent on exudate level. Biatain Silicone should be changed when there is 1cm gap between the exudate and the edge of the dressing foam pad:

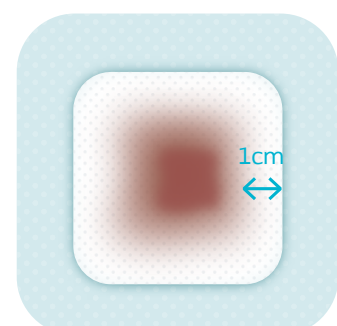
Silicone border  
Foam pad



Leave in place - do not change



Leave in place - do not change



Recommended dressing change

This information is for general guidance only. Please follow the instructions from your Healthcare Professional.

For further information, please refer to the Instructions for Use enclosed with your dressing.



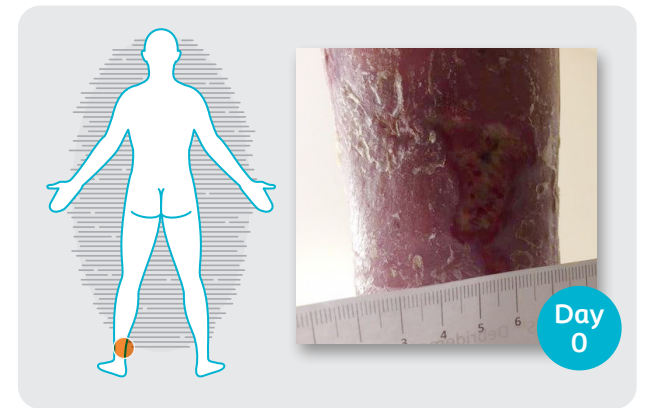
For details on how to apply and remove your dressing, please visit:  
<http://coloplast.to/Biatain-Silicone-Guide>



# Michael's Story

Michael is 71 years old and retired after working for 40 years as a milkman.

Michael has had recurrent bilateral leg ulcers over the last 5 years. He was referred by his GP Surgery to the local Leg Club as he had developed blisters on his right leg.



The leg presented with widespread venous eczema and the wound was infected. The wound had been treated with steroid creams and different antimicrobials before commencing 2 layer compression bandages. Michael was also prescribed oral antibiotics.

Following re-assessment of the wound at the Leg Club, **Biatain® Silicone with 3DFit Technology** was commenced under compression hosiery. During the next 2 weeks the wound improved, reducing in size. On the 3rd week Michael's treatment was changed and as a result the wound deteriorated with signs of local infection. **Biatain® Silicone Ag with 3DFit Technology** was commenced under compression hosiery. On day 35 the signs of infection had reduced and the dressing regime reverted back to **Biatain Silicone**. The wound continued to improve and reduce in size.

**"The previous dressing would stick to the wound and was uncomfortable, making walking difficult but this new dressing is so comfortable and it doesn't bother me."**



Day 8



Day 15



Day 21



Day 43

## Share your story

We would love to hear how Biatain Silicone with 3DFit Technology has improved your experience. Document your journey overleaf.









# Patient Wound Journal

Date: DD/MM/YY

How are you progressing in your journey?

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What challenges have/are you facing?

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# Patient Wound Journal

Date: DD/MM/YY

How are you progressing in your journey?

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What challenges have/are you facing?

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# Patient Wound Journal

Date: DD/MM/YY

How are you progressing in your journey?

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What challenges have/are you facing?

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# Patient Wound Journal

Date: DD/MM/YY

How are you progressing in your journey?

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What challenges have/are you facing?

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## Frequently asked questions (FAQ)

Below are some of the general questions we often receive. For further product information, please see the Instructions for Use leaflet, which is included in the dressing box, or consult your local Healthcare Professional.

Can I shower  
with my dressing on?

Yes you can. Biatain® Silicone has a waterproof topfilm, which allows you to shower with the dressing on. Both before and after the shower, make sure that the dressing is in place and that the silicone border adheres to the skin.

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How long will it take for  
my wound to heal?

Healing time will depend on the size and type of your wound as well as your general health. It is important that you follow the treatment and advice prescribed by your Healthcare Professional.

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How often will the  
dressings have to be  
changed?

Biatain Silicone dressings can be worn for up to 7 days, depending on how much fluid is coming from the wound and the clinical judgement from your Healthcare Professional. Please see the section "When is it time to change a Biatain Silicone dressing" for more information.

## You can find us here...

Website: [www.coloplast.co.uk/wound](http://www.coloplast.co.uk/wound)

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## **Our mission**

Making life easier for people  
with intimate healthcare needs

## **Our values**

Closeness... to better understand  
Passion... to make a difference  
Respect and responsibility... to guide us

## **Our vision**

Setting the global standard  
for listening and responding