

# Online resources: web pages that focus on wound healing

## KEY WORDS

- » Internet
- » Online resources
- » Wound healing

The internet is a wonderful source of information and there are some brilliant websites about wound healing that can be useful for clinicians, as well as patients and carers. Here is a collection of some web pages on websites that I have found useful. I have avoided some of the more popular medical and research sites in an attempt to highlight others that may have passed you by. In many instances, the illustrations and text are great for teaching students and patients but it might be necessary to ask for permission to use them. Should you come across any exceptional sites, please send in your tips. All web pages listed were accessed in April and May 2015. Happy surfing!

### BUPA

<http://www.bupa.co.uk/health-information/directory/s/surgical-wounds>

This page on the BUPA website is aimed at patients and caregivers. It covers caring for surgical wounds and complications, and has a basic FAQs link that includes useful resources.

### CLINIMED

<http://bit.ly/1T8AOCS>

This page focuses on the phases of wound healing. It is aimed at clinical practitioners but it is not complex or medically driven. Readers can access succinct summaries on a variety of aspects of wound healing, such as management of odour, appropriate dressing selection, management of exudate and pain, plus much more. The illustrations could also help with wound classification. A very useful website.

### COCHRANE WOUNDS GROUP

<http://wounds.cochrane.org/>

Cochrane are an international non-profit, independent research publishing organisation that aims to help people make well-informed decisions about healthcare. Cochrane Wounds produce, maintain and disseminate systematic reviews of the effects of interventions for the prevention and treatment of wounds and wound complications. The group is coordinated by an editorial team,

based at the University of Manchester in the UK. There are a number of published reviews and titles in development. These are listed by topic and can be viewed and downloaded for reference.

### EMWA

<http://ewma.org/english/about-ewma.html>

The European Wound Management Association (EWMA) was founded in 1991, and promotes the advancement of education and research into native epidemiology, pathology, diagnosis, prevention and management of wounds of all aetiologies. The EWMA is an umbrella organisation linking wound management associations across Europe, and a multidisciplinary group bringing together individuals and organisations interested in wound management. The EWMA is an educational resource, organises conferences, contributes to international projects related to wound management, actively supports the implementation of existing knowledge within wound management, and provides information on all aspects of wound management. A number of consensus documents can be downloaded as full-text PDFs from their website.

### FOOT IN DIABETES UK

<http://www.footindiabetes.org/committee>

Foot in Diabetes UK is dedicated to continuous improvement of the care and management of people with diabetic foot problems. The website covers news and events, and has Continuous Professional Development section, along with resources and links to other published documents related to care of the diabetic foot, including consensus documents.

### HEAL NOT HURT

<http://www.healnothurt.co.uk/links.php>

This website provides carers, patients and healthcare professionals with the essential information about wounds, the healing process, dressings and dressing technique. It also includes hints, tips and advice to ensure that damage to the wound and pain are reduced to the absolute

minimum, and that the best possible conditions for healing are maintained.

#### **JBICONNECT+**

<http://connect.jbiconnectplus.org/Default.aspx>

The Joanna Briggs Institute (JBI) is an international not-for-profit, research and development centre within the Faculty of Health Sciences at the University of Adelaide, South Australia. The wound healing and management node at JBI CONNECT+ (Clinical Online Network of Evidence for Care and Therapeutics) provides easy access to evidence-based resources, making it easy to find and use evidence to inform clinical decision-making for woundcare professionals.

#### **MEDSCAPE: WOUND HEALING AND REPAIR**

<http://emedicine.medscape.com/article/1298129-overview>

Authored by a medical specialist in wound healing, this page provides an overview of wound healing and management, with photos, illustrations, clear text and useful data for teaching. The advice is evidence-based, with reference links provided. Most of the information is aimed at those who manage wounds but there is also information on diabetic foot ulcers (DFUs), lymphoedema and venous ulcers as well as staging information on pressure ulcers and their treatment.

#### **MÖLNLYKE HEALTHCARE**

<http://www.molnlycke.co.uk/education-categories/>

Education at your finger tips. To help meet your educational needs for staff, personal development and best practice, we offer a range of seminars, courses and online resources for you to ensure best practice and quality care.

#### **NHS CHOICES**

<http://www.nhs.uk/Pages/HomePage.aspx>

NHS Choices is an interactive site aimed at the general public that has a variety of educational advice and information about healthcare diagnosis in the form of an A–Z. It offers simple-to-understand explanations and advice about self-care and health optimisation/making healthy choices. It also has a news feed, community section, finding local services and care and support section.

#### **PREP ONLINE**

<http://www.preponline.net/woundcare>

This website offers an online wound care course that will “allow you to learn in a flexible, self-paced and cost-effective manner”. The course consists of various modules divided into bite-sized chunks, with the first module free. The website is simple to follow and the courses are reasonably priced.

#### **WELLBEING WITH A WOUND**

<http://bit.ly/1gWGlh4>

Wellbeing is a complex concept that includes physical, social, psychological, and spiritual/cultural factors. This Smith & Nephew website seeks to explore what it is like to live with and how to care for patients with a wound. Although healing, exudate management and preventing infection are some of the key aims of wound care, patients often have different priorities that substantially affect their wellbeing, such as: unpleasant wound odour, unsightly strikethrough and bulky dressings that displace and limit clothing.

#### **WOUNDS INTERNATIONAL**

<http://www.woundsinternational.com/>

Wounds International provides high-quality independent medical education. There is an extensive free-to-download archive of peer-reviewed, multilingual resources, including consensus documents, best practice statements, made easies and on-demand videos. The quarterly, digital page-turning *Wounds International* journal is for woundcare professionals who wish to keep up to date and fully informed about the clinical, practical, educational, research and policy aspects of wound care world wide. It aims to raise awareness and standards for wound healing around the world.

#### **WOUNDS UK**

<http://www.wounds-uk.com/>

And last not least, the website that brings you this article, Wounds UK, is one of the most useful online resources for woundcare professionals in the UK. Committed to providing free-access, high-quality and up-to-date information on managing acute and chronic wounds, this website should be bookmarked by everyone in the wound care world.

**WUK**