

EDITORIAL STAFF

Pauline Beldon

Editor
Wound Essentials

Nicola Rusling

Editorial Director
Wound Essentials

Binkie Mais

Managing Editor
Wounds Essentials

Rebecca Harrington

Deputy Editor
Wounds Essentials

BUSINESS STAFF

Edward Rusling

Business Director
ed@wounds-uk.com

David Gray

Clinical Director

Vi Guyan

Operations Director
vi.guyan@wounds-uk.com

Lorraine Knowles

Operations Manager
lorraine.knowles@wounds-uk.com

Mike Kingsman

Production Manager
mikekingsman@tpfgroup.co.uk

EDITORIAL BOARD

Pauline Beldon

Tissue Viability Nurse Consultant, Epsom and St Helier University Hospitals NHS Trust, Surrey, and Chair, TVNA

Lynn Sterling

Junior Sister
Epsom and St Helier University Hospitals NHS Trust

Jane Goodwin

Nurse Practitioner
Morden Medical Practice, London

Carol Scott

District Nurse Sister
Greencroft House, Greencroft Wynd
Annan, Dumfriesshire

Jane Butterfield

Practice Nurse
Ashlea Medical practice
Leatherhead
Surrey

Rosemarie Callaghan

Tissue Viability Nurse for Nursing Homes
South Worcestershire PCT

Jackie Stephen-Haynes

Consultant Nurse and Senior Lecturer in Tissue Viability
Worcestershire PCT and University of Worcester

Margaret Wickham

Education Facilitator
District Nurse Practice
Forres

Wounds Essentials (ISSN 1750-7243) is published annually by
Wounds UK, Aberdeen AB10 1BA

Tel: 01224 637 371, email: binkie.mais@wounds-uk.com

All rights reserved. No part of this publication may be reproduced, stored, or transmitted in any form or by any means without the prior written permission of Wounds UK. Opinions expressed in articles are those of the authors and do not necessarily reflect those of Wounds UK or the editorial board. Advertisements have no influence on editorial content or presentation.

Wounds UK, a division of Schofield Healthcare Media Ltd

Suite 3.1, 36 Upperkirkgate, Aberdeen AB10 1BA

Tel: 01224 637 371

www.wounds-uk.com

Printed in Great Britain by The Print Factory, South Portway
Close, Round Spinney, Northampton NN3 8RH



Pauline Beldon is
Tissue Viability Nurse
Consultant, Epsom and
St Helier University
Hospitals NHS Trust

Welcome to Wound Essentials

The practical journal for the nurse, podiatrist, healthcare assistant, physiotherapist, occupational therapist and junior pharmacist

Welcome to volume 4 of *Wound Essentials*. The demand for this journal in both primary and secondary care has been extraordinarily high, with more than 30,000 copies being produced. Nursing home staff have said that the journal provides staff with an invaluable resource which is easy to understand. Since this is a group of nurses who often find it difficult to access educational material, I am delighted that they find it useful for their day-to-day practice.

As always, we have tried to meet the demands of the readers and one area which has raised several requests is that of venous leg ulcer management. Both student and newly-qualified nurses have asked for clarification on compression bandages — when to use as opposed to retention bandages, as well as asking about skin reactions to dressings and bandages and the need for basic leg ulcer assessment. It is becoming more and more common for newly-qualified nurses to work in primary care and the need for basic, straightforward information to underpin practice is vital and needs to be incorporated into practice training.

The importance of nutritional assessment and ensuring adequate nutrition for patients has also been included in this volume. Good nutrition is a cornerstone to all tissue viability practice; both in the prevention of pressure ulceration and as an important aid to wound healing. All patients in primary and secondary care require nutritional assessment, especially within the older patient population. In the surgical patient with a dehisced wound, poor nutritional status is often a cause. The two articles, 'Weight loss in the surgical patient' and 'Why do wounds dehisce?' should be read together, as they highlight the issue and consequences of poor nutrition.

This journal is written for you and is distributed free with the genuine aim of providing wound care education for the everyday practitioner who deals with wound-related issues. As always, please continue to give me your feedback, as this will continue to drive the content of the journal. If you are interested in writing for the journal, do get in touch, new authors are always welcome. **WE**

Pauline.beldon@esth.nhs.uk