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Welcome to Wound Essentials

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

Welcome to this year's *Wound Essentials* journal, which is aimed at staff from all healthcare specialties, any of whom could encounter wound care patients in their day-to-day practice. As always we hope we have provided you with a resource that meets all your wound care education needs.

Wounds are a challenge for all healthcare staff. However, in addition to managing the wound itself, it is vital that we do not lose sight of what is important to patients. For many, pain is the most distressing aspect of having a wound. By assessing patients' pain and doing our utmost to alleviate it, we can improve quality of life — this enables patients to work with us in healing their wounds. Therefore it is vital that the patient's pain is dealt with before the wound assessment is performed and I am sure you will find the article on pain assessment very useful.

Nutrition remains the foundation of wound healing, but it involves more than just the food we eat — the amount of fluid we drink is also vital. For those patients with heavily exuding wounds, an increased fluid intake is important, helping them to avoid common complications such as dehydration, confusion, and urinary and chest infections. Consequently, this issue features an article on the importance of water in wound care.

Pressure ulceration remains a hot topic, especially with an ageing population and more people over 85 becoming acutely unwell. It is vital that all healthcare staff continually update their knowledge in this field. Similarly, the growth of the elderly population will impact on the incidence of venous leg ulcers. It is important that all potential leg ulcer patients undergo a comprehensive assessment before the application of compression bandaging, including a Doppler ultrasound of their arterial blood supply.

Myself and the team are confident we have provided a comprehensive wound care resource, but if there are any comments you have regarding the journal or any other aspect of wound management, please do not hesitate to contact me. **WE**

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