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SURGICAL WOUND CARE EXAMPLE

JANUARY 2024

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Fenella Caesarean Wound Example

This an example of how the wound care standard would work for Fenella.

Fenella's circumstances

- Fenella is a 36-year-old lady who has recently given birth by Caesarean Section.
- This was her 4th pregnancy (Gravida: 4, Para: 2+1), she has had a previous c-section
- Fenella is sent home and receives check-ins every 2-3 days from the maternity support worker and from the community midwifery team.
- After she returned home, Fenella's caesarean section wound became infected
- Fenella's wound is assessed, and a wound treatment plan is made by the community midwife
- Fenella is a single mother, employed and a non-smoker

This example shows:

- The information recorded at the 1st check with the community midwife.
- Only the elements and information which are recorded in this example. Elements of the standard which are not relevant and would not be used for this example and the 1st check are not shown.

The standard will also enable all other contacts about wound care to be recorded along with observations, assessments, treatments, and updates/changes to her personalised care and support plan.

Wound assessment and treatment (Page 1)

Contacts with Professionals

Seen by: <Name> Role: Community midwife Date: 13 Jan 2023 Where: <anytown district hospital>

Baseline information

Wound classification: Clean Caesarean Section Wound

Problem: Surgical wound Infection

Anatomical site: lower abdomen

Wound description: Surgical wound dehiscence with local infection developing 3 days after surgery

Date wound occurred: 8 Jan 2023

First (initial) assessment of Fenella's wound (3rd day after surgery)

- Length 15cm, W 0.5cm, depth 0.8 cm, Point of ref: Abdomen
- Margin and edge description: oedematous, red, remaining sutures in situ
- Wound and surrounding skin description
 - Wound bed Tissue type: granulation and slough
 - Surrounding skin condition: Dry, inflamed/red, warm to the touch
 - Skin colour: erythema
- Image: <url for image>
- Wound complications: Local infection and wound dehiscence

Wound observations

Clinical observations

- Pain score: VAS 7/10. Increasing pain especially on dressing change
- Wound pain frequency: Painful all the time, but worse on activity
- Signs & symptoms of infection: Overt signs of infection
- Swab for infection: Yes
- Exudate: High Exudate, thick and yellow/greenish in colour (pus)
- Performance of dressing: Moderate strike through
- Odour: Minimal
- Temperature: 37.2⁰ C
- **Surgical wound specific symptoms and observations**
- No signs of crepitus or healing ridge
- 3 small areas of wound dehiscence along the suture line
- Observations: - Pulse – 86bpm, Bp- 132/82, Respirations - 28

Person observations

Wound assessment and treatment (Page 2)

Wound and skin care treatment

- Wound care products
 - Medication/Product name: Topical Antimicrobial Primary Dressing
 - Medication trade family : <manufacturer name>
 - Form: dressing
- Procedure: debridement and cleaning
- Procedure: Take a wound swab
- Procedure: dressing change – consider removing remaining sutures, discuss with surgical team.
- Consent: Consent given
- Information and advice given: Minimal lifting and physical activity
- Information and advice given: Wear loose fitting clothing
- Information and advice given: Take all other prescribed medication
- Plan and requested actions
 - Professional: - Review wound swab results, commence antibiotics and refer to surgical team.
 - Person: Follow personalised care and support plan
- Future appointments:
 - Date: 15 Jan 2023
 - To see: <Name>, Community midwife
 - Location: <name> Home
 - Reason for appt: dressing change

Risks (for delayed healing)

- Risk (repeated for each risk)
 - Start date: -13/1/23
 - End date: -
 - Risk: Further wound dehiscence requiring surgical intervention
 - Comment: -

Wound treatment plan (Page 1)

Fenella's Treatment Plan – using a Personalised Care and Support Plan (PCSP)

A Personalised Care and Support Plan (PCSP) is created for Fenella to help her recover from her surgery.

Person preferences and treatment objectives

- Join mum and baby swim classes
- Previous treatment experience: -
- Previous equipment experience: -

Care & support plan

Using Fenella's preferences and About Me they agree new needs, goals and actions for the PCSP. Below is just a summary of the key parts which would be added to Fenella's PCSP.

- Strengths: Resilient and patient person
- Needs: Recover my independence after having had baby, heal the wound so can undertake normal activities
 - Goal: Heal the wound
 - Actions: Wound treatment plan, pain management, reduce infection
 - Goal importance: 9/10
 - Goal: Begin socialising more
 - Goal importance: 8/10
 - Actions: Visit local community centre to join a mum and baby club
 - Actions: Connect with friends whom communication may have lessened with due to recovery

Wound treatment plan (Page 2)

Additional support plan

This is created to hold the wound care medical treatment plan and added to Fenella's PCSP.

Schedule of assessments: Weekly comprehensive assessments
(Surgical Wound Complications Recommendations - Improving Wound Care: Building on The National Wound Care Programme - FutureNHS Collaboration Platform)

Dressing changes:. To be reviewed daily with an aim for once weekly changes once exudate is better managed.

Wound bed preparation: Cleaning and debriding if necessary

Wound care products; topical antimicrobial dressing

Pain management: 1st phase; Paracetamol 500 mg four times per day

Agreed with: Fenella Date: 13/01/2023

Review date: 1 week Responsible for review: Community midwife



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Contingency or Escalation Plan

This is created to show what to do should things get worse.

Triggers factors:

- a) Signs of infection: More redness (spreading more than 2cm from the wound), increased pain, swelling, or exudate at the wound site, the wound is larger or deeper, temperature is 38°C or higher.
- b) wound not healing or improving
- c) Pain management not working

What should happen:

- a) Advise Fenella on signs and symptoms of wound deterioration and who to contact
- b) Consult with nurse about switching medication from 500mg of Paracetamol every 4 hours, to a higher dose. Must still be safe for breastfeeding, or consider stopping this.
- c) Review wound swab results
- d) Commence oral antibiotics
- e) Review antibiotic regime

Who should be contacted: <name>, community midwife, <phone no>

Agreed with: Fenella Date: 13/01/2023

Review date: 1 month Responsible for review: Community Midwife



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