



WMAI

Wound Management
Association of Ireland

Quarterly Newsletter For Members

Promoting Best Practise in Wound Care



Issue 17 – October 2015

Dear Members and Colleagues,

Welcome to our Autumn 2015 issue of the WMAI newsletter. In this issue's editorial, we hear from outgoing WMAI Chairperson Professor Caroline McIntosh, Head of Discipline of Podiatry NUI Galway on the recent WMAI Members Conference.



After a pretty miserable Irish summer the sun shone brightly over Dublin city as delegates, sponsors and distinguished speakers gathered for the 13th National conference of the Wound Management Association of Ireland. This year the conference, organised by members of the Dublin/ Wicklow branch, was held in the prestigious setting of the Royal College of Surgeons of Ireland. As many of the executive gathered we agreed that time really does fly by! Is it really? And how can it be two years since the last, hugely successful, conference in Cork?

Organising such a large event is always challenging (taking the best part of two years to plan) and it must be acknowledged that the work of WMAI, including conference organisation, is completely voluntary. So, on behalf of the executive Council of WMAI I'd like to say a huge congratulations and sincere thanks to all members of the Dublin/ Wicklow branch who gave up their precious time, over many evenings and weekends, to ensure the success of the conference. All of your Trojan work certainly paid off. I am sure everybody will agree the conference was a resounding success. I'd also like to take the opportunity to acknowledge

our distinguished national and international speakers- the conference programme covered the spectrum of wounds and we were afforded the opportunity to hear from many experts in their respective fields. I'd also like to take this opportunity to extend our sincere thanks to all of our corporate sponsors, without sponsorship events such as these would simply not be feasible.

In times of economic restraints and limited support for time out from the workplace it was fantastic to see so many delegates in attendance over the two day event. All with one common goal in mind; to strive to promote and provide best practice in wound management in Ireland and improve patient outcomes. The conference provided a great educational opportunity to up skill, reinforce knowledge and importantly network with colleagues from across the country and from outside of our own disciplines. Conference always provides great time out from the routine and a chance to reflect on our own knowledge and skills, reignite our passion to do our very best and provide optimum care to our patients with wounds. I certainly left the conference feeling enthused, more optimistic and re-energised (though it must be acknowledged the latter may be attributable to a child free night's sleep!).

The theme of this year's conference was "*Who is navigating the destiny of wounds?*" The key take home message from my perspective was -Wherever you are based, whatever your role if we all work together as a team, apply the principles of best practice in wound care and work with our patients- together we can make a real difference.

Finally, I have been honoured to be the President of WMAI for the last two years, as I step down from the role I would like to thank all members of the executive past and present for their support and hard work. It is my absolute pleasure to introduce you to your new executive members and to wish them the very best of luck in their respective roles for the next term of office. Congratulations to Niamh McClain who was elected as the incoming President of WMAI, Paula Gardiner, National Secretary of WMAI and to Helen Strapp who remains as National Treasurer. I am sure under their leadership, and that of the executive committee, WMAI will continue to go from strength to strength.

Professor Caroline McIntosh
Head of Discipline of Podiatry, NUI Galway

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- × See the photos of the Conference.



RECENT CONFERENCE REFLECTIONS

On Friday the 2nd of October, the RCSI opened its doors to the frontline staff navigating the destiny of wounds in Ireland. Nurses, podiatrists,..... gathered together to broaden their knowledge and strengthen their skills in all things relating to wounds. Experts from near and far delivered the most up to date information in a humorous and memorable manner, each adding their own 'piece' to the often puzzling jigsaw that the wound healing process can be.

It all began with Dr. William McGuinness delivering a powerful speech emphasising that the wound does not solely belong to just the patient or the Clinician and that taking shared ownership of the wound can only lead to a better outcome for all parties involved. Getting the patient equally as invested in meeting the optimum and often elusive 12 week healing time-frame can result in better compliance, improved results and an overall more positive experience. His message of 'becoming a myth buster' and removing the CAN'T in the difficult cases shed a refreshing light on the hard work involved in getting wounds to heal.

Ms. Helen Moloney, Dr. Jill Condell and Ms. Pat McCluskey delivered a plenary on 'Teamwork in Action' and highlighted the importance of a multi-disciplinary approach in venous leg ulcers, diabetic foot ulcers and pressure ulcers. All three drawing on their own clinical experience to deliver this message.

The second plenary addressed the Diabetic Foot. Professor Sean Tierney stressed that in order to achieve healing and prevent limb loss both ischaemia AND infection have to be addressed. Professor Ceppi Merry delivered a powerful message highlighting the fact that clinicians need to see the patient as a whole person and not just as a Diabetic Foot using their time with a patient to understand the pa-

tients' needs and wants. She very aptly used a 'Cinderella' analogy to describe a patient of hers who wanted to wear the glamorous 'glass slippers' just as all the other girls in her peer group, however, due to her poorly controlled diabetes and neuropathy went on to develop a chronic wound. Her story gave a soul to the statistics and data that the literature on the diabetic foot can't always convey. Ms Helen Strapp talked about the practical approaches that everyone can take and reiterated the importance for everyone to take a lead in preventing Diabetic foot ulcers. She remarked that structured care can reduce the amputation rate by half and that it is the responsibility of everyone working with patients suffering from Diabetes to take action.

An interesting symposium sponsored by Convatec followed, in which Daniel Metclaffe and Rachel Mathison talked about the development and properties of Aquacel Ag+EXTRA. This was a beneficial and informative lecture introducing the new and improved Aquacel to the delegates whilst highlighting the effect that the presence of biofilm has in chronic wound healing rates.

Lunch time came. Delegates had the opportunity to peruse the posters surrounding the lecture hall. They included abstracts from a variety of different studies ranging from the use of Larvae therapy in Woundcare to the Ipswich Touch Test in assessing Diabetic Neuropathy. Company representatives scattered the upstairs hall offering information on all their products whilst the tea/coffee and sandwiches flowed freely.

After lunch the topic of lymphodema was addressed. Professor Mary Paula Colgan, Ms. Maeve Prendergast and Ms. Mary Costello took to the podium to educate about lymphodema and its pathophysiology, management and treatment. The patients' quality of life was once again at the core of all these discussions highlighting that patients

need to be treated as a human being. More caffeine and biscuits were provided before the delegates attended the workshop in which they had enrolled earlier on in the day. The workshops included Leg Ulcer Assessment and Compression Bandaging, Dressing Selection, Patient Education, Wound Assessment and Dermatology Issues in Wound Care. Delegates were spoilt for choice and given the opportunity to attend workshops which would further compliment their development as practitioners.

The day drew to a close with a mix and mingle accompanied by wine and canapés.

Day two began with a plenary on the topic of Pressure Ulcers. Professor Cees Oomens talked through the Effects of Sustained Loads on Cells and Tissues. He stressed that cells die as a result of moderate but sustained loads even if nutrient and oxygen levels are okay. As long as you stay below the pressure threshold, damage can be prevented. He concluded that repositioning is always necessary as occluding of blood vessels occurs even with the best support surfaces available. This concluding statement set the stage for the next speaker Mr. Menno Van Etten who spoke about Seating and Repositioning. As someone who never comes across pressure ulcers I found this plenary incredibly useful learning that it is vital to reposition within 2 hours. Mr. Van Etten also captivated the audience by sharing his knowledge in an engaging and entertaining manner. Ms Julie Jordan O'Brien spoke about the very paramount Pressure Ulcers to Zero Campaign, highlighting its success and impact in Beaumont Hospital.

Acelity delivered a symposium in which a tissue viability nurse from both Portumna and Galway Hospital shared their experience of using Acelity's Nanova product and the incredible results that they have yielded.



(CONDT) The next plenary session addressed team work which included topics referring to the scope of the problem of wounds in Community Care settings in Ireland, the team documentation that is necessary to ensure the team functions as a cohesive unit and putting team work into practice when it is most necessary. The plenary concluded with an insight into the future of e-health in wound care.

After lunch another set of workshops began, with another extensive list of options to choose from. These included: Leg Ulcer and Compression Bandaging, SSKIN Bundle, Repositioning, Dressing Selection and Diabetic Foot-screening.

A panel case discussion chaired by Zena Moore drew the insightful weekend to a close.

All in all, it was a fantastic and well run conference which offered a great deal of jigsaw pieces to the delegates helping them to find the missing piece in making their approach to wound care a little less puzzling.

Siobhan O'Meara

Thanks to Siobhan O'Meara, Podiatrist, Spectrum Health and St James Hospital and Mary Burke, Chairperson of WMAI Western Branch for their interesting and informative conference reflections. See some photos of the event overleaf.

Western Branch Sponsored Members

We wish to thank WMAI western branch for sponsorship to attend the recent national conference hosted by the Dublin/Wicklow branch. While there were many very good sessions, the session on the diabetic foot and Prof. Ceppy Merry's talk was excellent with her apt use of the Cinderella analogy. The lymphoedema session was also excellent with a mix of presentations from the different specialists in this area. It was great to see an under recognised problem being brought to the fore. Of note were the many posters from students, clinicians and researchers from across the country. This is an important aspect of engagement with a conference and seems to be going from strength to strength each year. The conference also provided a great opportunity to meet with colleagues from around the regions and also to find out about new innovations from industry. Finally we wish to acknowledge Dublin/Wicklow branch committee for their hard work in organising this conference and wish them continued success in the future.

Mary Burke , Chairperson of WMAI (Western Branch)

Recognising the value of the WMAI Bursary for Research Active Members

PhoTus (Mapping temperature profiles of diabetic foot ulcers)

Project part funded by the Wound Management Association of Ireland bursary.

While the principles of wound bed assessment are generally accepted, actual wound bed assessment is currently based on subjective observation of wound characteristics and the use of a myriad of unreliable and invalidated tools, scales and scoring systems [1]. The nature of this assessment has its flaws and limitations with unknown consequences for patients and health services who spend up to 4% of total healthcare expenditure annually on wound management[2].

Current practice for the treatment of DFU while varying in terms of resources are universal in their lack of validated, reliable and objective methods of wound bed assessment. Identification of wound status can help early detection of complications, facilitate objective assessment and ultimately direct therapeutic management.

The aim of this study is to monitor temperature in open, non-infected diabetic foot ulcers. Currently this bursary has enabled us to purchase thermal imaging equipment and helped in the conduct of the study. This study will be completed in 2016 and we look forward to presenting the findings at future WMAI conferences.

The support of WMAI will be acknowledged in any future publications and presentations arising from this work.

*Georgina Gethin, Senior Lecturer, School of Nursing & Midwifery
NUI Galway*



1. Gethin G, Killeen F, Devane D: Heterogeneity of wound outcome measures in RCTs of treatments for VLU: A systematic review. *Journal of Wound Care* 2015, 24(5):211-226.
2. Posnett J, Gottrup F, Lundgren H, Saal G: The resource impact of wounds on health-care providers in Europe. *Journal of Wound Care* 2009, 18(4):154-161.



DISCURSIVE PAPER

Teaching and learning in the Biosciences: the development of an educational programme to assist student nurses in their assessment and management of patients with wounds.

Catherine Redmond, Carmel Davies, Deirdre Cornally, Marianne Fegan and Margaret O'Toole, St Vincent's and St. Michaels Hospitals. (For publication in an upcoming Journal of Clinical Nursing)

Aims and objectives. The aim of this project was to develop an educational package for undergraduate student nurses that would provide them with the theoretical knowledge and clinical judgement skills to care for a patient with a wound.

Background. Internationally there is concern over the adequacy of preparation of undergraduate nurses for the clinical skill of wound care. Deficits have also been identified in the underpinning biological sciences needed for this skill. Expectations associated with wound management have altered significantly in the last two decades with decision making around wound care coming under the scope of practice of nurses. The treatment and care options for patients with wounds must be based on a sound knowledge of how wounds are formed and healed. If nurses do not have the evidence-based knowledge, it can affect wound healing adversely leading to increased patient suffering, pain and delayed healing. From an organisational perspective, delayed healing will increase the cost of care.

Design. This project used constructivism learning theory to provide a framework for the development of a wound care educational package for undergraduate Irish nurses in their penultimate year of training.

Methods. Collaboration was formed with key stake holders. Pertinent curriculum content was mapped. Learning strategies to suit the incoming student learning styles were incorporated into newly developed theoretical content and practical skill sessions.

Conclusion. The developed educational programme will assist student nurses in their care of patients with wounds.

Relevance to clinical practice. This study provides a model that can be followed to develop small units of the study to keep abreast of changes in health care delivery and the changing scope of practice of nurses. It also contributes to the debate on the teaching and learning of biosciences as it highlights the depth of biological knowledge required as a basis for good evidence-based nursing care.

What does this study contribute to the wider clinical community?

- × This study outlines a model that can be used as a guide to develop short educational units into a curriculum to meet rapidly changing health and policy needs.
- × This study highlights the depth of biological sciences required by student nurses if they are to provide evidence-based wound care.

Study Day Sat, 14th Nov 2015

Catherine McAuley School of Nursing & Midwifery,
Brookfield Health Sciences Complex, University College
Cork.

- × Older Skin: What are the needs?
- × Lower Limb Ulceration: Management of common skin conditions
- × Incontinence-associated Dermatitis: What it is, how to recognise it and how to manage it
- × Skin Hygiene: Washing versus Cleansing Wipes
- × Recording Wound Care: What are our audits highlighting?
- × Use of Subepidermal Moisture (SEM) Measurements to Predict Pressure Ulcer Risk



Register by **01 November 2015** with cheque/postal order for €50 (€40 for WMAI members), payable to 'Wound Management Association of Ireland, Southern Branch' to: Ms. Varina Murphy, Serenic View, Coolcorcoran, Killarney, Co. Kerry. For enquiries please phone 087 3826464

FURTHER DETAILS ON WWW.WMAI.IE

Congratulations

... to Vice-secretary of the Western Branch of WMAI, Andrea Mahon, who fought off significant

competition when she was recently awarded a prestigious Irish Research Council Postgraduate Scholarship of nearly €100,000. This funding will enable her to undertake PhD study within the Discipline of Podiatry at NUI Galway under the supervision of Professor Caroline McIntosh. The body of work entitled "The PODIEM Trial (Podiatry Diabetes Education Model Trial)" will involve international, multicentre, collaborations across sites in Ireland, the US and the UK. The primary aim of the study will be to design and implement a structured model of education for the prevention of diabetes-related foot ulceration and amputation. Well done to Andrea.

ENJOING THE WMAI CONFERENCE



Tissue Viability Wound Link Nurses from Beaumont & St Josephs Hospital, Dublin



Delegates enjoying lunch



Always something new to learn



Some socialising too

STOP PU DAY ON NOV 19TH

REMINDER!

Take part in this year's Stop Pressure Ulcer Day.
Send us in your photos and stories of your innovative ideas of how you created awareness of pressure ulcers to a wider audience in your organisation or community!



WOUND MANAGEMENT ASSOCIATION OF IRELAND



Delegates and speakers at the recent conference



CALL FOR ABSTRACTS

We are delighted to invite you to submit an abstract for the

**35th ANNUAL INTERNATIONAL NURSING AND MIDWIFERY
RESEARCH & EDUCATION CONFERENCE**
2nd & 3rd March 2016

Abstracts must be submitted in the format outlined in the Criteria Guidelines
Please visit www.rcsi.ie/nursingconference for further information

2016 CONFERENCE THEME:
**MAINTAINING PROFESSIONAL COMPETENCE:
CONTINUING PROFESSIONAL DEVELOPMENT
AND PATIENT CENTRED OUTCOMES**

Closing Date:
Friday 23rd October 2015

For queries please email nursingconf@rcsi.ie



Announcing the 26th conference of European Wound Management Association, EWMA 2016. The conference is organised in cooperation with the Initiative Chronische Wunden e.V. (ICW) and the collaboration of German-speaking wound associations WundD·A·CH. The conference theme is:

PATIENTS ... WOUNDS ... RIGHTS.

For Conference information and important dates please log onto www.ewma2016.org

The WMAI team are always looking for good news stories on how our members are promoting the highest standards of wound management through practice, education and research. Please send stories of your initiatives to wmainewsletter@gmail.com