Dear Members and Colleagues,

Welcome to our Spring 2016 issue of the WMAI newsletter. In this issue WMAI Chairperson Niamh McLain

The past year has gone by so fast I am not sure if it is because I am getting older or busier, probably both. Similarly, WMAI is also getting older and busier, this year we celebrate our 20th Anniversary. Since our humble beginnings of four visionaries in wound care, namely Helen Strapp, Mary O’ Keeffe, Geff Key and Zena Moore, who met for the first time in a small room with an idea, to the organisation we have today that continues to go from strength to strength.

Our membership continues to grow, as does the activities and education that the organisation provides. Last year the majority of regions ran a number of very informative and inspirational evening education sessions. Nationally, the Dublin Wicklow branch coordinated and ran a very successful two day conference in the RCSI that saw over 300 participants across many different disciplines, with topics such as pressure ulcers, diabetic foot, lymphoedema, team work and e-health being discussed. WMAI is also represented on a number of national initiatives for wound care. Internationally, a number of members attended and presented at EWMA (European Wound Management Association), in London last May, indeed some of the poster prizes came back to Ireland. We also had a few members attend EPUAP (European Pressure Ulcer Advisory Panel) in Ghent, Belgium in September.

I am always amazed and a little proud to see our small country so well represented at these meetings, our members have presented posters, given oral presentations, ran workshops and have been invited as speakers in the past.

With this in mind I am delighted to say the EPUAP will be coming to Ireland in 2017. The location to be confirmed but this is a great opportunity for us all. I would urge members to consider putting a poster or oral presentation into either EWMA or EPUAP. “A daunting task” you might think, however over the next year we are going to run poster workshops in each region. At the end of the workshop you will continue to get support to develop and get your poster ready for submission to the conference. ‘Where do you get your topic’, I hear you ask - it was explained to me as ‘something you talk about with your colleagues’, that new dressing you tried that worked so well, the non-conventional treatment that did the trick or something that you have developed in your area that has worked so well it is worth sharing. Never fear at the workshop you will be helped find a topic if needed.

You are the members and the organisation is here for you, so please tell us what you would like or ideas you think might work well. Regionally all areas are looking for new members of their committee, it is not a huge time commitment and is an excellent way to network. This organisation has had the support and leadership of some very dedicated, committed and passionate people since its beginnings 20 years ago, who work hard to promote wound care and put it on the map at national level. I have the great honour to continue in these footsteps and with the help of our executive committee I hope to be able to continue this tradition.

Looking forward to see some great posters soon.
Niamh McLain, Chairperson WMAI

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- Stop Pressure Ulcer Day throughout the Regions Beaumont ... The Mater .... Cork .... RCSI

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 please log onto www.ewma2016.org
Andrea Mahon, a PhD student, in the Discipline of Podiatric Medicine, NUI Galway and vice-secretary for Western WMAI was recently awarded a prestigious Journal of Wound Care Award for The Best Laboratory/Pre-Clinical Study. This achievement was in recognition of research undertaken in fulfillment of her Masters by Research degree. Andrea fought off stiff completion to receive first prize in this category at the recent Journal of Wound Care Awards 2016 ceremony, held at The Banking Hall, London. 

To address the need for advanced wound therapies; Andrea designed a preclinical study to assess topical stem cell therapy in a diabetic animal wound model. A stem cell clinical trial in diabetic foot ulcers will be planned by the outcome of this research.

Andrea’s research was supervised by Professor Caroline McIntosh, Head of Discipline of Podiatric Medicine, Professor Timothy O’ Brien, Dean of the College of Medicine, Nursing & Health Sciences and Dr. Claire MacGilchrist, Lecturer in Podiatric Medicine.

The Journal of Wound Care awards “recognise innovation and excellence in research and practice” within the field of wound care. Their aim is to recognise individuals and teams who have improved, implemented or excelled in some field of wound care.

According to Prof. Caroline McIntosh “This is a fabulous achievement which highlights the high quality of research being undertaken in wound healing and tissue repair at NUI Galway. Diabetes is one of the leading causes of lower limb ulceration and amputation. Diabetes related foot ulcers are challenging to manage with many failing to respond to standard wound therapies. There is a need to research advanced therapies for application on non-healing wounds. The findings of Andrea’s research will help in the design of first in human studies of Mesenchymal stem cell application for non-healing neuropathic diabetic foot ulcers”.

Congratulations to the following RCSI students who also received prizes at the 2016 Journal of Wound Care Awards,

- Gillian O’Brien, ANP Candidate, Naas Hospital, came second in the Wound Assessment and Diagnostic Category for her work entitled: The Relationship between Nurses Assessment of Early Pressure Ulcer Damage and Sub Epidermal Moisture Measurement: A Prospective Explorative Study. Supervisors: Professor Zena Moore, Dr Declan Patton and Dr Tom O’Connor, RCSI

- Emma Flemming, Project Officer, Nursing & Midwifery Planning & Development, HSE Dublin North, Clinical Strategy and Programmes Division, came third in the Patient Wellbeing Category for her work entitled: An exploration of the patient and family or carer experiences of implementing the pressure ulcer prevention care bundle (known as SSKIN) within a regional quality improvement collaborative. Supervisors: Professor Zena Moore, RCSI, Dr Sarah Condell, DoH.
News Update from the Western Region

It’s been a busy few months here in the West having had two very successful evening events to date since last October’s conference. A meeting on “Larva therapy in wound healing” took place on November 25th in NUIG and kindly sponsored by Biomonde Ltd.

Jane Arnold gave a brief introduction to Biomonde and its facility in Wales followed by Lynn Graham (Biomonde) who gave an overview of Larval Debridement therapy. Dr. Yamni Nigam, a senior Lecturer in biomedical science at Swansea University gave a most engaging keynote presentation on the science behind the Larva highlighting their increasingly important role in wound healing including their potential antimicrobial benefits. A very enthusiastic questions and answers forum followed. A series of case presentations showcasing the clinical application of Larva, was then presented by Marion Cahill Collins ANP (Vascular) UHG; who is now a "go-to" nursing expert on Larva use in our region having had some very positive experiences of their use in practice!

A recent cochrane review on Debridement of Venous Leg Ulers was presented by Dr. Georgina Gethin, Interim Head of School Nursing & Midwifery, NUIG. Finally and in keeping with the debridement theme, an overview of debridement in Diabetic foot disease was presented by Professor Caroline McIntosh, Head of the Discipline of Podiatry, NUIG. Attendence was very good with strong representation from the podiatry Discipline. Dr. Nigam’s passion for the role of Larva in wound healing inspired great enthusiasm with many delegates expressing a keen interest in using Larva in the future. A big thank-you to all involved in planning this event and especially to our colleagues in NUIG for arranging use of their facilities.

Our next and most recent meeting "A masterclass in Dermatology" took place on 21st February in the Clayton Hotel, Galway. We were delighted to have Dr Trevor Markham Consultant Dermatologist UHG provide us with an overview of the many dermatological conditions associated with chronic wounds including some discussion on the common skin cancers. This was a most informative session addressing the various presentations of skin infections, common concerns and myths around steroidal skin treatments and the importance of liberal moisturising of dry skin as well as conditions requiring urgent referral. Dr. Markham provided some excellent photos which helped in the recognition and differentiation of the various skin conditions which stimulated great interaction from the delegates. This was followed by a most engaging presentation on excema in both children and adults by Selene Daly, CNS dermatology, Sligo University Hospital (pictured across). Selene who clearly is passionate about her topic, shared much of her vast experience, and gave very practical and evidence based guidance on appropriate use of soap free skin cleansers and moisturisers for these conditions. She also kindly organised a gift bag of product samples and there was one for everyone in the audience! It was fantastic to see such enthusiasm and interest in dermatology and so many questions from the audience. We could easily have given this topic a full day! Attendance was good with much interest in membership. We plan to repeat this event in Sligo in the Autumn and will have more info on this in the coming months. A big thank-you again you to all involved in the planning of this event. Best wishes to all readers

Mary Burke, Chairperson (Western Region).
To mark PU Day, the Tissue Viability Service and the Occupational Therapy Department of Beaumont Hospital hosted an awareness day which was open to patients, carers and healthcare workers (both Beaumont based and externally). Pressure ulcers, especially those that are healthcare acquired, are mostly preventable and can be eliminated. The Tissue Viability service in Beaumont is focused on creating awareness of pressure ulcer prevention using a multi-disciplinary team approach. Awareness has further increased with the use of the pressure ulcer to zero ‘hands sign’ to identify those patients at risk of pressure sores.

Pictured above are Beaumont staff Etaoin Donohoe, Tissue Viability CNM; Siobhan Delaney, Podiatrist; Claire O’Brien and Louise Crowe, Occupational Therapists.

The Mater Hospital held a week of information and education events to mark PU Day, with each element of SSKIN (Skin Inspection, Support Surface, Keep moving, Incontinence and Nutrition) being promoted on our stand each day with involvement from members of the Pressure ulcer Collaborative team including OT’s, Physios, Dieticians, Continence Nurse, Quality Manager and Tissue Viability.

They also held a Wound Care seminar on the 19th of November which was attended by ward staff and nurses from the Community. This was kindly sponsored by Arjo-Huntleigh whom are the global sponsors for Worldwide Stop Pressure Ulcer day.

The whole week was a great success with over 200 staff entering our quiz on pressure ulcer prevention. Many Patients, families and carers also came every day and received advice and assistance on each element of pressure ulcer prevention from our team of knowledgeable staff.
Thursday 19th Nov last was Worldwide Stop Pressure Ulcer Day (SPUD), which aims to promote awareness of pressure ulcers, its causes and treatments. Many of our members held information days and education campaigns for healthcare professionals, patients and families.

**CORK PU DAY**

Our Southern Branch committee members held an information day in Cork University Hospital in the staff canteen on Stop PU Day. The photo shows Aine Griffen, Staff Nurse Medical Short Stay Unit, Maeve O’Sullivan CNM 2 Wound Care & Pat McCluskey, ANP in Wound Care.

**Pressure ulcers: Just the facts!**

- It costs the HSE approximately €119,000 to treat a grade 4 pressure sore.
- Two out of every three cases of pressure ulcers develop in people who are 70 years old or more.
- Around 1 in 20 people who are admitted to hospital with an acute (sudden) illness will develop a pressure ulcer.
- Pressure ulcers are more common in nursing home residents with approximately 1 in 10 having a pressure ulcer at some stage.
- An Irish study in 2012 found that 77% of pressure ulcers are Hospital-acquired.
- America spends 11 BILLION dollars on pressure ulcers annually.