# Skin **Protection** Wound Management

GUIDE FOR THE BEDSIDE CLINICIAN



This guide provides helpful information and resources for the prevention of pressure injuries and management of wounds. The material presented is solely for informational and educational purposes. Although the guide may contain information on Mölnlycke's products and/or demonstrate certain techniques, Mölnlycke does not provide any medical advice and this guide should not be perceived as medical advice.

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This guide is intended to be a bedside clinical decision-making tool. It includes basic information on wound assessment, identification, and care of the skin.

For more complete information, refer to the clinical support tools in the "Learn More About Wounds" section or contact your Mölnlycke representative.

### Your Mölnlycke Representative:

Name:	
Di	
Phone:	
Email:	



# Pressure Injury Prevention (PIP)

- Skin Protection Measures
- Skin Protection Basics
- Pressure Injury Risk Assessment
- Support Surfaces
- Pressure Injuries/Ulcers
- Medical Device-Related Pressure Injury
- Mucosal Membrane Pressure Injury
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## **Skin Protection Measures**

There are basic skin protection measures that may reduce your patient's/resident's risk of injury.



Inspect skin daily





Moisturize skin twice daily



Use breathable fabrics & products



Cleanse skin daily & after incontinence



Apply skin barriers after incontinence care



Pad & protect at-risk areas

## **Pressure Injury Prevention (PIP)**

### Skin Protection Basics

- 1. Risk assessment, such as the Braden Scale
- 2. Head to toe skin assessment
- 3. Reduce risk factors (e.g., immobility, incontinence, etc.)
- 4. Patient/resident, family and staff education
- 5. Evaluate PIP program and outcomes, adjust as needed.

## **Pressure Injury Risk Assessment**

### Braden Scale For Predicting Pressure Sore Risk

It is the most common pressure injury risk assessment scale in the U.S. and consists of six categories of risk. The sum of all subscale scores represents the total score and the level of risk. **Both the total score and the subscale scores should guide intervention.** 

Sensory Perception Ability to respond meaningfully to pressure- related discomfort.	Completely Limited Unresponsive (does not moan, flinch, or grasp) to painful stimuli, due to diminished level of consciousness or sedation. OR Limited ability to feel pain over most of body.	Very Limited Responds only to painful stimuli. Cannot communicate discomfort except by moaning or restlessness.     R Has a sensory impairment which limits the ability to feel pain or discomfort over 1/2 of body.	3. Slightly Limited Responds to verbal commands, but cannot always communicate discomfort or the need to be turned. OR Has a sensory impairment which limits the ability to feel pain or discomfort in extremities.	4. No Impairment Responds to verbal commands. Has no sensory deficit which would limit pain or discomfort.
Moisture Degree to which skin is exposed to moisture.	Constantly Moist     Skin is kept moist     almost constantly by     perspiration,urine, etc.     Dampness is detected     every time patient is     moved or turned.	2. Very Moist Skin is often, but not always, moist. Linen must be changed at least once a shift.	3. Occasionally Moist Skin is occasionally moist, requiring an extra linen change approximately once a day.	4. Rarely Moist Skin is usually dry; linen only requires changing at routine intervals.
<b>Activity</b> Degree of physical activity.	1. Bedfast Confined to bed.	Chairfast     Ability to walk severely limited or nonexistent. Cannot bear own weight weight and/or must be assisted into chair or wheelchair.	3. Walks Occasionally Walks occasionally during day, but for very short distances with or without assistance. Spends most of each shift in bed or chair.	4. Walks Frequently Walks outside room at least twice a day and inside room at least once every two hours during waking hours.

## Braden Scale For Predicting Pressure Sore Risk (cont.)

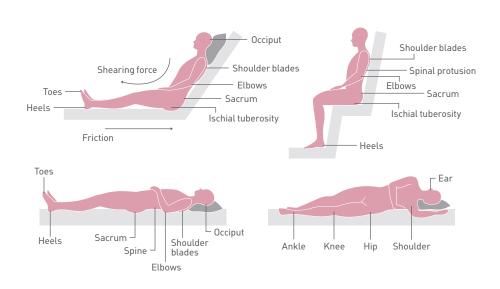
Mobility Ability to change and control body position.	Completely Immobile     Does not make even slight changes     in body or extremity position without     assistance.	Very Limited     Makes occasional slight changes in body or extremity position but is unable to make frequent or significant changes independently.	3. Slightly Limited Makes frequent though slight changes in body or extremity position independently.	4. No Limitation Makes major and frequent changes in position without assistance.
<b>Nutrition</b> Usual food intake pattern.	1. Very Poor Never eats a complete meal. Rarely eats more than 1/3 of any food offered. Eats 2 servings or less of protein (meat or dairyproducts) per day. Takes fluids poorly. Does not take a liquid dietary supplement.  OR Is NPO and/or maintained on clear liquids or IV for more than 5 days.	2. Probably Inadequate Rarely eats a complete meal and generally eats only about 2 of any food offered. Protein intake includes only 3 servings of meat or dairy productsper day. Occasionally will take a dietary supplement. OR Receives less than optimum amount of liquid diet or tube feeding.	3. Adequate Eats over half of most meals. Eats a total of 4 servings of protein (meat, dairy) per day. Occasionally refuses a meal, but will usually take a supplement when offered. OR Is on a tube feeding or TPN regimen, which probably meets most of nutritional needs.	4. Excellent Eats most of every meal. Never refuses a meal. Usually eats a total of 4 or more servings of meat and dairy products per day. Occasionally eats between meals. Does not require supplementation.
Friction and Shear	1. Problem Requires moderate to maximum assistance in moving. Complete lifting without sliding against sheets is impossible. Frequently slides down in bed or chair, requiring frequent repositioning with maximum assistance. Spasticity, contractures, or agitation leads to almost constant friction.	2. Potential Problem Moves feebly or requires minimum assistance. During a move, skin probably slides to some extent against sheets, chair, restraints, or other devices. Maintains relatively good position in chair or bed most of the time but occasionally slides down.	3. No Apparent Problem Moves in bed and in chair independently and has sufficient muscle strength to lift up completely during move. Maintains good position in bed or chair at all times.	

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HIGH RISK: Total score 9
HIGH RISK: Total score 10-12
MODERATE RISK: Total score 13-14
MILD RISK: Total score 15-18

TOTAL SCORE:

## A comprehensive skin assessment should include visualization of bony prominences, under medical devices, in skin folds, and in the hair.



## **Support Surfaces**

### Considerations:

- Consider patient weight and weight distribution in determining the need for a bariatric mattress and appropriate bedframe.
- When choosing between a mattress or overlay, consider fall/entrapment risk associated with the use of overlays.
- Consider risk for developing new pressure injuries and history of previous pressure injuries.
- Consider fall risk in determining the need for a low bed.
- Ensure that the support surface is functioning properly and used correctly. Minimize the number and type of layers between the patient and the support surface.
- Support surfaces are only one element of a comprehensive pressure injury prevention program; they should not be considered a stand alone intervention.

Support surface is a specialized mattress or mattress overlay or chair cushion designed for the management of tissue loads, micro-climate, and/or therapeutic functions. (NPIAP, 2018)

### Types of Support Surfaces for Beds and Wheelchairs

Overlays: Air, Foam, Viscous Fluid, Gel Mattresses: Air/Foam, Foam, Air, etc. Integrated Bed Systems: Air Fluidized

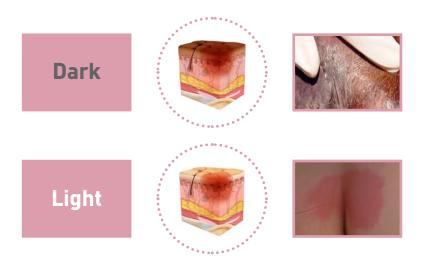
## Pressure Injuries/Ulcers (PI)

## What is a pressure injury?

A pressure injury, also referred to as a pressure ulcer or bedsore, is localized damage to the skin and underlying soft tissue usually over a bony prominence or related to a medical or other device. The injury can present as either intact skin or an open ulcer and may be painful. It occurs as a result of intense and/or prolonged pressure or pressure in combination with shear. The tolerance of soft tissue for pressure and shear may also be affected by microclimate, nutrition, perfusion, co-morbidities and condition of the soft tissue. **Pressure injuries are staged to indicate the extent of tissue damage.** 

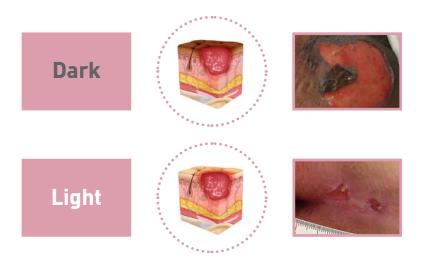


## Stage 1



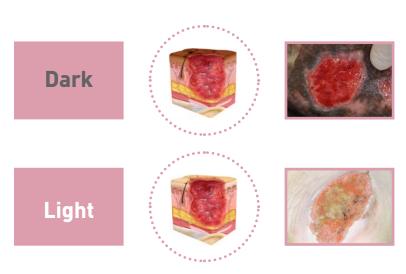
Intact skin with a localized area of non-blanchable erythema, which may appear differently in darkly pigmented skin. Presence of blanchable erythema or changes in sensation, temperature, or firmness may precede visual changes. **Color changes do not include purple or maroon discoloration; these may indicate deep tissue pressure injury.** 

## Stage 2



Partial-thickness skin loss with exposed dermis. The wound bed is viable, pink or red, moist, and may also present as an intact or ruptured serum filled blister. Adipose (fat) is not visible and deeper tissues are not visible. Granulation tissue, slough and eschar are not present. **These injuries commonly result from adverse microclimate and shear in the skin over the pelvis and shear in the heel.** 

## Stage 3

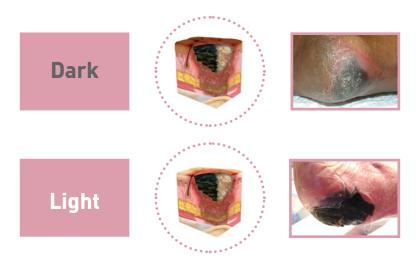


Full-thickness loss of skin, in which adipose (fat) is visible in the ulcer and granulation tissue and epibole (rolled wound edges) are often present. Slough and/or eschar may be visible. The depth of tissue damage varies by anatomical location; areas of significant adiposity can develop deep wounds. Undermining and tunneling may occur. Fascia, muscle, tendon, ligament, cartilage or bone is not exposed. If slough or eschar obscures the extent of tissue loss this is an Unstageable Pressure Injury.

# Stage 4 **Dark** Light

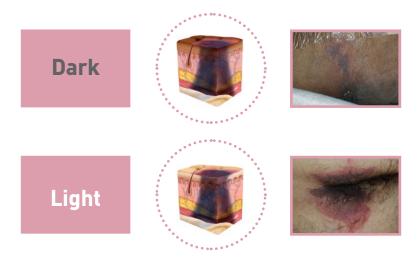
Full-thickness skin and tissue loss with exposed or directly palpable fascia, muscle, tendon, ligament, cartilage or bone in the ulcer. Slough and/or eschar may be visible. Epibole (rolled edges), undermining and/or tunneling often occur. Depth varies by anatomical location. If slough or eschar obscures the extent of tissue loss this is an Unstageable Pressure Injury.

## Unstageable



Full-thickness skin and tissue loss in which the extent of tissue damage within the ulcer cannot be confirmed because it is obscured by slough or eschar. If slough or eschar is removed, a Stage 3 or Stage 4 pressure injury will be revealed. **Stable eschar (i.e., dry, adherent, intact without erythema or fluctuance) on an ischemic limb or the heel(s) should not be softened or removed.** 

## **Deep Tissue Pressure Injury**



Intact or non-intact skin with localized area of persistent non-blanchable deep red, maroon, or purple discoloration or epidermal separation revealing a dark wound bed or blood-filled blister. Pain and temperature change often precede skin color changes. Discoloration may appear differently in darkly pigmented skin. **This injury results from intense and/or prolonged pressure and shear forces at the bone-muscle interface**.

## Medical Device Related Pressure Injury (MDRPI)

This describes an etiology.

To stage, use the staging system.

### **DEFINITION:**

- Stage 3 is not to be used on ears or bridge of the nose due to tissue layers:
  - Ears: Stages 1, 2, 4, US, DTPI
  - Bridge of Nose: Stages 1, 2, 4, US, DTPI
- Mucous Membrane: See Mucosal Membrane Pl
- Device pressure injury (PI) results from medical devices, equipment, furniture, and everyday objects that have applied pressure to the skin, either as an unintended consequence of their therapeutic use or inadvertently due to unintended skin-device contact
- When the device utilized is for therapeutic or diagnostic purposes, it is referred to as a medical device-related PI.



## **Mucosal Membrane Pressure Injury**

### Deep Tissue Pressure Injury

Due to the anatomy of the tissue these injuries cannot be staged.



### **DEFINITION:**

Mucosal membrane pressure injury is found on mucous membranes that line the respiratory, gastrointestinal and genitourinary tracts with a history of a medical device in use at the location of the injury.

## Wounds That Should Not Be Staged



Surgical Wound
A surgical wound that
may be intentionally
left open to heal or one
that opened after a
complication of surgery.



Diabetic/Neuropathic Ulcer
Often located on the plantar surface
of the foot. May be caused by loss of
protective sensation, increased shear
and pressure, or structural changes in
the foot. May appear initially as a callus.



Skin Tear Traumatic injury that results in separation of the epidermis from the dermis.



Arterial Wound A wound caused by ischemia from arterial insufficiency. May be found between toes, on tips of toes, or along sides of foot. May involve large portions of distal tissue.



Venous Ulcer A wound caused by venous hypertension. Often found on the medial aspect of the lower extremity.



Incontinence-Associated Dermatitis An inflammation of the skin caused by prolonged contact with urine or stool. Redness, edema, blistering, or skin erosion may be seen.

## Managing Pressure Injuries

### Basic Pressure Injury Care

Pressure injury management products are intended to support best practice. In addition to assessing the patient's/resident's risk, it is important to intervene to mitigate each identified risk. At a minimum, measures must be taken to protect the **S.K.I.N.** 

## Surface

- Appropriate support surface (bed and chair)
- Elevate for risk or actual injury



## eep Turning/Moving

- Regular repositioning (bed and chair)
- · Offload at-risk bony prominences



## mprove Moisture Management

- · Prompt incontinence care
- Skin protection from excessive moisture



### utrition and Fluids

- Drink an adequate amount of fluids
- · Eat a balanced diet

## **Wound Management**

Although preventing injury is ideal, wounds do occur. When this happens, the key is to provide an optimal wound healing environment and minimize the risk of complications.

- M.O.I.S.T. Wound Bed Preparation Basics
- Understanding Wounds
  - Pressure Injuries
  - Venous Leg Ulcers
  - Arterial Ulcers
  - Diabetic Foot Ulcers
  - Traumatic Wounds
  - Skin Tears
  - Moisture-Associated Skin Damage



# Wound Bed Preparation Basics

M.O.I.S.T. is a model for optimizing wound management at the point of care. It serves to remind clinicians of practice and product best practices, and is applied after thorough assessment and in conjunction with supporting therapies. The steps of M.O.I.S.T. can be used in the order the clinician decides is most appropriate.

- M oisture balance
- 0 xygen balance
- I nfection control
- S upport wound environment
- T issue management

## M oisture balance



Moist but not wet



Stable temperature



Protection from cellular distortion



Mepilex® Border Flex



Mepilex® Border Sacrum



Mepilex® Border Heel



Mepilex®



Mepilex® Lite



Exufiber®



Melgisorb<sup>®</sup>

## 0 xygen balance



Revascularization and compression therap



Wound dressings or spray



Hyperbaric oxygen therapy



Hyperbaric Oxygen Therapy (HBOT)

## I nfection control





**Antiseptics** 



Wound dressings with antimicrobial effect



Mepilex® Border Ag



Mepilex® Border Sacrum Ag



Mepilex® Ag



Mepitel® Ag



Exufiber® Ag+



Melgisorb® Ag



Mepilex® Border Post-Op Ag



Normlgel® Ag

## S upport wound environment

All Wounds: Optimize nutrition, encourage exercise, promote smoking cessation

**Pressure Injury:** Redistribute pressure and shear, interface friction, manage moisture

Diabetic Foot Ulcer: Offload

**Arterial Ulcer:** Address perfusion

Venous Leg Ulcer: Compression

Other (Traumatic, Surgical, Atypical, Unknown): Address underlying detriments







Exufiber®/Exufiber® Ag+ Mepilex® / Mepilex® Ag





Tubigrip®



Setopress®



Z-Flex<sup>™</sup> Heel Boot

## T issue management



Wound cleansing



Wound debridement



Negative pressure wound therapy



Normlgel® Ag+



Exufiber®/ Exufiber® Ag+



Mesalt®



Melgisorb® Ag+



Avance® Solo - ciNPT

## **Understanding Wounds**

### There are many types of wounds.

Understanding and addressing underlying contributors is the key to effective wound management.

For each wound type, we will describe care components and provide appropriate product solutions.

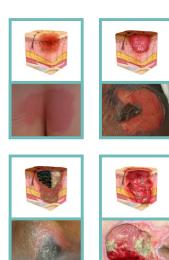
## We will discuss the 6 most common wound types:

- 1. Pressure Injuries
- 2. Venous Leg Ulcers
- 3. Arterial Ulcers
- 4. Diabetic Foot Ulcers
- 5. Traumatic Wounds
- 6. Moisture-Associated Skin Damage

## **Pressure Injuries**

## What Is a Pressure Injury?

Cause	The injury occurs as a result of intense and/or prolonged pressure or pressure in combination with shear
Location	Usually over a bony prominence     Related to a medical or other device
Appearance	· Injury can present as intact skin or an open ulcer · Can be painful
Exudate	· Zero to high · Peri-wound maceration common
Key Care Components	Reduce pressure and shear     Fill wounds with depth     Exudate management     Maintain a moist wound base
Comments	Early detection followed by prompt implementation of preventative measures is important     Be alert to signs and symptoms of infection and to early wound deterioration





Mepilex® Border Flex



Mepilex® Border Sacrum



Mepilex® Border Heel



Exufiber®/ Exufiber® Ag+



Melgisorb® Ag

## Pressure Injury - Product Recommendations:

### Mepilex® Border Flex

Mepilex® Border Flex is a five-layer, bordered foam dressing that is highly conformable due to Flex Technology. It absorbs, channels and traps exudate and allows you to track progress.

#### Mepilex® Border Sacrum

Mepilex® Border Sacrum effectively absorbs and retains exudate and maintains a moist wound environment. It is designed for a wide range of exuding wounds such as sacral pressure injury. It can be also used on dry/necrotic wounds in combination with gels.

### Mepilex® Border Heel

Mepilex® Border Heel effectively absorbs and retains exudate and maintains a moist wound environment. The Safetac® technology layer seals the wound edges, prevents exudate leakage onto the surrounding skin, thus minimizing the risk of maceration. The Safetac® technology layer allows the dressing to be changed without damaging the wound or surrounding skin or exposing the patient to additional pain.

### Exufiber®/ Exufiber® Ag+

Exufiber® is a sterile, nonwoven dressing made from highly absorbent polyvinyl alcohol fibers. In contact with wound exudate, Exufiber® transforms into a gel that facilitates moist wound healing and ease of removal during dressing changes. Exufiber® Ag+ contains silver sulphate that is evenly distributed throughout the dressing. A rapid and sustained antimicrobial effect is initiated via contact with wound fluid. Exufiber® Ag is available both as a sheet and ribbon as dressings.

#### Melgisorb® Plus/Melgisorb® Ag

Melgisorb® Plus absorbs large amounts of wound exudate. When absorbing, the alginate fibers become gellike providing a moist wound environment conducive to wound healing. The dressing can easily be removed by irrigating with 0.9% normal saline. Change when saturation is reached. Melgisorb® Ag rapid and sustained antimicrobial, sustained silver release up to 14 days.

## **Venous Leg Ulcers**

### What Is a Venous Leg Ulcer?

Cause	· Venous insufficiency
Location	Lower leg, often medial aspect     Gaiter region (above ankle to below knee)
Appearance	Shallow granulating or fibrinous wounds     Irregular edges     Often painful
Exudate	- High - Peri-wound maceration common
Key Care Components	- Exudate management - Compression (if perfusion adequate)
Comments	· Venous leg ulcers are <u>NOT</u> staged





Mepilex® Border Flex



Mepilex® Up



Exufiber®/Exufiber® Ag+



Melgisorb® Ag





Tubigrip®

Setopress®

## Venous Leg Ulcer - Product Recommendations:

### Mepilex® Border Flex

Mepilex® Border Flex is a five-layer, bordered foam dressing that is highly conformable due to Flex Technology. It absorbs, channels and traps exudate, and allows you to track progress.

### Exufiber®/Exufiber® Ag+

Exufiber® is a sterile, nonwoven dressing made from highly absorbent polyvinyl alcohol fibers. In contact with wound exudate, Exufiber® transforms into a gel that facilitates moist wound healing and ease of removal during dressing changes. Exufiber® is available both as a sheet and ribbon as dressings. Exufiber® Ag+ contains silver sulphate, which is evenly distributed throughout the dressing.

### Melgisorb® Plus/Melgisorb® Ag

Melgisorb® Plus absorbs large amounts of wound exudate. When absorbing, the alginate fibers become gel-like providing a moist environment conducive to wound healing. The dressing can easily be removed by irrigating with 0.9% normal saline. Change when saturation is reached. Can be left on for several days as indicated by clinical practice. Melgisorb® Ag has a rapid and sustained antimicrobial, sustained silver release up to 14 days.

### Setopress®

Setopress® is a lightweight high compression bandage. To ensure correct application, a simple visual guide is permanently printed on the bandage.

#### Tubiarip®

Tubigrip® is a multi-purpose tubular support bandage that provides firm support in the management of sprains, strains and swelling. Product is easy to use as it can be easily applied and reapplied.

### Mepilex® Up

Mepilex® Up is a highly conformable dressing that absorbs both low and high viscous exudates, maintains a moist wound environment and minimizes the risk of maceration. The dressing has a Safetac® wound contact layer that is a unique adhesive technology. It minimizes pain to patients and trauma to wounds and the surrounding skin at dressing removal. Mepilex® Up can be used under compression bandaging and in combination with gels.

## **Arterial Ulcers**

### What Is an Arterial Ulcer?

Cause	· Poor perfusion
Location	Phalangeal heads, toe tips, or web spaces     Lateral malleolus     Mid-tibial area (shin)     Heels
Appearance	Often deep (tendon ofton exposed) and necrotic Punched-out Low exuding Often does not bleed
Exudate	·Low
Key Care Components	- Address perfusion (if possible) - Prevent infection
Comments	· Arterial ulcers are <u>NOT</u> staged





### Arterial Ulcer - Product Recommendations:

### (Once an assessment and classification have been completed)

### Mepilex® Border Flex

Mepilex® Border Flex is a five-layer, bordered foam dressing that is highly conformable due to Flex Technology. It absorbs, channels and traps exudate and allows you to track progress.

### Normlgel® Ag

Normlgel<sup>®</sup> Ag contains an antimicrobial silver compound that is an effective barrier to bacterial penetration by inhibiting the growth of broad spectrum of microorganisms.

#### Mepilex® Lite

Mepilex® Lite is a highly conformable dressing that absorbs exudate and maintains a moist wound environment. The Safetac® technology layer seals around the wound edges, preventing the exudate from leaking onto the surrounding skin, thus minimizing the risk of maceration. The Safetac® technology layer also allows for atraumatic dressing changes. Mepilex® Lite may be cut to suit various wound shapes and locations.

## **Diabetic Foot Ulcers (DFU)**

### What Is a Diabetic Foot Ulcer?

Alternate Names	· Neuropathic ulcers
Cause	Develop with diabetes and B12 deficiency and compounded with any foot deformity or concurrent peripheral vascular disease
Location	· Plantar foot, toes, and web spaces
Appearance	Pale to red wound bed     Infection and abscesses common     Callus peri-wound often
Drainage	Varies Purulent drainage may be present
Key Care Components	Offloading     Optimize wound healing potential
Comments	· Diabetic foot ulcers are <u>NOT</u> staged











Mepilex® Border Flex Mepilex® / Mepilex® Ag

Mepilex® Lite

Mepilex® Up

## Diabetic Foot Ulcer - Product Recommendations:

#### Mepilex® Border Flex

Mepilex® Border Flex is a five-layer, bordered foam dressing that is highly conformable due to Flex Technology. It absorbs, channels and traps exudate and allows you to track progress.

### **Mepilex®**

Mepilex® is a soft and highly conformable foam dressing that absorbs exudate and maintains a moist wound environment. The Safetac® technology layer seals the wound edges, preventing the exudate from leaking onto the surrounding skin, thus minimizing the risk of maceration.

### Mepilex® Lite

Mepilex® Lite is a highly conformable dressing that absorbs exudate and maintains a moist wound environment. The Safetac® technology layer seals around the wound edges, preventing the exudate from leaking onto the surrounding skin, thus minimizing the risk of maceration. Mepilex® Lite may be cut to suit various wound shapes and locations

#### Mepilex® Up

Mepilex® Up is a highly conformable dressing that absorbs both low and high viscous exudates, maintains a moist wound environment and minimizes the risk of maceration. The dressing has a Safetac® wound contact layer that is a unique adhesive technology. It minimizes pain to patients and trauma to wounds and the surrounding skin at dressing removal. Mepilex® Up can be used under compression bandaging and in combination with gels.

# **Traumatic Wounds**

## What Is a Traumatic Wound?

Cause	Mechanical forces, including removal of adhesives     Severity may vary by depth			
Types	· Skin tears, lacerations, abrasions, burns			
Appearance	Partial Thickness  Full Thickness  Full Thickness  Full Thickness  Full Thickness  For the epidermis and the epidermis a			
Drainage	· Varies			
Key Care Components	· Keep skin moist and supple · Protect from injury, when possible			









Exufiber®/ Exufiber® Ag+



Melgisorb®/Melgisorb® Ag



Mepilex®



Mepilex® Lite

## Traumatic Wound - Product Recommendations:

### Mepilex® Border Flex

Mepilex® Border Flex is a five-layer, bordered foam dressing that is highly conformable due to Flex Technology. It absorbs, channels and traps exudate and allows you to track progress.

### Exufiber® / Exufiber® Ag+

Exufiber® is a sterile, nonwoven dressing made from highly absorbent polyvinyl alcohol fibers. In contact with wound exudate, Exufiber® transforms into a gel that facilitates moist wound healing and ease of removal during dressing changes. Exufiber® is available both as a sheet and ribbon as dressings. Exufiber® AG+ contains silver sulphate which is evenly distributed throughout the dressing.

## Melgisorb® Plus/Melgisorb® Ag

Melgisorb® Plus absorbs large amounts of wound exudate. When absorbing, the alginate fibers become gel-like providing a moist environment conducive to wound healing. The dressing can easily be removed by irrigating with 0.9% normal saline. Change when saturation is reached. Can be left in several days as indicated by clinical practice. Melgisorb® Aq has a rapid and sustained antimicrobial, sustained silver release up to 14 days.

## **Mepilex®**

Mepilex® is a soft and highly conformable foam dressing that absorbs exudate and maintains a moist wound environment. The Safetac® technology layer seals the wound edges, preventing the exudate from leaking onto the surrounding skin, thus minimizing the risk of maceration.

### Mepilex® Lite

Mepilex® Lite is a highly conformable dressing that absorbs exudate and maintains a moist wound environment. Mepilex® Lite may be cut to suit various wound shapes and locations.

# **Skin Tears**

## ISTAP Skin Tear Classification System

According to the system, there are three main types of skin tears:













Mepilex®/ Mepilex® Ag



Mepilex® Lite



Mepitel® / Mepitel® One

## Skin Tear - Product Recommendations:

#### Mepilex® Border Flex

Mepilex® Border Flex is a five-layer, bordered foam dressing that is highly conformable due to Flex Technology. It absorbs, channels and traps exudate and allows you to track progress.

### **Mepilex®**

Mepilex® is a soft and highly conformable foam dressing that absorbs exudate and maintains a moist wound environment. The Safetac® technology layer seals the wound edges, preventing the exudate from leaking onto the surrounding skin, thus minimizing the risk of maceration.

### Mepilex® Lite

Mepilex® Lite is a highly conformable dressing that absorbs exudate and maintains a moist wound environment.

#### Mepitel® One/Mepitel®

Mepitel® One/Mepitel® may be left in place for up to 14 days, depending on the condition of the wound, which reduces the necessity for frequent primary dressing changes. The porous structure of Mepitel® allows exudate to pass into an outer absorbent dressing. The Safetac® technology layer prevents the outer dressing from sticking to the wound and allows for atraumatic dressing changes. The Safetac® technology layer also seals around the wound edges, preventing the exudate from leaking onto the surrounding skin, thus minimizing the risk of maceration.

# **Moisture-Associated Skin Damage**

## What Is a MASD?

Cause	· Prolonged skin exposure to moisture			
Types	1. Incontinence-associated dermatitis Exposure to urine or feces 2. Intertriginous dermatitis Exposure to perspiration Skin folds or with wkin-skin contact 3. Peri-wound moisture-associated dermatitis Exposure to wound exudate (drainage) 4. Peri-stomal moisture associated dermatitis Exposure to ostomy/stoma effluent			
Key Care Components	· Improve moisture management · Use moisture barrier creams to protect skin			



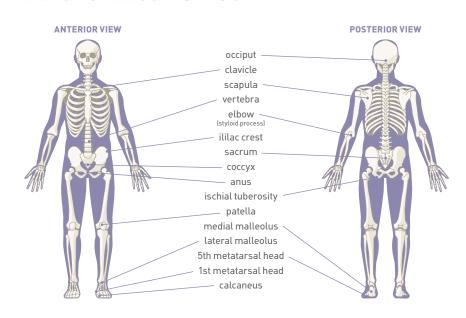
# Assessment and Documentation of Wounds

Although injury prevention is optimal, wounds do occur. When they develop, the key is to provide an optimal wound healing environment and minimize the risk of complications. Assessment and intervention goals are the same for all wound types.

- Anatomical Locations
- Assessment and Documentation of the Wound
- When to Change the Dressing
- Undisturbed Wound Healing
- Wound Care Solutions
- Mölnlycke PIM Product Videos



# **Anatomical Sites**



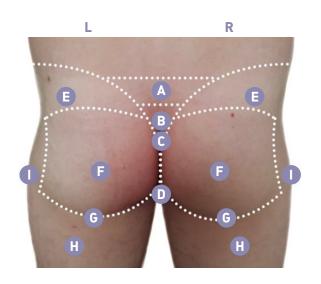
## Pressure Injury stage, for example:

- Stage 1
- Stage 2
- Stage 3

- Stage 4
- DTPI
- Unstageable

# **Documentation of Anatomical Locations**

## Anatomical Locations of Buttocks



- A.Sacrum
- **B.**Coccyx
- C. Intergluteal (natal) cleft
- D. Perineal area
- E. Sacral iliac crest
- F. Buttocks
- **G.** Ischial tuberosity
- **H.**Posterior thigh
- I. Trochanter



Adapted from a diagram by Christine T. Berke.

# **Wound Assessment**

# 5 Step Wound Assessment

1. Tissue Type	Percentage of each wound type     Percentage of each wound type
2. Wound Exudate	Type, volume, consistency, color, odor
3. Peri-Wound Condition	Area extending 4cm from wound edge
4. Pain Level	At dressing changes     Intermittent or continuous  O 1 2 3 4 5 6 7 8 9 10  No Palin Millid Moderate Severe Very Severe Word Flair Possible  O 1-3 4-6 7-9 10
<b>5.</b> Size	<ul><li>Length, width, depth</li><li>Presence of undermining or tunneling</li></ul>

# **Wound Measurement**

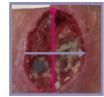
## Wound Size

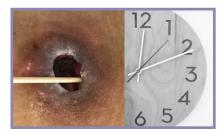
- Wounds are measured in centimeters (cm)
- Length is the longest vertical dimension
- Width is the longest perpendicular dimension
- Depth is the deepest point

# Undermining & Tunneling

- Use the clock method
- 12 o'clock towards the head
- Note depth in centimeters (cm)







# When to Change the Dressing



## Mepilex® Border Flex – Time To Change

When to change dressing according to saturation.

## Saturation Levels



Fluid at 0 edges
Can keep in place



Fluid at 1 edges Can keep in place



Fluid at 2 edges
Can keep in place



Fluid at 3 edges Time to Change

# **Undisturbed Wound Healing**

The process of allowing the wound to "rest" by alleviating unnecessary dressing changes. This protects and supports the normal processes of skin and wound healing; includes a moist wound environment, and catalyzes faster wound closure.



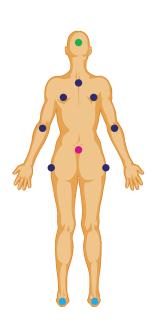
# **Wound Care Solutions**

# Comprehensive Wound Care Bundles





# Mölnlycke Pressure Injury Management Product Videos









# **Best Practice Guides**

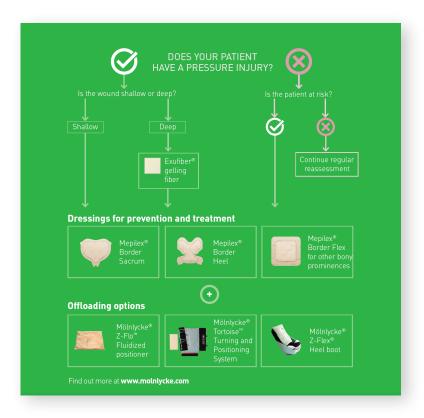
Best practice guides can assist with clinical decision-making to advance your performance and help you to achieve better patient, clinical, and financial outcomes every day.

- Pressure Injury Management Algorithm
- Skin Protection Cutting Guides
- Post-Acute Wound Dressing Selection Guide
- Medical Device Related Pressure Injury Prevention
- Wound Management Dressing Selection
- Lower Extremity Ulcer Guide
- Skin Tear Dressing Selection
- Heel Decision Tree

Call your Mölnlycke Health Care Representative to request guides or more information:

1(800) 843-8497

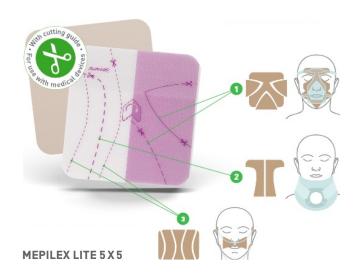




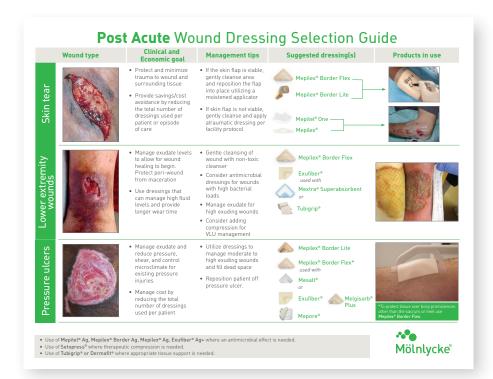
Pressure Injury Management (PIM) Algorithm

## Skin Protection Under Medical Devices

Select the dressing size appropriate to cover the affected area. Non-bordered dressings can be cut to customize shape to accommodate unique body contours and device shapes.



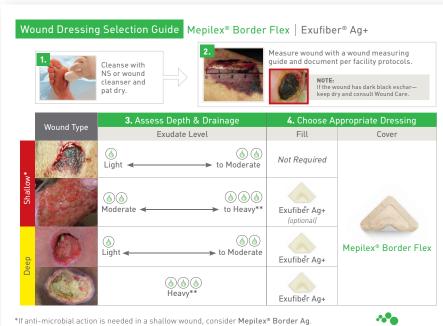
## Post-Acute Wound Dressing Selection Guide



## Medical Device-Related Pressure Injury Prevention



## Wound Management Dressing Selection





<sup>\*\*</sup>For wounds with depth and heavy drainage, consider wound care consult

## Lower Extremity Ulcer Guide

#### Lower Extremity Venous Disease (LEVD)

Definition: LEVD, which may also be referred to as venous insufficiency, encompasses a full spectrum of morphological and functional abnormalities of the venous system.

Wound Location: Typical location is superior to the medial malleolus but may be present anywhere on the lower leg including the posterior calf.

#### Lower Extremity Neuropathic Disease (LEND)

Definition: LEND occurs as a result of damage to nerve structures. With these neurological deficits, there is an alteration in the protective mechanism with a reduced or altered perception of temperature, touch and pain, Peripheral neuropathy may have three components: motor, sensory and/ or autonomic.

Wound Location: A majority of foot wounds are located at pressure points on the plantar surface of the forefoot. Most common site is the interphalangeal joint of the great toe and first metatarsal head.

#### Lower Extremity Arterial Disease (LEAD)

Definition: LEAD, which may also be referred to as peripheral vascular disease (PVD), peripheral arterial occlusive disease (PAOD) and peripheral arterial disease (PAD), refers to disorders affecting the leg arteries.

Wound Location: May be located between toes, on tips of toes, over phalangeal heads, around lateral malleolus or at sites subjected to friction or trauma by footwear. Also may be located in the mid-tibia area (shin).

# Ulcer

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#### Typical LEVD wounds

- · Wound edges irregular
- · Wound bed
- » yellow adherent or loose slough
- » granulation tissue » undermining or tunneling uncommon
- » shallow in depth
- . Amount of exudate: mild. moderate, heavy Periwound skin: macerated, crusty, scaling, hyperpigmented
- . Bleeding: may or may not be present
- · Reduce or eliminate known modifiable risk factors for LEVD · Attain/maintain intact skin
- · Reduce edema
- · Manage drainage
- · Reduce pain
- · Prevent complications
- . Promptly identify/manage complications
- . Optimize potential for healing . Improve functional status and OOL
- . Educate and involve patient/caregiver in self-care management

#### Typical LEND wounds

- · Rounded or oblong and found over bony prominence
- . May be covered with callus or have surrounding callus · May resemble laceration, puncture or blister
- · Wound base may be necrotic, pink or pale
- . Depth may vary from partial thickness to bone involvement · Well defined edges
- · Maceration may be present
- · Enytherna or induration may indicate infection. · Exudate: usually slight to moderate; serious or clear color
- . Reduce or eliminate known modifiable risk factors for LEND · Attain/maintain intact skin
- · Reduce shear stress and use offloading measures
- · Relate treatments to adequacy of perfusion status based on ABI interpretation.
- Minimize trauma
- · Debride avascular tissue after adequate perfusion determined · Educate and involve patient/caregiver in self-care management

#### Typical LEAD wounds:

- · "Punched out" appearance of wound
- . Dry, pale or necrotic wound base . Minimal or absent granulation tissue
- . Wound size usually small but may be deep · Exudate: minimal
- . Gangrene (wet or dry), necrosis common
- · Clinical signs of infection · Localized edema (may indicate infection)
- . Reduce or eliminate known modifiable risk factors for LEAD
- · Attain/maintain intact skin Reduce pain
- · Prevent complications Promptly identify/manage complications
- . Optimize potential for wound healing · Promote limb preservation
- · Improve functional status of symptomatic patients Educate and involve patient/caregiver in self-care management
- Note: Dry, stable black eschars should not be debrided until the perfusion status can be determined.







schar and yellow adherent nonviable e; dry to moderate exudate







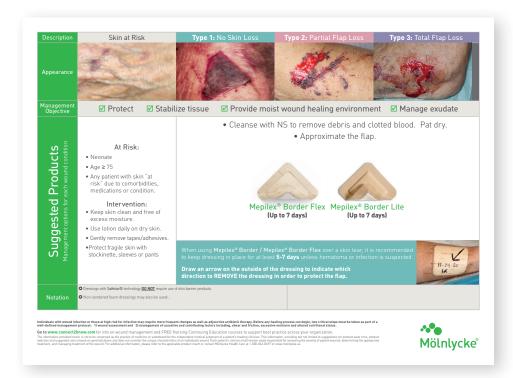
Granulating and/or epithelializing tissue; cant to minimal exudate

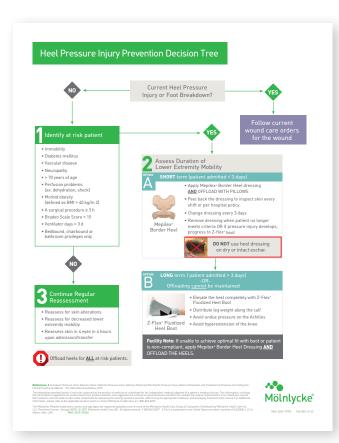


The Mölykjaka Normlogi, Nighlan, Mildrens, Enaliber, Messalt, Mestra, Majoka, USMM 210002P 10.19



# Skin Tear Dressing Selection





# Heel Decision Tree

# **Learn More About Wounds**

## Best Practice Support

Mölnlycke offers practice support and clinical decision-making resources to advance your performance and to help you achieve better patient, clinical, and financial outcomes every day.

- Mölnlycke Wound Support App
- Global and Local Education
- Mölnlycke YouTube

# Mölnlycke Wound Support App



## Download the app from Apple or Google:

iOS: apps.apple.com/us/app/wound-support/id154438081

**Android:** play.google.com/store/apps/details?id=com.molnlycke.hg.woundsupport









2. DEFINE WOUND LOCATION, WOUND DATA AND TAKE PHOTO



3. RECEIVE WOUND MEASUREMENT, AND SUITABLE MÖLNLYCKE PRODUCTS



4. CREATE SUMMARY PDF

## **Contact Your Mölnlycke Representative**

Mölnlycke Customer Care: 1-800-882-4582

Disclaimer: This app does not provide medical advice. The information, including but not limited to, text, graphics, images and other material contained in this app are informational purposes only. No material in nthis app is intended to be a substitute for indipendent professional clinical judgement, diagnosis or treatment.

# Online Education Platform

A customized learning hub, designed to help you safely advance your career and knowledge while getting the best outcomes for your patients.

## Global Education

- On-demand webinars
- E-learning modules
- Wound Care Voice Podcast
- Evidence and Insights
- Microworld
- Wound Talks

## Local Education

- FREE Continuing Education Courses
- Quality Improvement Project and Evidence Support
- Clinical practice tools and templates
- Expert webinars
- · Patient instructions on wound care



Pressure Injury Prevention



Wound Management



Program Development

# For more details, contact your Mölnlycke representative.

Mölnlycke Customer Care: 1(800) 882-4582

# Mölnlycke® YouTube

youtube.com/c/molnlyckehc/featured

- Wound care education videos
- Product application videos
- Ask a professional
- Access to other Mölnlycke channels





# **Quick Product Reference Guide**

With our extensive portfolio, we can make it easy for you to standardize your wound management formulary. This guide was designed to simplify the process by providing you with ordering information and a cross reference of comparable products.

At Mölnlycke, our products are designed with the patient, clinician and bottom line in mind. And they are supported by our many certified Molnlycke clinical specialists and sales representatives, an extensive live and on-demand educational program, and additional tools such as our Mölnlycke Wound Support app to make your job easier and more efficient.

That's the Tötal Value of using Mölnlycke products.



Product	Size	Mölnlycke #	HCPCS Code	Product Info
BORDERED FOAMS:				
	3"x3"	595200	A6212	ian de la composition della co
	4"x4"	595300	A6212	四次表现 <b>网</b> 数2000
	6"x6"	595400	A6213	
Mepilex® Border Flex	6"x8"	595600	A6213	Ello-78
Competitive Examples: Allevyn Bo	rder, Aquacel Foam, O	ptifoam, Comfort Foam, 7	Tielle, Polymem, Biatain, T	egaderm Silicone Foar
	4"x4"	395390	A6212	
Mepilex® Border Ag	6"x6"	395490	A6213	
Competitive Examples: Allevyn A	g, Optifoam Ag, Biata	in Silicone Ag foam, Con	nfort Foam Ag	
	6.3"x7.9"	282055	A6213	
Mepilex® Border Sacrum	8.7"x9.8"	282455	A6213	
Competitive Examples: Allevyn Sa	crum, Proximel Sacrui	m, Aquacel Foam Sacral I	Dressing, Biatain Sacral, T	egaderm, Sillcone Foa
Mepilex® Border Heel	8.7"x9.1"	282790	A6210	
Competitive Examples: Allevyn L	ife or Gentle Border N	/ultisite, Aquacel Foam,	Tegaderm Silicone Foam	, ComFeel Plus

Product	Size	Mölnlycke #	HCPCS Code	Product Info
BORDERED FOAMS CONT	Г.:			
	4"x6"	498300	A6212	
	4"x8"	498400	A6212	
211	4"x10"	498450	A6212	
Mepilex® Border	4"x12"	498600	A6213	
Post Op Ag	4"x14"	498650	A6213	
Competitive Examples: Aquacel	Surgical Ag, Allevyn	Life, 3M Tegaderm Foam,	ComfortFoam Border A	g
	4"x6"	496300	A4649	
	4"x8"	496405	A4649	回鉄回
	4"x10"	496455	A4649	
Mepilex® Border Post Op	4"x12"	496605	A4649	回過機構
Post Op	4"x14"	496650	A4649	
Competitive Examples: Aquacel	Surgical, 3M Tegader	m Foam, ComfortFoam E	Border	,
NON-BORDERED FOAMS	:			
	4"x4"	294199	A6209	
	6"x6"	294399	A6210	
Mepilex®	8"x8"	294499	A6211	国特殊
Competitive Examples: Allevyn,	Aquacel Foam, Optifo	oam, Comfort Foam, Tiell	e, Polymem GTL, Biatain	J.

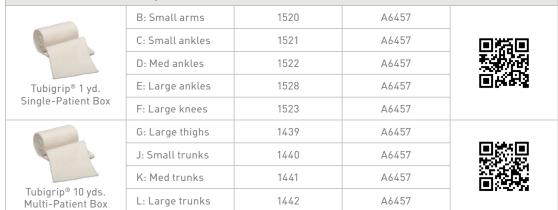
Product	Size	Mölnlycke #	HCPCS Code	Product Info			
NON-BORDERED FO	NON-BORDERED FOAMS CONT.:						
	4"x4"	287100	A6209	同数回			
V	6"x6"	287300	A6210				
Mepilex® Ag	8"x8"	287400	A6211	in Exercis			
	2.4"x3.4"	284090	A6209				
	4"x4"	284190	A6209				
Mepilex® Lite	6"x6"	284390	A6210	国际政策			
Competitive Examples: All	evyn Lite, Optifoam Thin	, CarraSmart Foam Thin					
	6"x8"	294899	A6210				
Mepilex® Transfer	8"x20"	294599	A6211				
	6"x8"	394890	A6210				
Mepilex® Transfer Ag				<u></u>			

Product	Size	Mölnlycke #	HCPCS Code	Product Info
NON-BORDERED FO	AMS CONT.:			
	4"x4"	212199	-	
	4"x6"	212199	-	
	6"x6"	212199	-	अंदर्भाष्ट्रा (चार्रास्त्रीमध
Mepilex® Up	8"x8"	212199	-	E-Parage
GELLING FIBERS:			'	'
	0.8x17.7 Rope	709909	A6196	
	4"x4"	709901	A6196	
Exufiber®	6"x6"	709903	A6197	Bisan €
	0.8x17.7 Rope	603420	A6199	
	4"x4"	603425	A6196	
	6"x6"	603423	A6197	300 et 4007 (m) \$46 (400
Exufiber® Ag+	8"x12"	603424	A6198	EDS-25.04
Competitive Examples: A	quacel, Aquacel Advantag	e Ag, Biosorb, Kerracel,	Durafiber, Opticell, Optic	ell Ag, Aquarite
COMPACT LAYER	S:			
	3"x4"	290799	A6206	回答相
	4"x7"	291099	A6207	500000 5000000000000000000000000000000
Mepitel®	8"x12"	292005	A6208	

Product	Size	Mölnlycke #	HCPCS Code	Product Info	
COMPACT LAYERS CONT.:					
	3"x4"	289300	A6206		
	4"x7"	289500	A6207		
Mepitel® One	6.8"x10"	289700	A6208	<b>■825-83</b>	

Competitive Examples: Adaptic Touch, KerraContact, Versatel, Dermanet GTL, Cutimed Sorbact, Conformant2

## **TUBULAR RETENTION/SUPPORT:**



Competitive Examples: Tensogrip, Demagrip, Spandagrip, Medigrip

Product	Size	Mölnlycke #	HCPCS Code	Product Info
TUBULAR RETEN	ITION/SUPPORT	CONT.:		
	Small limbs	2434	N/A	
	Sm/Med limbs	2436	N/A	回光回
	Large limbs	2438	N/A	
Tubifast® Tubular	XL limbs	2440	N/A	
Retention	Lg adult trunks	2444	N/A	
Competitive Examples	: Surgilast, Spandage,	Stockinette, Stretch No	et	1
TAPES & FILMS:				
	3/4"x 118"	298300	A4452	国党第四 2000年2000
Mepitac® Tape	1.5"x59"	298400	A4452	
Competitive Examples	Gentac, 3M Kind, Con	nfiTape		
	2"x11 yds	310599	A4450	
Mefix® Tape	4"x11 yds	311099	A4450	
	6"x11yds	311599	A4450	国际电流
ompetitive Examples	: MedFix, RiteFix, Hypa	afix, Medipore		

Product	Size	Mölnlycke #	HCPCS Code	Product Info			
SUPERABSORBEN	SUPERABSORBENT:						
	5"x7"	610100	A6197				
	7"x9"	610300	A6197				
Mextra®	9"x13"	610500	A6198	国民政策			
SUPERABSORBEN	NT DEBRIDING AG	ENTS:					
Competitive Examples:	Optilock, ConvaMax, F	HydraLock, Xtrasorb, E	Enluxtra				
	8"x8" (4x4 folded)	286080	A6228				
Mesalt®	3/4""x39" (ribbon)	285280	A6226				
Normige? Ag 1 baseling     The age of t	1.5oz Tube	350450	A6248				

Competitive Examples: DermaSyn Ag, Resta SilverGel, Silvasorb gel, SilverGel

Normlgel® Ag

# Notes

# We're here to help you, when you need us.

CALL YOUR MÖLNLYCKE HEALTH CARE REPRESENTATIVE OR CLINICAL SPECIALIST AT 1(800) 843-8497.



## 1(800) 843-8497 | WWW.MOLNLYCKE.US | 5445 TRIANGLE PARKWAY, SUITE 400, PEACHTREE CORNERS, GA 30092

Mölnlycke Health Care wound care products can serve as integral components of wound management programs. If infection is suspected, product use may be continued if proper infection treatment is initiated and if recommended by a physician.

The information provided in this brochure is not to be construed as the practice of medicine or substituted for the independent medical judgment of a patient's treating physician. Information contained herein, including but not limited to suggestions for product wear time, product selection and suggested use is based on generalizations and does not consider the unique characteristics of an individual's wound. Each patient's physician shall remain solely responsible for assessing the severity of patient wounds, determining the appropriate treatment, and managing treatment of the wound. For additional information, please refer to the applicable product insert or contact Mönlocke Health Care US. LLC at 1-800-843-849?

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