



Service Priorities and Programmes
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How useful is Wound Care Clinic in empowering patients to manage wound themselves?

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Introduction

Wound Care Clinic is established in General Outpatient Clinics (GOPCs) of Hong Kong West Cluster since 2009. The clinic is run by advanced practising nurses who are specialised in wound management. As effective health education and promotion can transfer knowledge, produce change in health seeking behaviour thus improving health status in individuals and community as a whole, this clinic not only aims to assess wound in a systematic manner and provide the most appropriate treatment, but also provides patients with basic wound care knowledge thereby preventing wound deterioration and complications. As part of wound education, patients are given a pamphlet with photos illustrating materials needed for wound care, steps involved and signs to look out for that need medical attention.

Objectives

To evaluate the usefulness of wound care clinic in helping patients on wound self-management.

Methodology

Patients attending the Wound Care Clinic at Kennedy Town GOPC and Aberdeen GOPC between November and December 2013 were asked to complete a standardized questionnaire.

Result

Fifty patients of whom 26 were male and 24 were female attended the Wound Care Clinics. Among them, 48% were over aged 65, 38% between 40 and 65, and 14% below 40. 68% of them reached secondary education level or above while 14% had no education before. Over 65% of them had chronic diseases. Thirty-two of them (64%) had self-managed their wound just prior to the current visit. Half of them used anti-septic solution, a few used alcohol, plain water or medicated cream. All of them found explanation on wound management by nurses and information provided in the pamphlet helpful. They all agreed that their wound care knowledge was positively strengthened. Forty-nine of them (98%) reported that they would share with their family and friends the knowledge on wound management and that they were

confident in managing their wound by themselves. Although this is a very small-scale study, most patients tend to manage their wound initially despite not knowing the correct method. Results have shown that patients can be empowered to manage their wounds appropriately and timely through detailed explanation and educational, illustrative materials. In conclusion, this would help prevent wound deterioration and subsequent development of complications at primary care level, thus lessening the burden on secondary care.