

Shared wound care discussion guide¹

Use this tool in conjunction with the ABCDE approach from the T.I.M.E. clinical decision support tool^{2,3} and follow the steps below with the patient and/or carer (also known as informal carer or caregiver)

1 Awareness: Is the patient/carer aware they can be involved in wound care?

Yes

Talk with the patient/carer to establish:

- Wound knowledge, the impact of not treating the wound and the individual's wound care needs
- Fears and concerns regarding shared wound care
- Motivation for shared wound care
- Willingness to participate in shared wound care

No

Talk with the patient/carer to clarify the meaning of shared care:

- Shared care encompasses approaches and interventions that enable patients to participate in care planning over time, rather than just being a passive recipient of the services provided

2 Which of the following best describes the patient/carer in regard to shared wound care?

Self-sufficient

- Relatively knowledgeable about their wound
- Willing and motivated to optimise lifestyle to enhance wound healing
- Physically and mentally capable to participate in shared care

Reassurance seeker

- Room for improvement in knowledge and confidence
- Relatively reliant on healthcare professionals (HCPs) to provide care
- Cautious to perform wound care
- Physically and mentally capable to participate in shared care

Unaware

- Not very involved in wound care
- Unaware that it is possible to engage more in their care
- Physically and mentally capable but unwilling to participate in shared care

Reliant

- HCPs lead in all aspects of wound care and other general health care needs
- Does not have the physical and mental ability or capacity to be involved in shared care

Approaches and interventions

Have regular discussion with the patient/carer regarding shared wound care, including motivational interviewing and attainable goal-setting, focusing on:

Knowledge

Fears and concerns

Awareness

Shared wound care may not be a suitable option at this time

Provide appropriate support and revisit potential for more involvement

3 Identify what the patient/carer can do as part of shared wound care

Wound care

Does the patient/carer have the potential to perform wound care, including dressing changes?

Yes

Considerations

- Demonstrate and educate on how to perform treatment requirements
- Identify needs and provide patient/carer with educational resources (e.g. online, electronic, written)
- A diary for goal setting and to record dressing changes
- Provide patient/carer with tools: dressing change indicator; signs of infection

No

Considerations

- HCP to conduct wound assessment and dressing change according to local protocol
- Periodically revisit the potential for involvement in dressing changes (e.g. if patient/carer circumstances change)

Lifestyle change

Does the patient/carer have the potential to make lifestyle changes to improve wound healing and address the underlying causes of the wound (e.g. appropriate nutrition, exercise as indicated, using compression, offloading)?

Yes

Considerations

- Coach patient/carer about appropriate lifestyle changes
- Assess results and make changes as needed
- A lifestyle diary to record/track lifestyle changes

No

Considerations

- Investigate and address reason (physical or cognitive impairment, fear, anxiety, resources)
- Assess whether patient/carer willingness and ability may be improved
- Refer to allied health professionals for review and support (e.g. dietitian or podiatrist)
- Periodically revisit the potential for lifestyle change (e.g. if patient/carer circumstances change)

Patient-practitioner relationship

Does the patient/carer have the potential to share information about wound progress and inform HCPs about wound deterioration?

Yes

Considerations

- Develop an open and honest patient-practitioner partnership
- Educate the patient/carer about how to recognise wound deterioration
- Educate the patient/carer to contact the HCP without delay if the wound deteriorates
- Provide HCP contact information according to local protocol

No

Considerations

- Periodically revisit the potential for greater partnership (e.g. if patient/carer circumstances change)

References: 1. Moore Z, Kapp S, Loney A, et al. A tool to promote patient and informal carer involvement for shared wound care. *Wounds International* 2021;12(3):1-7. 2. Moore Z, Dowsett C, Smith G, et al. TIME CDST: an updated tool to address the current challenges in wound care. *J Wound Care*. 2019;28(3):154-161. 3. World Union of Wound Healing Societies (WUWHS) (2020) Strategies to reduce practice variation in wound assessment and management: The TIME Clinical Decision Support Tool. London: Wounds International.