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T.I.M.E.* update
<Clinical Specialist>

 smith&nephew

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BRITISH JOURNAL OF
COMMUNITY
NURSING

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For primary care and community nurses

Agenda

- **Wound Assessment Overview**
- **Principles of Wound Bed Preparation**
- **Brief Overview of T.I.M.E framework**

**Tissue viable / non-viable
Infection and Inflammation
Moisture balance / imbalance
Edge of wound advancing /non-advancing**

Why is wound assessment important?

- **Accurate wound assessment is essential** to the appropriate and realistic planning of goals and interventions for **patients with wounds**
- The assessment process should be **holistic, systematic and evidence based**



What heals wounds?

– Dressings?

NO.

– Doctors?

NO.

– Nurses?

NO.

– Knowledge?

NO.

– Cells?





**DEAD
STUFF
DOESN'T
HEAL!**

Debridement will...

- Reveal Extent of tissue damage...
- Reduce Biochemical imbalance, senescent cells
- Reduce bacterial burden
- Reduce odour
- Optimise healing potential

NOT Debriding will...

- Delayed Healing.
- Increase Potential for Infection.
- Physical barrier preventing accurate assessment
- Reduce patient QoL
- Psychological aspect

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Infection & Inflammation

| of TIME

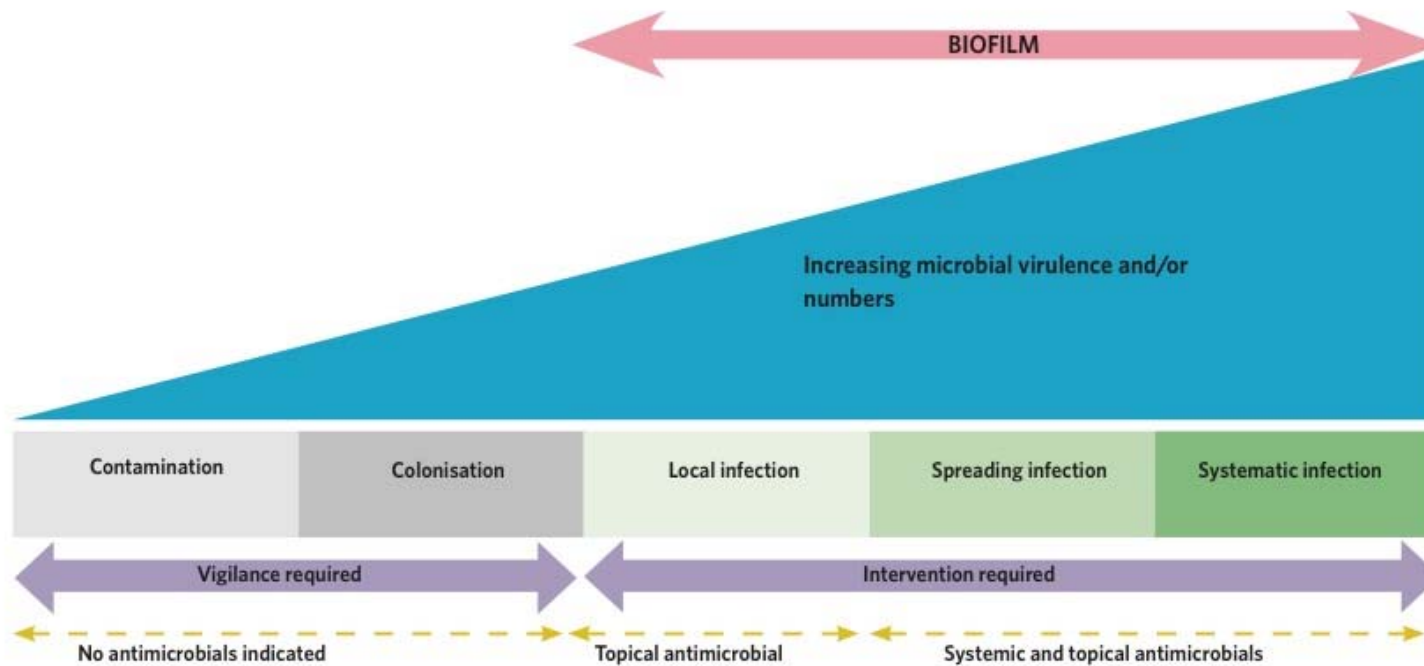


Development of infection

Infection can be defined as the process by which organisms **bind** to tissue, **multiply** and then **invade** tissue and elicit a marked immune

re

Figure 1 | IWII wound infection continuum^{22, 24, 25}



Summary Infection

- The key to identifying wound infection is to look for the **subtle signs**.
- The clinical indicators of infection require revision as our **knowledge advances**.
- The clinical indicators vary in different **wound types**.



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Moisture Balance in Wounds

M in TIME



Defining Exudate

- A generic term describing the fluid produced by a wound
- The **environment** in which **healing occurs** and
...in which **biochemical activity** take place
- A healing agent in its own right?



Exudate in Wound Healing

Exudate may influence many aspects of wound healing, the following variables need to be considered:

- Desiccation
- Maceration
- Excoriation
- Infection
- Delayed Healing
- Quality of Life



Day to day...

Too wet



Too dry



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The E of TIME

Edge of wound non-advancing

E in TIME



Edge of Wound

- When wounds fail to heal
 - Why?
 - Do you apply scientific principles to assist you?



E – Treatment

- Reassess Patient
- Reassess T.I.M....
- Only when all basic interventions been considered
- Consider **advanced technologies**



Integrating theory with practice

Summary

- WBP is about getting the **fundamentals** of wound care right
- **TIME** allows you to think about what influences WBP and what needs to be achieved to **promote healing**
- As health care professionals we have a responsibility to ensure that our **wound care practices** are up to date and evidenced based.
- It is important to remember that the **patient remains at the centre** of any wound healing process

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