

Dressing

Purpose:

- to promote wound healing & to assess the healing process
- to absorb any drainage-remove secretion (to control bleeding or any extra injury)
- to prevent infection or transmission of bacteria+remove for dead cells
- to protect the wound from mechanical trauma
- to reduce pain & discomfort (make the Pt feel comfort :"))
- to make a barrier against contamination
- to improve the circulation of the blood
" Do not forget the 6 steps ;)" "

assessment :

- assess the wound location & size (length & depth)& borders & shape to choose the type of gauze plus check the nature of the wound if it open or close !+ check the bad odors

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- check the hospital policy " لانه في بعض المستشفيات الطبيب الذي يعمل Dressing :") "- check the doctor medical regarding (the type of solution)+ frequency " عدد مرات عمل ال Dressing "
- signs & symptoms of infection (hotness , redness , swelling
- client allergies to wound client agent (حساسية المريض لبعض المنظفات (الطبية)

- patient level of comfort (put scale from 0 - 10) & if there any pain give him analgesic (مسكن ألم)_0-4 >mild / 4-7>moderate /7-10> severe
- risk factors for impaired wound healing (obesity , DM patient ,poor nutritional states / low immunity
- asset the level of comfort & the need of analgesic

equipments:

- cleaning solution (normal saline)
- iodine * tape " plaster"
- clean gloves
- sterile gloves
- sterile dressing set (gauze squares , kidney basin , forceps , clamp, container for the cleaning solution (2 galley pot) , scissors)
- draw sheet * sponge forceps + clam
- * medical waste " كيس النفايات الطبيه "

implementation:

- recheck the client name
- determine any specific order about the wound & dressing

- do the five steps
- tell the client never touch the wound area & sterile package
- put the basket in a place easily to reach
- assist the client to a comfortable position
- wear the clean gloves
- put the draw sheet
- critical point (put the normal saline on the tape to remove it easily & without pain to the client)
- remove the tape with the direction of the hair growth , parallel to the skin , toward the dressing & away from the client face
- remove the gauze & assess the odor , color , amount of drainage
- press on the area around the wound to assess the pain -see the facial expression , assess the temperature
- don't forget to assess the wound for any signs & symptoms of infection
- put the gauze inside the gloves & remove it
- critical point (open the sterile package over bed table)
- use the sponge to catch the sterile equipment in the package
امسك الأدوات ورتبها باستخدام سبونج
- discard the first amount of solution then put the normal saline in the galley pot & the other one iodine (يجب ان نصب واليد بعيدة ١٠ اسم عن الوعاء المعقم)
- medical hand washing !
- wear the sterile gloves
- باليود اغمسها clamp وباستخدام forceps باستخدام gauze اطوي

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- ابدأ التنظيف من المكان الاقل تلوثا الى الاكثر تلوثا أي من الداخل الى الخارج وبحركة دائرية واستخدم القطنه مرة واحدة لكل مسحة ثم غيرها
- كرر العملية نفسها ولكن باستخدام النورمال سلاين
- لتنشيف الجرح بنفس الطريقة السابقة استخدم dry gauze
- Put the clean gauze
- Remove the sterile gloves
- Put the tape on the gauze
- put the client in comfort position
- return the equipment
- perform hand hygiene & document any abnormal things

Nursing diagnosis:

- ❖ Acute pain.
- ❖ Risk for infection.
- ❖ Impaired skin integrity.
- ❖ Deficit knowledge regarding dressing application.

Documentation:

Date & time	Note	Signature
9/12/2009 10.15 am	Dressing was done for Pt. post appendectomy, the incision was 12 cm, 9 sutures, wound was clean, no discharge, no redness, no swelling or hotness, dry dressing under sterile technique was done, Pt. is comfort, no pain _____	Name J.U.S.T

Bandaging

Purpose:

- Reduce pain & discomfort
- Fix immobilization- decrease the pain
- Help in limited motion - support any joints or effected parts " مثل (bend of the ankle التواء الكاحل)
- To secure dressing or any imputation area
- Sometimes make pressure to prevent bleeding

Assessment:

- the region , location, size
- medical order regarding" to know bandaging type which I should use "
- patient level of comfort
- adequate circulation for the area (pulse, temperature , skin color ,nail color) (cyanosis) تأكد من تروية الدم تحت المنطقة- اذا في ازرقاق (Radial pulse وبتأكد من ال
- make sure that the skin should be clean & dry
make sure that the joint should be supported & slight flex position

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• * types of bandaging :

1-circular

2- spiral" حلزوني يغطي منطقه اكبر وما بدى يكون في ضغط كبير عليها "

3-spiral reverse" " عكسي _ في حال بدى اعمل ضغط أكثر ! "

4-figure of eight " أو الكاحل , elbowلسند مفصل بالذات مثل منطقة الكوع "

* note: joints area during bandaging are not included :"

5- recurrent متكرر في حالات البتر .

Implementation:

- five steps
- put the client in comfortable position

- أمسك لفة البانديج في يدك التي تستخدمها دائما (dominant hand)، واستخدم يدك الأخرى لتمسك طرف البانديج، قم بلف طبقتين دائريتين حول الجزء المراد بينما ترجع لفة البانديج للـ dominant hand

- طبق البانديج من الجزء البعيد عن الجسم إلى القريب (distal to proximal)

مثلا اليد: تبدأ من الأصابع باتجاه الذراع.

** تجنب شد البانديج كثيرا لأنه يمكن أن يسبب خدر (numbness)، ويؤثر سلبا على

الـ circulation، ويسبب ضغطا على الأعصاب الطرفية (peripheral nerves)

- اطوي اللفات بحيث تغطي اللفة الجديدة ثلثي اللفة السابقة تقريبا (two – thirds)

، فيبقى ثلث من السابقة ظاهرا .

- ثبت البانديج بـ clip أو لاصق (tape)

Noun 1.

circular bandage – Bandage turn overlapping previous turn completely.

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Noun 2.



spiral bandage - an oblique bandage in which successive turns overlap preceding turns

oblique bandage - a bandage in which successive turns proceed obliquely up or down a limb

Noun 3.

spiral reverse bandage – turn requiring twist of bandage (reversal) halfway through each turn.

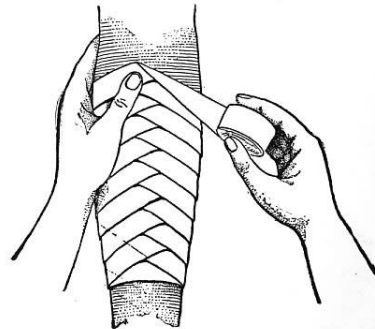
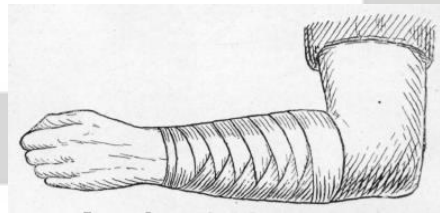


Figure 7.

Noun 4.



Figure-eight turns – oblique overlapping turns alternately ascending and descending over bandage apart; each turn crossing previous one to form figure eight.

Nursing diagnosis:

- ❖ Acute pain.
- ❖ Chronic pain.
- ❖ Impaired tissue integrity.
- ❖ Impaired physical mobility.

❖ Deficit knowledge regarding bandage application.

Documentation:

Date & time	Note	Signature
2/12/2009 10.25 am	Spiral bandaging was done for Pt. after trauma, complete tissue integrity, no discoloration, no numbness, no swelling or hotness, adequacy of circulation, Pt. is comfort, no pain	Name J.U.S.T

ابتسم فالوآآن الحياة بين يديك :"
بالتوفيق ان شاء الله

لجنة التمريض فكرة تحيا على نبض قلوبكم

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