Moist Dressing's and Wound Care

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Clinical Question???

In hospitalized patients, how does the use of moist dressings on partially and fully thick wounds affect the healing process

Introduction

What is a wound?

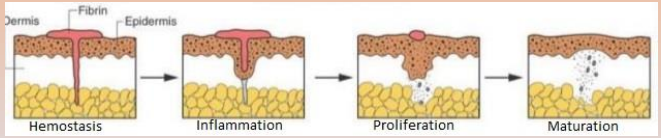
Definition of wound: a wound occurs when the integrit of a tissue is compromised by any means.

Moist dressings allow for the wound to move through the four stages of wound healing more quickly.

The phases of wound healing are:

- **Hemostasis**: vascular reconstruction and thrombus formation
- **Inflammation**: infiltration of neutrophils, monocytes and leukocytes, monocytes differentiate into macrophages
- **Proliferation**: infiltration of neutrophils, monocytes and leukocytes, monocytes differentiate into macrophages
- **Remodelling**: collagen remodelling and vascular maturation and regression

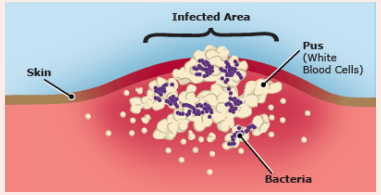
(Lewis, Barry, Goldsworth & Goodridge, 2014)



full thickness wound: damage to the subcutaneous layer, may include muscle or bone exposure

Partial thickness wound: damage through the epidermis layer and into the dermis but not through the dermis layer (Rippon, Davies & White, 2012)

Applications to Practice

Pro's of Wet Dressings	Why it's Good	Implication to Practice
Increase in healing rate through autolysis 	Wet dressings enhance spontaneous autolysis and create the proper environment for debridement by phagocytic cells, aiding in the formation of granulation tissue.	Autolytic debridement can be performed by means of moist dressings, such as hydrogels and hydrocolloids. They increase the moisture within the wound, which makes the gel effective in enhancing debridement by activating the de-sloughing process and removing devitalized tissue in dry necrotic wounds
Decreased risk of infection  	Autolytic debridement increases the speed of wound healing, thus reducing the risk of infection When the wound bed is moist, polymorphonuclear (PMN) leucocytes are able to infiltrate the wound and help defend the host from infection; in a dry wound this does not happen	-Reduced costs through reduced prescribing of antibiotics, analgesia, and use of expensive dressings -Reduced infection rates, therefore less need for patient isolation Improved quality of life due to less pain, trauma and stress -Reduced infection and less need for antibiotics or analgesia, therefore less side-effects of medication - Shorter stay in a healthcare facility
Less trauma on wound bed 	Moist dressings are more conformable to wound then dry dressings, which promotes healing newly-formed tissue may become incorporated into the structure of the wound dressing. the early provisional wound matrix and granulation tissue are fragile and prone to trauma, increasing risk of trauma in dry dressed wounds. (Slater, 2008)	- tissue disturbance and trauma occurs during the removal of dressings that become adherent to wounds, which cause a high level of pain in patients during dressing changes, removal of these dried dressings from wounds is considered to be one of the most painful procedures in wound care. - (Benbow, 2008)

Common Moist Dressings

Alginate

Hydrofiber

Hydrogel

Hydrochloride

Foam

(ATI, 2017)

Conclusion

The accelerated healing process moist dressing provides leads to fewer complications, shorter hospital stays and a reduced cost of care. therefore the research toward ensuring best practice recommends the use of moist dressing for partial and full thickness wounds

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