

Introduction to Bandaging and Wound Care Curriculum



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2709 Mondovi Road
Eau Claire, WI 54701 USA
800.830.1416
+1.715.830.2040
www.realityworks.com

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About the Author



Kasey Carlson has been a Registered Nurse for 17 years. She holds a Master's degree in Nursing Education from the University of Wisconsin – Eau Claire and has been teaching associate degree nursing for over 11 years. She also has a second Master's degree in Learning Design and Technology from San Diego State University. Ms. Carlson specializes in healthcare simulation curriculum design.

Introduction to Bandaging and Wound Care Curriculum

This curriculum and accompanying injection training tool will help students learn about common bandaging, dressing and wound care techniques.

Curriculum Structure

The *Introduction to Bandaging and Wound Care* curriculum is composed of the following parts. Approximate times are included.

Lesson	Title	Approximate Time
One	FOCUS: Part 1 – Developing Awareness of Patient-Focused Care	10 minutes
One	FOCUS: Part 2 – Anatomy (Identifying Layers of Skin)	10 minutes
One	LEARN: Introduction to Bandaging and Dressing Slide Presentation	20 minutes
One	REVIEW: Practice and Assessment of Wound Care	30 minutes
	Total	1-1½ hours

Lesson Structure

Each lesson begins with a Lesson Overview, Lesson Objectives and a Lesson at a Glance table which lists the lesson activities, materials required, suggested preparation steps and approximate class time.

Lesson Sections

The actual lesson follows the overview, which will contain the sections described below.

FOCUS

Every lesson begins with a FOCUS activity intended to capture participants' attention. This may be in the form of a small or large class discussion, a game, a review of previous lesson information, or a demonstration. During this activity, participants are introduced to the topic of the lesson.

LEARN

The LEARN activity in each lesson varies in its presentation mode. It may be a slide presentation, group activity, or demonstration.

REVIEW

The majority of lessons end with a REVIEW activity intended to briefly review the lesson's key messages or main points.

Lesson One – Introduction to Bandaging and Wound Care

Lesson Overview

In this lesson, students will learn about the bandaging techniques, dressing changes and wound care.

Pre-Lesson Knowledge

- Integumentary anatomy

Lesson Objectives

After completing this lesson, participants will be able to:

- Demonstrate basic dressing changes
- Demonstrate basic wound care procedures
- Demonstrate a variety of bandaging techniques

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS: Part 1	• <i>Introduction to Bandaging and Wound Care Scenario (Focus on Empathy) worksheet</i> • <i>Introduction to Bandaging and Wound Care Scenario (Focus on Empathy) Instructor Resource</i>	1. Print/photocopy <i>Introduction to Bandaging and Wound Care Scenario (Focus on Empathy) worksheet</i> (one per participant)	10 minutes
FOCUS: Part 2	• <i>Introduction to Bandaging and Wound Care (Focus on Anatomy) worksheet</i> • <i>Introduction to Bandaging and Wound Care (Focus on Anatomy) Instructor Resource</i>	1. Print/photocopy <i>Introduction to Bandaging and Wound Care (Focus on Anatomy) worksheet</i> (one per participant)	10 minutes
LEARN	• <i>Introduction to Bandaging and Dressing slide presentation</i> • <i>Bandaging and Wound Care simulator</i>	1. Prepare <i>Introduction to Bandaging and Dressing slide presentation</i> for viewing	20 minutes
REVIEW	• <i>Introduction to Changing a Dry Sterile Dressing Check-Off (Instructor Resource)</i> • <i>Introduction to Changing a Dry Sterile Dressing Check-Off worksheet</i> • <i>Introduction to Changing a Wound Dressing Check-Off (Instructor Resource)</i> • <i>Introduction to Changing a Wound Dressing Check-Off worksheet</i> • <i>Introduction to Caring for a Wound with a Drain Check-Off (Instructor Resource)</i> • <i>Introduction to Caring for a Wound with a Drain Check-Off worksheet</i> • <i>Bandaging and Wound Care simulator</i> • <i>Introduction to Bandaging and Wound Care Quiz</i> • <i>Introduction to Bandaging and Wound Care Quiz - Answer Key</i>	1. Print/photocopy (one per participant): • <i>Introduction to Changing a Dry Sterile Dressing Check-Off worksheet</i> • <i>Introduction to Changing a Wound Dressing Check-Off worksheet</i> • <i>Introduction to Caring for a Wound with a Drain Check-Off worksheet</i> • <i>Bandaging and Wound Care simulator</i> • <i>Introduction to Bandaging and Wound Care Quiz</i> 2. Get the supplies ready for the lesson	30 minutes

Introduction to Bandaging and Wound Care Curriculum

	Supplies: • Sterile gloves • Clean gloves • Mask • Gown • Disposal receptacle for used dressings • Dressing supplies, as needed • Micropore tape • Sterile normal saline, optional • Package sterile cotton swabs, or 4 x 4 pads • Bath blanket or sheet • Sterile, prepackaged dressing(s) as needed • Tape, micropore, paper, or Montgomery tie-tapes • Sterile normal saline irrigation solution or commercially prepared cleansing spray • Wound culture media, as needed • Plastic bag • Emesis basin • Sterile cotton applicators • Sterile safety pin • ABD dressings • Gauze pads • Sterile scissors • Cleansing solution		
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Instructor Note: For Focus and Review activities, the instructor may choose to have students complete both or one of the two activities. Focus activities may also be completed prior to class. Instructor demonstration is encouraged.

Lesson One – Introduction to Bandaging and Wound Care

FOCUS: Part 1 – Developing Awareness of Patient-Focused Care

20 minutes

Purpose:

To help students develop an awareness of patient-focused care.

Materials:

- *Introduction to Wound Care Scenario (Focus on Empathy) worksheet*
- *Introduction to Wound Care Scenario (Focus on Empathy) Instructor Resource*

Facilitation Steps:

1. Give each student the *Introduction to Wound Care Scenario (Focus on Empathy) worksheet*.
2. Have students work individually to read through the scenario and answer the reflection questions.
3. Pair students up and have them share their thoughts to the reflection questions.
4. As a class, call on volunteers to share their thoughts on the reflection questions. Suggested answers and additional activities are listed on the *Introduction to Wound Care Scenario (Focus on Empathy) Instructor Resource*.

Name: _____ Class: _____

Introduction to Wound Care Scenario (Focus on Empathy)

READ the following scenario:

Ms. Johnson is a pleasant 82-year-old female who was just admitted to the hospital due to a wound on her coccyx area. She lives alone in a house she has had for 55 years. Her husband passed last year and the only company she has is her beloved cat named, Lucy. Due to past medical conditions, she has difficulty moving. She spends most of her time in bed watching television or knitting. She states her “bottom has been sore for a long time” and she props herself up with pillows. Lately, the pain increased and she noticed bloody sheets where she had been laying. She just wants someone to bandage it so she can get back home.

The health care provider has diagnosed her with a stage III pressure injury - a deep crater with full thickness skin loss and moderate drainage. Treatment will take several weeks. Due to the severity of the wound and her limited mobility, the provider feels she should not return home and be admitted to a long term care facility instead. The provider asks you to discuss this new living arrangement with her.

REFLECT on the situation:

- How do you feel about discussing moving to a long term care facility with Ms. Johnson?
- How do you think Ms. Johnson will feel about not returning home? Why?
- What do you think may happen if she does return home?

SHARE your thoughts with a peer:

Introduction to Wound Care Scenario (Focus on Empathy) Instructor Resource

READ the following scenario:

Ms. Johnson is a pleasant 82-year-old female who was just admitted to the hospital due to a wound on her coccyx area. She lives alone in a house she has had for 55 years. Her husband passed last year and the only company she has is her beloved cat named, Lucy. Due to past medical conditions, she has difficulty moving. She spends most of her time in bed watching television or knitting. She states her “bottom has been sore for a long time” and she props herself up with pillows. Lately, the pain increased and she noticed bloody sheets where she had been laying. She just wants someone to bandage it so she can get back home.

The health care provider has diagnosed her with a stage III pressure injury - a deep crater with full thickness skin loss and moderate drainage. Treatment will take several weeks. Due to the severity of the wound and her limited mobility, the provider feels she should not return home and be admitted to a long term care facility instead. The provider asks you to discuss this new living arrangement with her.

REFLECT on the situation:

- How do you feel about discussing moving to a long term care facility with Ms. Johnson?
- How do you think Ms. Johnson will feel about not returning home? Why?
- What do you think may happen if she does return home?

SHARE your thoughts with a peer:

- *Validate that this is a hard conversation to have with a patient. It is important to think about what and how you are going to discuss the topic before entering the room. Be ready to listen to the patient’s concerns and comfort if needed.*
- *Ms. Johnson most likely will be upset. By moving, she will leave memories of her life and need to find a home for her cat. It is essential to discuss her reasons to stay at home as well as discuss her current medical needs.*
 - *You may split the class in half. One side represents Ms. Johnson’s feelings and the other side represents the health care provider’s feelings.*
- *If she returns home, she has a high risk of infection, pain, increased mobility problems, self-care issues and non-healing of the wound.*

Lesson One – Introduction to Bandaging and Wound Care

FOCUS: Part 2 – Anatomy (Identifying Layers of Skin)

20 minutes

Purpose:

To help students learn to identify layers of the skin.

Materials:

- *Introduction to Bandaging and Wound Care (Focus on Anatomy) worksheet*
- *Introduction to Bandaging and Wound Care (Focus on Anatomy) Instructor Resource*

Facilitation Steps:

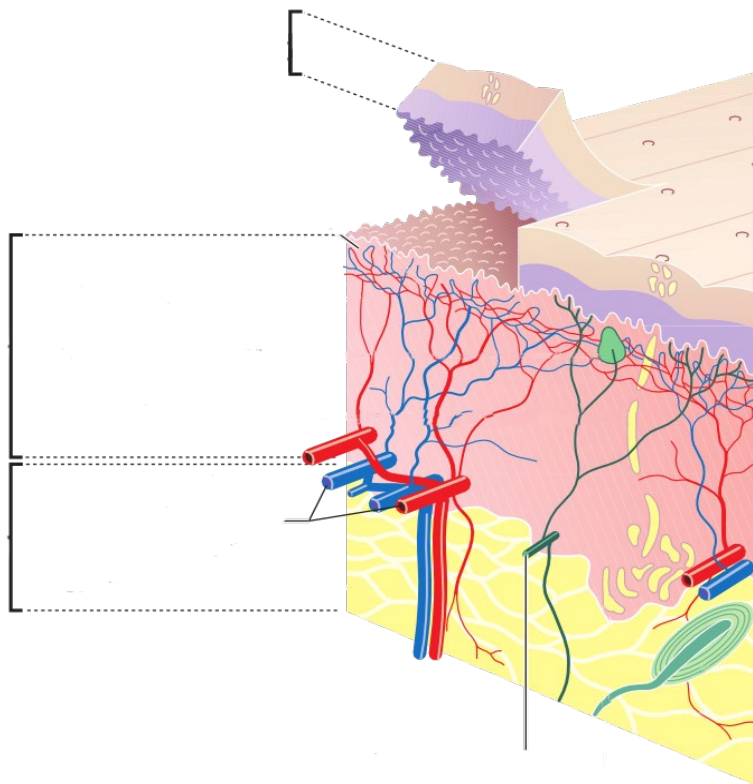
1. Distribute the *Introduction to Bandaging and Wound Care (Focus on Anatomy) worksheets* prior to or at the start of the class.
2. Have the *Introduction to Bandaging and Wound Care (Focus on Anatomy) Instructor Resource* available for the teacher.
3. Have students read through the information and complete the worksheet.
4. Have students pair up upon completion and share answers.

Name: _____ Class: _____

Introduction to Bandaging and Wound Care (Focus on Anatomy)

Below is a diagram of the layers of the skin. Label the diagram with the words listed and answer the questions below.

1. Subcutaneous fat
2. Blood vessels
3. Nerve fibers
4. Epidermis
5. Dermis



1. What is the dermis?
2. What is the epidermis?
3. What does subcutaneous mean?

Modified work.

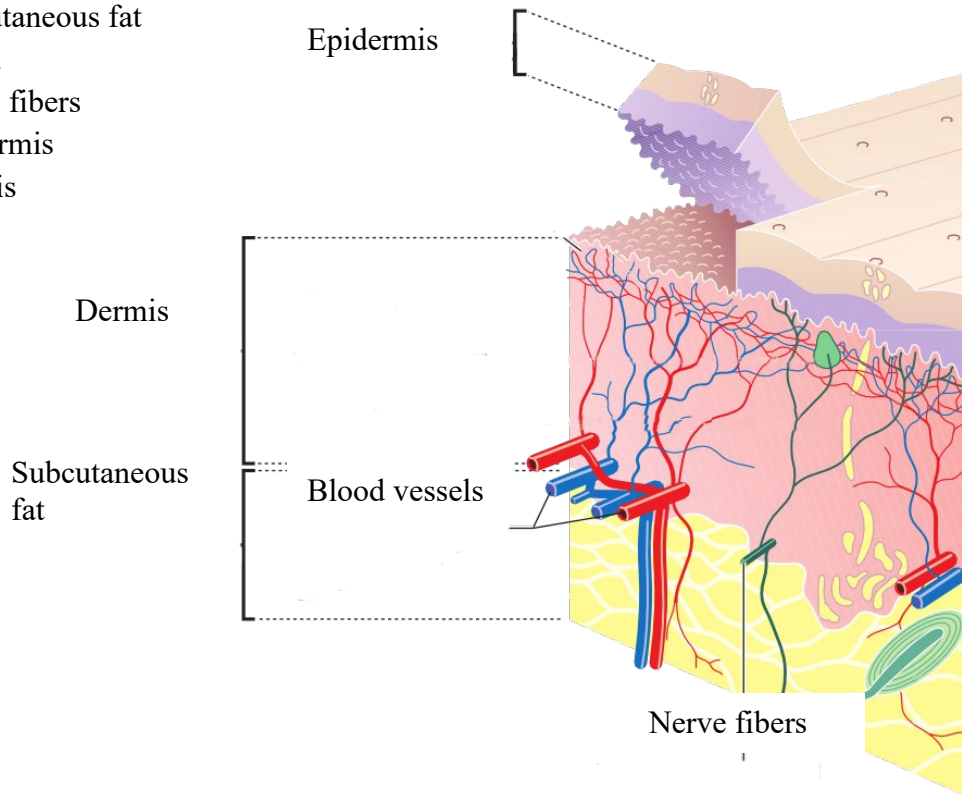
By Madhero88 (Own work) [CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons(https://commons.wikimedia.org/wiki/File%3ASkin_layers.png)

Medicine-Net (2019). Dictionary. Retrieved from <https://www.medicinenet.com>.

Introduction to Bandaging and Wound Care (Focus on Anatomy) Instructor Resource

Below is a diagram of the layers of the skin. Label the diagram with the words listed and answer the questions below.

1. Subcutaneous fat
2. Blood
3. Nerve fibers
4. Epidermis
5. Dermis



1. What is the dermis?
The lower or inner layer of the two main layers of cells that make up the skin. The dermis contains blood vessels, lymph vessels, hair follicles, and glands that produce sweat, which helps regulate body temperature.
2. What is the epidermis?
The outer non-sensitive and nonvascular layer of the skin that overlies the dermis
3. What does subcutaneous mean?
Under the skin

Modified work.

By Madhero88 (Own work) [CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons(https://commons.wikimedia.org/wiki/File%3ASkin_layers.png)

Medicine-Net (2019). Dictionary. Retrieved from <https://www.medicinenet.com>.

Lesson One – Introduction to Bandaging and Wound Care

LEARN: Bandaging Slide Presentation

20 minutes

Purpose:

Participants will receive a thorough introduction to dressing changes, bandaging techniques and wound care.

Materials:

- *Introduction to Bandaging and Wound Care* slide presentation
- Bandaging and Wound Care simulator

Facilitation Steps:

1. Share the following information with students as you show the slide presentation.

Slide 1: Introduction Slide

Slide 2: Here are the definitions of bandages and dressings as found in the Merriam Webster dictionary.

A dressing is a sterile pad or compress applied to a wound to promote healing and protect the wound from further harm. A dressing is designed to be in direct contact with the wound, as distinguished from a bandage, which is most often used to hold a dressing in place.

Slide 3: A dressing, whether a pad or compress applied to a wound, is used to promote healing and protect the wound from further harm.

A dressing is designed to be in direct contact with the wound, as distinguished from a bandage, which is most often used to hold a dressing in place. A bandage never touches the wound directly.

Slide 4: In addition to holding dressings in place, bandages:

1. Apply extra pressure to help stem bleedings when used with dressings
2. Immobilize a part and hold things like splints in place and
3. Support an injured area

Slide 5: While there are many different types of bandages, here are some of the most common.

Note to instructor: If you have examples of these types or others, pass them around and share with students.

Adhesive: This bandage is a small medical dressing used for injuries not serious enough to require a full-size bandage. The adhesive bandage protects the wound and scab from friction, bacteria, damage, and dirt. Thus, the healing process of the body is less disturbed.

Liquid: This type is a topical skin treatment for minor sores and cuts. These are mixtures of chemicals which create a polymeric layer which binds to the skin. This protects the wound by keeping dirt and germs out, and keeping moisture in.

Gauze: Sterile gauze pads and gauze rolls are readily available in multiple sizes. Gauze has the added advantage of holding the dressing of the wound firmly in place, no matter what part of the body it is applied to. They are used for abrasions, lacerations and open wounds.

Compression: These bandages are often used for the compression part of RICE (rest, ice, compression and elevation) which is considered the gold standard of first aid treatment for bruises and sprains. It provides gentle pressure to reduce swelling. An example of compressions bandages is Ace wraps.

Triangular: The triangular bandage has several uses. It can be used as an arm sling for immobilizing an injured arm. Besides, by folding the triangular bandage at least twice, it makes a perfect bandage for immobilizing the joint in case of a sprained ankle.

Tubular: Tubular bandages are used on fingers and toes because those areas are difficult to bandage with gauze. They can also be used to keep dressings in place on parts of the body with lots of movement, such as the elbow or knee.

Introduction to Bandaging and Wound Care

Here are a few examples of common bandaging techniques:

Slide 6: Circular Bandaging

Slide 7: Figure-of-eight bandaging

Slide 8: Spiral wrap

Slide 9: Recurrent bandage

Slide 10: Reverse spiral wrap

Slide 11: Proper residual limb bandaging fosters shaping and molding for eventual prosthesis fitting. Two elastic wraps are required for this figure-eight style technique.

Instructor Note: Practice this on the simulator on the right thigh amputation stump. Instructors may wish to demonstrate first and then allow students independent practice time with the simulator.

Slide 12: End of presentation

Lesson One – Introduction to Bandaging and Wound Care

REVIEW: Practice and Assessment of Wound Care

30 minutes

Purpose:

Participants will practice three bandaging and wound care procedures on models and then complete a quiz to assess mastery.

Materials:

1. *Introduction to Changing a Dry Sterile Dressing Check-Off (Instructor Resource)*
2. *Introduction to Changing a Dry Sterile Dressing Check-Off worksheet*
3. *Introduction to Changing a Wound Dressing Check-Off (Instructor Resource)*
4. *Introduction to Changing a Wound Dressing Check-Off worksheet*
5. *Introduction to Caring for a Wound with a Drain Check-Off (Instructor Resource)*
6. *Introduction to Caring for a Wound with a Drain Check-Off worksheet*
7. Bandaging and Wound Care simulator
8. *Introduction to Bandaging and Wound Care Quiz*
9. *Introduction to Bandaging and Wound Care Quiz – Answer Key*

Supplies:

- Sterile gloves
- Clean gloves
- Mask
- Gown
- Disposal receptacle for used dressings
- Dressing supplies, as needed
- Micropore tape
- Sterile normal saline, optional
- Package sterile cotton swabs, or 4 x 4 pads
- Bath blanket or sheet
- Sterile, prepackaged dressing(s) as needed
- Tape, micropore, paper, or Montgomery tie tapes
- Sterile normal saline irrigation solution or commercially prepared cleansing spray

- Wound culture media, as needed
- Plastic bag
- Emesis basin
- Sterile cotton applicators
- Sterile safety pin
- ABD dressings
- Gauze pads
- Sterile scissors
- Cleansing solution

Facilitation Steps:

1. Give students the following handouts:
 - *Introduction to Changing a Dry Sterile Dressing Check-Off worksheet*
 - *Introduction to Changing a Wound Dressing Check-Off worksheet*
 - *Introduction to Caring for a Wound with a Drain Check-Off worksheet*
2. Access the three instructor resource pages. Following the steps on each of the check-off pages, demonstrate each of the procedures: Changing a Dry, Sterile Dressing, Changing a Wound Dressing, and Caring for a Wound with a Drain on the simulator.
3. Have students practice each of these procedures by following the steps on their *Check-Off* worksheets on a model, task trainer or simulator.
4. Hand out the *Introduction to Bandaging and Wound Care Quiz* to students. Give them a couple of minutes to complete it.
5. Have students self-check or peer check their answers as you share them from the *Introduction to Bandaging and Wound Care Quiz – Answer Key*.

Introduction to Changing a Dry Sterile Dressing Check-Off (Instructor Resource)

PREPARATION:

Supplies:

- Sterile gloves
- Clean gloves
- Mask
- Gown
- Disposal receptacle for used dressings
- Dressing supplies, as needed
- Micropore tape
- Sterile normal saline, optional
- Package sterile cotton swabs, or 4 x 4 pads
- Bath blanket or sheet

Optional: Evaluate the student's ability to change a dry, sterile dressing using the check-off. May score via points or satisfactory/unsatisfactory.

After the demonstration, have students practice changing a dry sterile dressing on the model using the following steps:

Introduction to Bandaging and Wound Care

1.	Follow the appropriate preparation steps.	
2.	Don clean gloves.	
3.	Remove the tape slowly by pulling it toward the wound.	
4.	Remove the soiled dressings and dispose of them in the proper receptacle.	
5.	Assess the color of the incision.	
6.	Remove clean gloves and discard.	
7.	Move overbed table next to the working area.	
8.	Don sterile gloves.	
9.	Cleanse the incision area with sterile swabs or 4 x 4 pads soaked in normal saline, according to facility policy. Cleanse from the incision line outward, cleaning from top to bottom using each swab only once. Discard swabs or 4 x 4 pads in a disposal bag.	
10.	Place 4 x 4 gauze pads over incision area, being careful not to touch incision or client with your gloves.	
11.	Place the abdominal pad over the incision, being careful not to contaminate the gloves.	
12.	Remove gloves and discard.	
13.	Tape the dressing securely.	
14.	Discard trash in the appropriate receptacle.	
15.	Lower the bed and raise side rails. Position client for comfort.	
16.	Perform hand hygiene.	
	Score	

Introduction to Dry Sterile Dressing

Changes Check-Off

Practice changing a dry sterile dressing on the model using the following steps:

1.	Follow the appropriate preparation steps.
2.	Don clean gloves.
3.	Remove the tape slowly by pulling it toward the wound.
4.	Remove the soiled dressings and dispose of them in the proper receptacle.
5.	Assess the color of the incision.
6.	Remove clean gloves and discard.
7.	Move overbed table next to the working area.
8.	Don sterile gloves.
9.	Cleanse the incision area with sterile swabs or 4 x 4 pads soaked in normal saline, according to facility policy. Cleanse from the incision line outward, cleaning from top to bottom using each swab only once. Discard swabs or 4 x 4 pads in a disposal bag.
10.	Place 4 x 4 gauze pads over incision area, being careful not to touch incision or client with your gloves.
11.	Place the abdominal pad over the incision, being careful not to contaminate the gloves.
12.	Remove gloves and discard.
13.	Tape the dressing securely.
14.	Discard trash in the appropriate receptacle.
15.	Lower the bed and raise side rails. Position client for comfort.
16.	Perform hand hygiene.

Introduction to Changing a Wound Dressing Check-Off (Instructor Resource)

PREPARATION:

Supplies:

- Sterile, prepackaged dressing(s) as needed
- Tape, micropore, paper, or Montgomery tie tapes
- Clean gloves
- Sterile gloves
- Sterile normal saline irrigation solution or commercially prepared cleansing spray
- Wound culture media, as needed
- Plastic bag
- Bath blanket or sheet
- Emesis basin

Optional: Evaluate the student's ability to change a wound dressing using the check-off. May score via points or satisfactory/unsatisfactory.

After the demonstration, have students practice changing a wound dressing on the model using the following steps:

Introduction to Bandaging and Wound Care

1.	Complete a wound assessment following appropriate steps.	
2.	Follow the appropriate preparation steps.	
3.	Remove the tape slowly by pulling it toward the wound.	
4.	Don clean gloves.	
5.	Remove the soiled dressings and dispose of them in a bag.	
6.	Obtain a wound specimen for cultures if ordered.	
7.	Remove clean gloves and discard into a plastic bag.	
8.	Bring the overbed table close to the working area.	
9.	Open sterile saline solution or commercially prepared cleansing spray and pour over the wound. Place the emesis basin next to the skin surface to catch the overflow.	
10.	Don sterile gloves.	
11.	Form a ball with gauze pads by tucking all four corners together. Use the center of gauze pads to cleanse the wound.	
12.	Cleanse the wound. Always start at the cleanest area and work away from it. Never return to a previously cleaned area. Usually, start at the top of the wound and work toward bottom.	
13.	Assess the wound, measure, identify the type and determine whether signs of infection are present.	
	Score	

Introduction to Wound Dressing Changes Check-Off

Practice changing a wound dressing on the model using the following steps:

1.	Complete a wound assessment following appropriate steps.
2.	Follow the appropriate preparation steps.
3.	Remove the tape slowly by pulling it toward the wound.
4.	Don clean gloves.
5.	Remove the soiled dressings and dispose of them in a bag.
6.	Obtain a wound specimen for cultures if ordered.
7.	Remove clean gloves and discard into a plastic bag.
8.	Bring the overbed table close to the working area.
9.	Open sterile saline solution or commercially prepared cleansing spray and pour over the wound. Place the emesis basin next to the skin surface to catch the overflow.
10.	Don sterile gloves.
11.	Form a ball with gauze pads by tucking all four corners together. Use the center of gauze pads to cleanse the wound.
12.	Cleanse the wound. Always start at the cleanest area and work away from it. Never return to a previously cleaned area. Usually, start at the top of the wound and work toward bottom.
13.	Assess the wound, measure, identify the type and determine whether signs of infection are present.

Introduction to Caring for a Wound with a Drain Check-Off (Instructor Resource)

PREPARATION:

Supplies:

- Sterile, prepackaged dressing(s) as needed
- Tape, micropore, paper, or Montgomery tie tapes
- Clean gloves
- Sterile gloves
- Sterile normal saline irrigation solution or commercially prepared cleansing spray
- Wound culture media, as needed
- Plastic bag
- Bath blanket or sheet
- Emesis basin
- Sterile cotton applicators
- Sterile safety pin
- ABD dressings
- Gauze pads
- Sterile scissors
- Sterile gloves
- Clean gloves
- Cleansing solution

Optional: Evaluate the student's ability to care for a wound with a drain using the check-off. May score via points or satisfactory/unsatisfactory.

After the demonstration, have students practice caring for a wound with a drain on the model using the following steps:

Introduction to Bandaging and Wound Care

1.	Follow the appropriate preparation steps.	
2.	Remove the tape from the client's skin by pulling it toward the incision.	
3.	Don clean gloves.	
4.	Remove the soiled dressing.	
5.	Discard the gloves and dressings into a plastic bag.	
6.	Observe the wound closely for signs of an infection or healing. Don sterile gloves.	
7.	If the pin on the Penrose drain is crusted, replace it with a sterile pin. Be careful not to dislodge the drain or suction tubing.	
8.	Using cotton applicators or gauze pads, cleanse the drain site with cleansing solution then saline.	
9.	Start cleansing at the drain site, moving in a circular motion toward the periphery, unless using chlorhexidine swab; with that use back and forth motion. Clean the drain site, using a circular motion from the inside to the periphery of the wound. Place a precut sterile 4 x 4 gauze dressing around the drain site to prevent skin excoriation. Hold the drain erect while cleaning around it.	
10.	Dry the surrounding skin with a gauze swab.	
11.	Discard the applicators in a plastic bag.	
12.	Advance the drain if ordered. Using a sterile forceps, pull the drain out of the wound the ordered number of centimeters. Reposition the safety pin so that it is at the level of the skin. Cut off the excess tubing with sterile scissors. Leave at least 5 cm of tubing on the outside.	
13.	Place several 4 x 4 dressings around the drain.	
14.	Apply a gauze pad with a precut slit under the drain site.	
15.	Apply dry sterile gauze pads over the drain.	
16.	Apply ABD pads over sterile gauze.	
17.	Remove gloves and dispose of them in a refuse bag.	
18.	Tape the dressing or retire the Montgomery straps. (tie tapes)	
19.	Remove the bag with the soiled dressing from the room.	
20.	Perform hand hygiene.	
21.	Position the client for comfort.	
22.	Lower the bed and raise the side rail.	
	Score	

Introduction to Caring for a Wound with a Drain Check-Off

Practice caring for a wound with a drain on the model using the following steps:

1.	Follow the appropriate preparation steps.
2.	Remove the tape from the client's skin by pulling it toward the incision.
3.	Don clean gloves.
4.	Remove the soiled dressing.
5.	Discard the gloves and dressings into a plastic bag.
6.	Observe the wound closely for signs of an infection or healing. Don sterile gloves.
7.	If the pin on the Penrose drain is crusted, replace it with a sterile pin. Be careful not to dislodge the drain or suction tubing.
8.	Using cotton applicators or gauze pads, cleanse the drain site with cleansing solution then saline.
9.	Start cleansing at the drain site, moving in a circular motion toward the periphery, unless using chlorhexidine swab; with that use back and forth motion. Clean the drain site, using a circular motion from the inside to the periphery of the wound. Place a pre-cut sterile 4 x 4 gauze dressing around the drain site to prevent skin excoriation. Hold the drain erect while cleaning around it.
10.	Dry the surrounding skin with a gauze swab.
11.	Discard the applicators in a plastic bag.
12.	Advance the drain if ordered. Using a sterile forceps, pull the drain out of the wound the ordered number of centimeters. Reposition the safety pin so that it is at the level of the skin. Cut off the excess tubing with sterile scissors. Leave at least 5 cm of tubing on the outside.
13.	Place several 4 x 4 dressings around the drain.
14.	Apply a gauze pad with a precut slit under the drain site.
15.	Apply dry sterile gauze pads over the drain.
16.	Apply ABD pads over sterile gauze.
17.	Remove gloves and dispose of them in a refuse bag.
18.	Tape the dressing or retire the Montgomery straps. (tie tapes)
19.	Remove the bag with the soiled dressing from the room.
20.	Perform hand hygiene.
21.	Position the client for comfort.
22.	Lower the bed and raise the side rail.

Name: _____

Class: _____

Introduction to Bandaging and Wound Care Quiz

Answer the following questions:

1. What are three layers of the skin?

- a. _____
- b. _____
- c. _____

2. Choose True or False for each statement.

T F A bandage is applied directly to a wound.

T F A dressing is applied directly to a wound.

3. Name three functions that bandages perform.

- a. _____
- b. _____
- c. _____

4. Match the type of damage to the correct description.

- | | |
|-------------|----------------|
| a. Adhesive | d. Compression |
| b. Liquid | e. Triangular |
| c. Gauze | f. Tubular |

- _____ Used on fingers and toes
- _____ A small medical dressing
- _____ Used for abrasions, lacerations and open wounds
- _____ Topical skin treatment for minor sores and cuts
- _____ Often used for an arm sling to immobilize the arm
- _____ Provides gentle pressure to reduce swelling

5. Identify three common bandaging techniques.

- a. _____
- b. _____
- c. _____

Introduction to Bandaging and Wound Care Quiz - Answer Key

1. What are three layers of the skin?
 - a. **Dermis**
 - b. **Epidermis**
 - c. **Subcutaneous fat**
2. Choose True or False for each statement.
T **F** A bandage is applied directly to a wound.
T F A dressing is applied directly to a wound.
3. Name three functions that bandages perform. *(answers will vary)*
 - a. **Hold dressings in place**
 - b. **Apply extra pressure to stem bleeding**
 - c. **Immobilize a part or support an injured area**
4. Match the type of damage to the correct description.

a. Adhesive	d. Compression
b. Liquid	e. Triangular
c. Gauze	f. Tubular

f	Used on fingers and toes
a	A small medical dressing
c	Used for abrasions, lacerations and open wounds
b	Topical skin treatment for minor sores and cuts
e	Often used for an arm sling to immobilize the arm
d	Provides gentle pressure to reduce swelling
5. Identify three common bandaging techniques. *(answers will vary)*
 - a. **Circular**
 - b. **Figure-of-eight**
 - c. **Spiral wrap**
Recurrent bandage
Reverse spiral wrap

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