

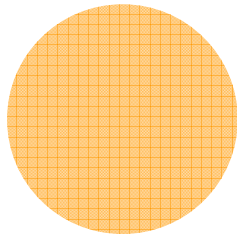
**Newsletter**  
August 2009 Volume 1, Issue 3

Project Team Contact: Kathy Finlayson (07) 3138 6105

## Project News

### Special Interest Articles:

- Making a Skin Care Champion
- Nutrition and Hydration



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The QUT project staff  
From L: Michelle, Kathy, Helen, Bob and Christina

Welcome to the third issue of *Promoting Healthy Skin*.

We have certainly been busy since our second newsletter - we've started the Stage 1 Implementation visits and even completed some Stage 2 visits.

Michelle and Christina have completed the first implementation visits to Blue Care Yurana Springwood, Crowley Nursing Home and Hostel, Ballina and Avalon Blue Care, Emerald. They have also completed stage 2 visits to Yurana and Crowley and are visiting Avalon in the last week of August.

The next wave of stage 1 visits will start at the end of September and all stage 1 and stage 2 visits will be completed before Christmas.

We sincerely thank the staff for

giving up their precious time in helping us complete these visits.

The information gathered from these visits is very helpful. Kathy and other team members are busy analysing the survey results as well as the interview and education feedback.

The other major activity underway at the moment is the preparation of education material for CSIs, residents, carers and allied health professionals. Kathy and Michelle have been busy putting together a comprehensive suite of skin and wound care brochures, guideline summaries and presentations.

The team has also been attending conferences. Congratulations to Christina who gave her first presentation at the QWCA conference in Brisbane.



## What makes a Skin Integrity Champion

The EBPRAC-CSI project is based on creating skin care champions in each of the partner facilities.

A champion has a special role - you want to make a difference to the lives of your work colleagues and most importantly to the residents. Champions for Skin Integrity are able to act as a point of contact and provide support for staff and residents with regard to skin and wound care.

Previous studies have reported that local Champions are a valuable resource in achieving successful implementation of evidence based practice with positive outcomes for staff and clients.<sup>1</sup>

Important roles of Champions include:

- ✦ Sharing and disseminating knowledge among colleagues and residents
- ✦ Searching and keeping an eye out for opportunities to promote and support evidence based practice
- ✦ Networking with health professionals re best practices<sup>2</sup>

*Thank you to all our Champions!*



<sup>1</sup>NHMRC 2000 How to put evidence into practice. Canberra: NHMRC.  
<sup>2</sup>Frantsve-Hawley. Meyer 2008 Evidence-Based Dental Practice 8:64-9



*Crowley project launch cake.*



*good hydration and well moisturized skin is important to reduce the risk of skin tears and breakdown*



## A Skin Care Story by Bob Jensen

I'm a typical bloke in his fifties. I grew up and worked under the harsh Queensland sun not giving two thoughts about my skin. My wife was always on my back about using soap-free body wash and a loofah. She even suggested that I should use moisturising cream. I wasn't interested in all that girlie stuff. I'm a cake of soap and washer man and had no intention of using body wash, and besides, what's a loofah, sounds like footwear.

That is until one day my 82 year old father-in-law turned up at our place with cuts and bruises all over his arms and legs. He looked like he had been in a scrum with a bunch of wild cats. He told me he had been gardening and it's just part of getting old. His dermatologist told him he should be using soap-free products for bathing and washing and moisturising cream on his skin. It got me thinking that maybe there is something to this skin care thing.

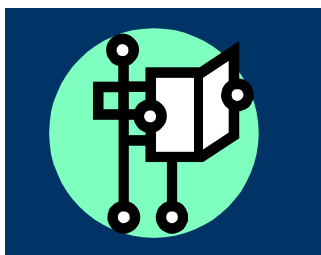
Around the same time I started work with the EBPRAC project. After the shock of seeing my first skin wound pictures, I thought I better start doing something quick. After many conversations with Michelle, Kathy and Helen I bought my first bottle of liquid body wash and moisturising cream. Being a cake of soap and washer man I couldn't get used to the liquid wash so bought my first cake of Dove. I didn't have time to put the moisturising cream all over my body so I put it on my high risk areas, my shins, my hands and arms. It's now a daily ritual.

I'm a new man, I don't use soap any more, I now use a beauty bar and I even use moisturising cream on my face after a shave. I'm so metro and my skin is so supple. Got to fly now, I'm late for my manicure and facial (only joking about the manicure). If you have a skin care story send it in to me [r.jensen@qut.edu.au](mailto:r.jensen@qut.edu.au)

## Caring for your skin

Caring for your skin can help prevent skin irritation, inflammation and wounds or skin tears. Experts recommend:

- ✿ Using a non-soap substitute for bathing e.g. body washes, foam cleansers
- ✿ Moisturising dry skin at least twice daily (smooth on the cream in the direction of body hair, don't rub)
- ✿ Avoiding prolonged contact of the skin with fluids e.g. dry skin thoroughly after washing (pat skin dry, don't rub)
- ✿ Avoiding over-heating skin or letting skin on arms and legs get cold
- ✿ Protecting fragile skin e.g. wear loose comfortable clothing with long sleeves & trousers
- ✿ Gentle exercise daily to encourage good circulation e.g. walking or ankle and foot exercises
- ✿ Good nutrition and hydration, with adequate water, calories, protein, carbohydrates, fats, vitamins and minerals



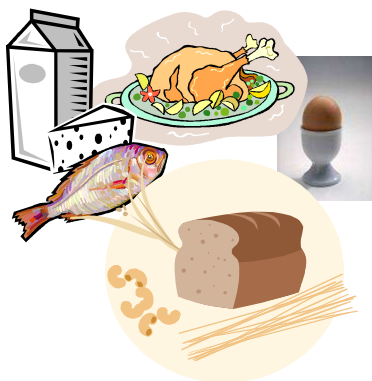
### Champions for Skin Integrity Project

Level 6 IHBI Building  
Queensland University of  
Technology  
60 Musk Ave  
Kelvin Grove 4059

Phone:  
(07) 3138 6105

E-Mail:  
k.finlayson@qut.edu.au

*Champions for Skin  
Integrity:  
making a difference.*



*Good sources of protein  
and zinc include red  
meat, seafood, poultry,  
dairy products, seeds &  
wholegrain cereals/bread*



## Nutrition and Hydration

In the 18<sup>th</sup> century the British Royal Navy realized that eating citrus fruits could prevent scurvy - and ever since, there has been an increasing awareness that good nutrition and hydration are important in both prevention and healing of wounds.

Wounds increase the body's need for energy and nutrients and without good nutrition, healing is often delayed.

Drinking plenty of fluids (6-8 glasses/day of fluid) to prevent dehydration is also important, as dehydrated skin is less elastic and more likely to tear or break down.

Nutrients which have been shown to be valuable in wound healing include protein, Vitamin A, Vitamin C and zinc. Good sources of these nutrients include:

- ✿ Meat, poultry, fish, seafood
- ✿ Dairy products
- ✿ Wholegrain cereals & breads
- ✿ Nuts, seeds, legumes
- ✿ Citrus fruits, berries, kiwifruit, rockmelon, paw paw, lychees, apricots, mango
- ✿ Capsicum, sweet potato, peas, broccoli, carrots, spinach, cauliflower, pumpkin, cabbage

## UPCOMING EVENTS

### Project Activities

- Teleconference with each RACF starting late August
- Wound Care Network Meetings
- Collation of Wound Care Survey data
- Up-coming Implementation Weeks
  - Masonic Care Cairns - week commencing 28<sup>th</sup> September
  - Jeta Gardens, Bethania - week commencing 12<sup>th</sup> October
  - Masonic Care Cooloola Coast - week commencing 26<sup>th</sup> October
  - Masonic Care Sandgate - week commencing 2<sup>nd</sup> November
- Skin Integrity Surveys (during Implementation weeks)
- Follow-up visits
  - Masonic Care Cairns - 18<sup>th</sup> & 19<sup>th</sup> November
  - Jeta Gardens, Bethania - 25<sup>th</sup> & 26<sup>th</sup> November

## Additional activities and items of interest

- **WoundPedia**  
The World Union of Wound Healing Societies hosts a valuable resource on their website - WoundPedia, which provides links to the latest evidence based guidelines and consensus statements. The site can be visited at [www.woundpedia.com](http://www.woundpedia.com)
- Preliminary information and the Call for Abstracts is now available for the 8th National **Australian Wound Management Association Conference** 'Journey into New Frontiers', 24th - 27th March 2010, Perth Convention Centre, WA <http://www.conlog.com.au/awma2010/>



## Where is the evidence?

Evidence based guidelines relating to wound management can be accessed from the following sites:

**Royal College of Nursing: UK** <http://www.rcn.org.uk/>

**National Guideline Clearinghouse** <http://www.guideline.gov/>

**National Institute for Health and Clinical Excellence (NICE)** <http://www.nice.org.uk/>

**Scottish Intercollegiate Guidelines Network (SIGN)** <http://www.sign.ac.uk/>

**Australasian Cochrane Centre - The Cochrane Library** <http://www.cochrane.org.au/library/>

**National Health Medical Research Council:**  
[http://www.nhmrc.gov.au/guidelines/health\\_guidelines.htm](http://www.nhmrc.gov.au/guidelines/health_guidelines.htm)

**The Joanna Briggs Institute** <http://www.joannabriggs.edu.au/about/home.php>

**JBI Connect:** (Clinical Online Network of Evidence for Care & Therapeutics)  
<http://www.jbiconnect.org/>

**Registered Nurses Association of Ontario** <http://www.rnao.org/>

**World Union of Wound Healing Societies Consensus Documents**

[http://www.wuwhs.org/general\\_publications.php](http://www.wuwhs.org/general_publications.php)

**EWMA Consensus Documents** <http://ewma.org/english/position-documents.html>

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