

Care CEUs

Wound Care: Prevention and Management

1. A 21-year-old male patient presents with a wound. According to the Basic Supportive Wound Care Algorithm, which of the following treatment steps should be step 3 in the patient's wound care?

- A. Identify the type of wound
 - B. Alleviate the mechanism of injury for identified wound type
 - C. Establish treatment plan and healing goal based on the wound bed color(s).
 - D. Evaluate 2-week healing goal
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2. Health care professionals should consider immediate referral for any foot or toe wound that presents with cellulitis, abscess, gangrene, or deep ulceration.

- A. True
 - B. False
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3. A 36-year-old patient presents with a pressure ulceration. According to the patient's type of wound, which of the following basic interventions may be most pertinent to the patient's wound care?

- A. Keep the wound warm
 - B. Maintain good glycemic control
 - C. Offload or limit pressure over the area around the ulcer (sitting and/or lying)
 - D. Prevent the patient from showering for 2 weeks
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4. Which of the following statements is most accurate?

- A. A 2-week healing goal for a wound that is mostly mixed colors should be a 5% reduction in yellow slough.
 - B. A 2-week healing goal for a wound that is mostly mixed colors should be a 10% reduction in yellow slough.
 - C. A 2-week healing goal for a wound that is mostly mixed colors should be a 15% reduction in yellow slough.
 - D. A 2-week healing goal for a wound that is mostly mixed colors should be a 25% reduction in yellow slough.
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5. What is the recommended frequency for Silvadene 1% cream (silver sulfadiazine)?

- A. Once per day
- B. 2- 3 times a day

- C. 4 times a day
 - D. 5 times a day
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6. A health care professional carries out a pallor elevation test on a patient. The health care professional observes pallor developing within 25 seconds. The results of the patient's pallor elevation test most likely indicates which of the following?

- A. No arterial disease
 - B. Mild arterial disease
 - C. Moderate arterial disease
 - D. Severe arterial disease
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7. For surgical wounds left open to heal by secondary intention, the surgeon will usually prescribe the desired therapy. If the surgeon does not prescribe therapy, then the Basic Supportive Wound Care Algorithm is appropriate for treatment.

- A. True
 - B. False
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8. Which of the following statements is most accurate?

- A. For most wounds, using saline-moistened gauze to provide moisture to the wound is appropriate for initial therapy.
 - B. For most wounds, using saline-moistened gauze to provide moisture to the wound is appropriate for secondary therapy.
 - C. For most wounds, using saline-moistened gauze to provide moisture to the wound is appropriate for secondary therapy in patients over the age of 65 years.
 - D. For most wounds, using saline-moistened gauze to provide moisture to the wound is not appropriate for therapy.
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9. In regards to a wound, if the provider believes that blood flow to the ulcerated area is adequate for healing, then removal of the necrotic tissue is not necessary for healing to begin to occur.

- A. True
 - B. False
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10. Which of the following statements is most accurate?

- A. If necrotic tissue is very wet, cross-hatching or removal of the “dry roof” by a qualified provider is strongly encouraged as soon as possible to allow for moisture or the collagenase to reach the moist soft underlying slough.
- B. If the necrotic tissue is very wet, cross-hatching or removal of the “dry roof” by a qualified provider is not strongly encouraged.
- C. If the necrotic tissue is dry, cross-hatching or removal of the “dry roof” by a qualified provider is strongly encouraged as soon as possible to allow for moisture or the collagenase to reach

the moist soft underlying slough.

D. If the necrotic tissue is dry, cross-hatching or removal of the “dry roof” by a qualified provider is not strongly encouraged.

11. A wound bed which is mostly red or pink tissue indicates the beginning of the inflammatory or clean-up stage of healing.

- A. True
 - B. False
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12. A health care professional has questions regarding the calculation of a healing goal. Which of the following informational points of interest should be communicated to the health care professional regarding the calculation of a healing goal?

- A. A healing goal may be calculated by using the following formula: $\text{healing goal} = 1 + (\text{current size}/\text{previous size}) = \% \text{ size reduction}$.
 - B. A healing goal may be calculated by using the following formula: $\text{healing goal} = 1 - (\text{current size}/\text{previous size}) = \% \text{ size reduction}$.
 - C. A healing goal may be calculated by using the following formula: $\text{healing goal} = 1 \times (\text{current size}/\text{previous size}) = \% \text{ size reduction}$.
 - D. A healing goal may be calculated by using the following formula: $\text{healing goal} = 1/(\text{current size}/\text{previous size}) = \% \text{ size reduction}$.
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13. Healing pressure ulcers are not progressively staged in reverse as they heal.

- A. True
 - B. False
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14. A health care professional carries out ankle-brachial index testing on a patient. The health care professional observes an ankle-brachial index < 0.8 . An ankle-brachial index < 0.8 most likely indicates which of the following?

- A. A normal ratio.
 - B. Blood flow should be adequate for healing.
 - C. Patient may need to be referred for further diagnostic testing to evaluate whether blood flow is adequate for healing.
 - D. Non-compressible vessels may be present.
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15. Which of the following statements regarding skin and tissue abnormalities is most accurate?

- A. The presence of distended veins in the lower extremity is only normal in the thighs.
 - B. The presence of distended veins in the lower extremity is only normal when found behind the legs.
 - C. The presence of distended veins in the lower extremity is only normal in the ankles.
 - D. The presence of distended veins in the lower extremity is only normal in the feet.
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16. Loss of protective sensation is defined as an inability of a patient to detect a 5.07 (10 gram) monofilament test at one of the recommended test sites on the foot.

- A. True
 - B. False
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17. Which of the following statements regarding culturing wounds is most accurate?

- A. Cultures are usually reserved for wounds that do not respond after 1–2 weeks of empiric antiseptic therapy.
 - B. Cultures are usually reserved for wounds that do not respond after 2–4 weeks of empiric antiseptic therapy.
 - C. Cultures are usually reserved for wounds that do not respond after 4–8 weeks of empiric antiseptic therapy.
 - D. Cultures are usually reserved for wounds that do not respond after 8–10 weeks of empiric antiseptic therapy.
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18. Wet-to-dry dressings may be used in place of saline-moistened gauze when saline-moistened gauze is indicated.

- A. True
 - B. False
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19. Which of the following statements is most accurate?

- A. Hydrogels are used to provide moisture to a wet wound. They should be used for wounds that have moderate to copious amounts of drainage.
 - B. Hydrogels are used to provide moisture to a wet wound. They should not be used for wounds that have moderate to copious amounts of drainage.
 - C. Hydrogels are used to provide moisture to a dry wound. They should be used for wounds that have moderate to copious amounts of drainage.
 - D. Hydrogels are used to provide moisture to a dry wound. They should not be used for wounds that have moderate to copious amounts of drainage.
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20. Hydrofibers, such as AQUACEL, are similar in appearance and overall function to alginates, but are seen by some as easier to use because they tend to hold their structure better when saturated with fluid.

- A. True
 - B. False
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