

Supporting patients to self-care using Cutimed® Sorbion®



Nurse contact details: _____



Cutimed®

Are you able to self-manage?

Self-care can offer a means to maintain or even improve your capacity to live well over time.

As a self-care patient you need to be:



Willing



Informed



**At the centre of your
decision making and
care delivery**



Supported

1

Physical and able

Are you able to physically reach the wound to manage dressing changes?

Do you understand your treatment and care?

Are you able to self-care?

Are you confident to be able to monitor for signs of infection and other problems?

2

Support / situation

Are you dependent on carers or family for care delivery?

Are there any financial constraints which might form a barrier?

3

Motivation

Do you understand why self-care will help you?

Are you willing and ready to carry out self-care?

Have you had any negative experiences in the past which might influence how your ability to self-care?

By being a self-care patient you are not only **reducing nursing workloads** but you are also **empowering yourself**. Just because you are a self-care patient doesn't mean there is no support for you. Make sure your nurse has advised on what support is available and how to access it.



Cutimed® Sorbion®

Effective exudate management

Wounds that weep profusely can be very difficult to live with. Excess fluid can cause pain and embarrassment if left untreated. However, there is a range of dressings that can absorb and retain high levels of fluid. This means you don't have to worry about fluid leaking through the dressing and becoming visible on bandages, clothing or bedding or causing unpleasant odour or further pain.

Why has this dressing been chosen for me?

Your nurse has chosen this dressing for you because your wound is exuding copious amounts of fluid. By choosing a dressing that has the capacity to absorb high levels of fluid your quality of care and way of life will be much improved as you do not have to worry about the levels of fluid your wound is producing. Therefore reducing the amount of times it has to be changed which can be uncomfortable and even painful.

Effective

- The fluid will go up and will not spread across the dressing
- It works with your body to clean your wound
- It traps the bacteria that could become troublesome
- All wounds have an odour, Cutimed® Sorbion® will reduce this odour considerably
- Cutimed® Sorbion® can retain large volumes of fluid without feeling wet. This will minimise the risk of the surrounding skin becoming 'boggy' or sore. Using a barrier film application in the form of a spray or a foam applicator around the wound will give further protection to the surrounding skin
- Cutimed® Sorbion® can be used under compression therapy e.g. JOBST® UlcerCARE™ or JOBST® FarrowWrap®

Clinically proven

- There is lots of clinical evidence that supports the effective use of Cutimed® Sorbion® on many patients

Ease of use

- The pad can be placed either side down on your wound
- The outer layer is safe for sensitive skin and maintains structural integrity meaning it will not fall apart even when it is full
- The dressings are also easy to remove
- Using the advice and guidance of your nurse, secure your dressing using the product they recommended
- When your dressings are full they will become heavy. Changing them regularly will prevent any "leakage" and keep you comfortable



Cutimed® Sorbion®



JOBST® FarrowWrap®



JOBST® UlcerCARE™

Tips for helping you to self-manage

If you and your nurse have agreed together that you are able to self-care, the tips will help explain how to care for your wound and when to seek help.

Ensure that your nurse has explained which dressings to use and how often you need to change them. It is important that you know where and how to access additional dressings. If you are unsure contact your nurse. **The below key points explain the process of changing your dressing.**

1 Getting ready to change a dressing

- Gather your equipment and place it on a table which has been cleaned with sanitising wipes or washing up liquid
- Wash your hands thoroughly with soap and water and dry carefully

2 Removing the old dressing

- Make sure you have a bin or rubbish bag to hand
- Take your time removing your dressing. Most of our dressings can be removed safely by gently & slowly peeling from the corners
- Try to remove it without touching the wound or the part of the dressing which has been in contact with the wound
- Place the dirty dressing immediately into a waste bag and then wash your hands

3 Cleaning your wound

- Before you put your new dressing on, you need to gently clean your wound
- If possible, wear sterile gloves for this
- If you are able, you can clean the wound itself with tap water and gauze, starting from the middle and working out
- Use fresh, clean gauze and water to clean the area around your wound
- Dry the skin carefully

4 Applying the new dressing

- Your new dressing will have instructions on the pack on how to apply it
- Follow these and any other guidance you have been given about applying any creams or tapes
- Don't forget to seal the rubbish bag and dispose of it according to the advice you have been given
- Finally, wash your hands

Looking out for problems

Your nurse should have explained how to care for your wound and what signs and symptoms you need to watch out for. These might include wound leakage, pain or smell, the wound increasing in size, redness around the wound which is increasing or generally feeling unwell. If you notice any of these symptoms, call and ask for advice. It is also advisable to photograph your wound to help measure its progress.

Always make sure that support systems are in place and that you know where to go to ask questions or seek further support. This includes making sure you have contacts for accessing dressings and supplies as well as knowing how and when to call NHS 111.