

HOLISTIC WOUND ASSESSMENT USING C.A.S.E.

A checklist

C

ause: identify the underlying cause to effectively treat the wound

- Medical & surgical history
Co-morbidities can impact healing
- Medication
NSAIDS?
Immuno-suppressants?
- Activities of daily living
Full ADL assessment
Capacity for self-care?
- Nutrition & hydration
Good diet?
Is dehydration an issue?
- Pain assessment
Understand pain level
Prescribe appropriate analgesia
- Age-related changes
- Psycho-social history

A

ssess

- How many wounds are there?
- Assess exudate
Colour?
Consistency?
Amount?
- Are there signs of infection?
- When and how did the wound occur?
- Check the condition of:
Wound bed
Wound edge
Peri-wound skin
- What is the level of pain?
- Where is the wound?
- Wound measurements

S

elect

- Select the most appropriate treatment and dressings
- Document wound healing aims and objectives
- Set review date

E

valuate

- Evaluate outcomes and if progression is not observed go back to **C** of **CASE** and begin re-assessment