

Bedsores: Role of Wound Specialists in its Care

Wound specialists play an important role in the care of bedsores. Learn more about how wound specialists can help you manage bedsores and improve patient outcomes.

Bedsores are wounds that occur due to prolonged pressure on your skin. These wounds are common to people who have been immobile for a long time due to prescriptions by doctors. People who are bedridden or in a wheelchair are more prone to bedsores. These bedsores also known as pressure ulcers are painful wounds that can grow large and lead to infections. These can also be life-threatening in some cases. Wound care surgeons provide special care to patients when needed in speeding up their healing journey. These specialists are trained in [feeding tube replacement](#) and surgical wound consult services.



Reasons for Bedsores:

Bedsores normally occur when the pressure reduces or cuts off blood flow to your skin. The lack of blood flow can cause a pressure wound injury to develop in the smallest time frame sometimes even in 2.5 hours. Skin cells in the epidermis layer start to die and this is followed by the breakdown of dead cells forming pressure ulcers.

Bedsores are more likely to develop in cases where the pressure is along with moisture (from sweat, urine, or stool), and traction (pulling or stretching of the skin) from sliding down in an inclined bed or wheelchair.

Signs and Stages of Bedsores

Bedsores are generally painful and itchy but they are not identifiable by everyone. The symptoms of the bedsores also vary depending on the stage of the bed sore. The different stages of bedsores are as follows:

Stage 1: The skin starts to look reddish-pink, but there is no open wound. The colour changes are difficult to identify in skins with high melanin content i.e. darker skin tones. This stage is referred to as a pressure injury and the skin might feel tender to touch or it might feel warmer, cooler, softer, or firmer.

Stage 2: A light wound with a pink or red base starts to develop Symptoms might look like skin loss, abrasions, or blisters.

Stage 3: The wound will become noticeable and it starts entering the skins fatty layer (also known as Hypodermis).

Stage 4: The wound becomes severely damaging as it penetrates through all three layers of skin and exposes muscles, tendons, and bones of the human musculoskeletal system.



Diagnostics for Bedsores

Wound specialists are trained for the diagnosis and treatment of bedsores. Healthcare providers diagnose and stage bedsores depending on their appearance. The healthcare providers will photograph the sore to monitor **wound healing**. Some tests to check their infections are:

1. Biopsies
2. Blood culture and tests
3. XRays and MRIs

Who is a Wound Specialist?

Wound Specialists are nurses, physicians, or physical therapists who specialize in wound care. They clean wounds with water and soap and dry them later, applying a topical agent or an antibiotic ointment before covering them with bandages or airtight dressings which can be changed regularly.

They are also specialised in **dressing wounds** which are not infected but show signs of being sensitive to touch. These wounds are dressed using sterile dressings to keep them moist. They provide information to patients for the prevention of wounds to occur again in the future along with the advice to take care of the existing wounds at home.



Why consult a Wound Specialist?

A patient is asked to consult a **wound specialist** in cases when a wound has not healed after a month of cleaning, treating, and dressing. Wound consultation by a patient with a wound specialist during the healing process can give the following benefits in their healing duration:

1. They define and determine the best treatment for the type, location, and extent of your wound.

2. They identify if the wound has a natural healing tendency or if it requires extensive therapies for healing.
3. They are up-to-date and have knowledge about the most effective treatment methods, thus their involvement can speed up the [wound healing process](#) for individuals.
4. Being part of a multi-disciplinary field, it has knowledge from different fields bringing various options to improve the healing process and the quality of a patients life.

A wound specialist is trained in handling and improving the healing process of infected wounds. Thus, considering to consult them will be an ideal choice.



What will a Wound Specialist do?

A wound specialist for Bedside care will be responsible for [treating pressure ulcers](#) by reducing pressure on the affected skin, caring for **wounds**, controlling pain, preventing infection, and maintaining good nutrition.

The steps in the treatment of Bedsores:

1. Reducing Pressure:

The first step to start the **treatment of bedsores** is the reduction of pressure and friction which caused it. There are two main strategies for it: Repositioning and Using support surfaces.

Repositioning refers to turning and changing position often, it depends on the condition and quality of the surface patient is on.

Using support surfaces refers to utilizing mattress, bed and special cushions which will help one sit or lie in a way that it protects vulnerable skin.

2. Cleaning and Dressing wounds:

The care for pressure ulcers also depends on the depth of the wound. It generally includes cleaning and putting on a bandage.

Cleaning depends on the sore conditions. If the skin isn't broken, in that case, one can simply wash it with a gentle cleanser and then pat dry it. Open sores are cleaned with water or a saline solution before the dressing is changed every time.

Putting on a bandage speeds healing by keeping the wound moist. It keeps a barrier against infection and keeps the skin around it dry. The bandages are generally chosen from films, gauzes, gels, foams, and treated coverings. One might need a combination of these to solve their concerns.

3. Removing damaged tissue:

To heal the wound properly, it is important to remove any part of dead, damaged, and infected tissue. The doctor or nurse might remove the damaged tissue by gently cleaning the wound with water and cutting the damaged tissues.

Conclusion

Bedsore is a medical condition wherein it is mostly difficult for the patient to take care of themselves, a wound specialist in these cases can easily handle the concerns while providing them with solutions to heal their wound early. [Wound specialists for bedside](#) care can easily take care of these concerns of the patients and supervision of these specialists can speed up healing while improving the quality of their lives.

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