

**A large percentage of the caseload for homecare nurses in Canada is woundcare.**

**With health care costs on the increase there is a growing need for us to take some of the responsibility for looking after ourselves and our loved ones.**

**This patient training video will help!**

## **TAKING CARE OF YOUR WOUND**

**UNDERSTANDING YOUR WOUND - Why do you have this wound?**

**Will it get better, worse or stay the same?**

**ADVICE ON DRESSING REMOVAL - and things about drainage you should record.**

**CLEANSING WOUNDS - Methods and safe cleansing solutions, including a simple recipe for making your own saline.**

**APPLYING DRESSINGS - An overview of different types of dressings and how to adhere them.**

**HOW OFTEN TO CHANGE A DRESSING.**

**RECOGNIZING COMPLICATIONS.**

**STITCHES, STAPLES AND TAPES.**

**NUTRITION AND WOUND HEALING.**

**HELP AND HOW TO GET IT - Who is the correct person to contact?**



**This video is designed to give us all insight into the basics of safely caring for a wound at home. It is not intended to replace a health professional's involvement with your care.**

**It should instead be used with their guidance to enable you to take an active part in your own health!**

**20 minutes**



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