

# Introducing the Care at Home Series

Wounds Canada is pleased to provide the Care at Home series—a set of resources for anyone who wants to learn about and implement health-positive behaviours to help better care for their skin and to prevent or care for wounds while in a home setting. The Care at Home series provides simply written information on healthy habits and lifestyle choices that can contribute to healthy skin. As well, the resources outline what to look for or do if skin breakdown does occur. Each resource focuses on a particular type of skin breakdown or area for prevention or treatment.

The resources are also great tools for health-care providers. They can help to guide conversations around a patient's goals, options for improving their health, and how to maximize their well-being, while in care or while self-managing at home.

The first Care at Home document, "Caring for Your Wound at Home," was introduced in April of this year, when the pandemic prevented many Canadians from accessing the care they needed. To date, Wounds Canada has created 10 Care at Home

documents, which have been downloaded over 15,000 times since mid-April.

These timely documents have been developed by experts in skin and wound care, education and knowledge mobilization, with each resource following a step-by-step process that addresses the following questions:

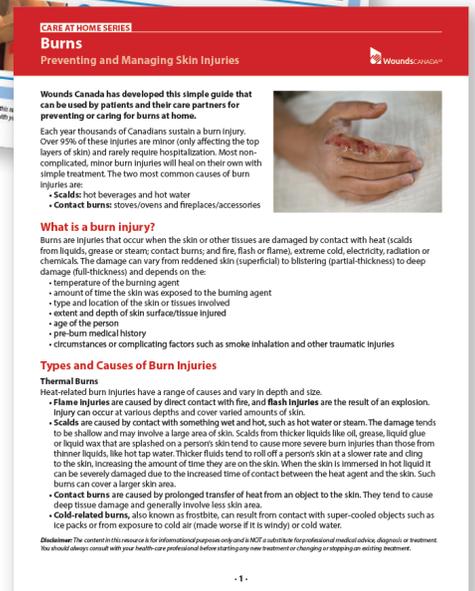
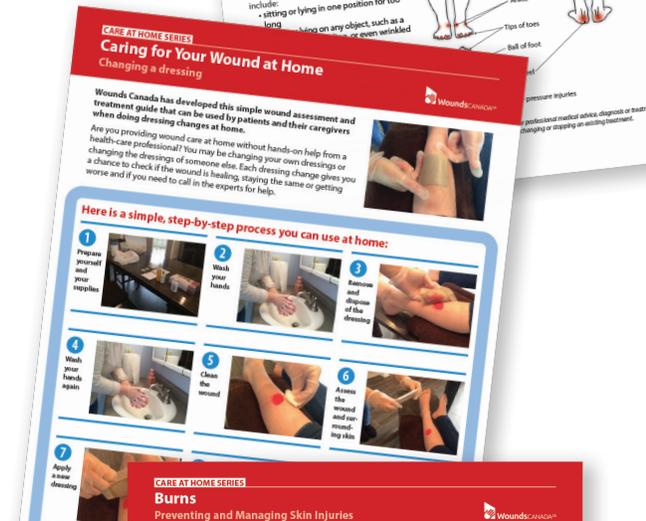
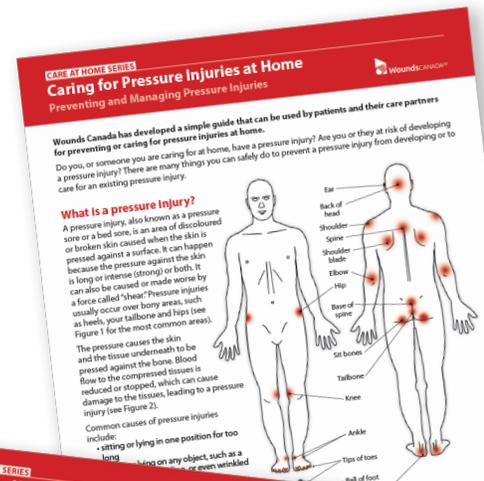
- What is it? (identifies and describes the potential or actual skin health problem)
- What causes it? (reviews the risks that may lead to this problem)
- What does it look like? (explores the typical characteristics of the problem)
- What can you do to prevent it? (discusses prevention-related actions/options)
- What do you do if you have one? (discusses treatment actions/options)
- When do you call in the professional(s)? (discusses the type of support needed to prevent or resolve the problem)

The documents also contain images, tips, tools and tables that

provide even more information and guidance.

The Care at Home documents in the series are as follows:

- **Caring for Your Wound at Home: Changing a Dressing** walks the reader through a



simple, step-by-step process for changing a dressing and checking on how the wound is doing.

- **Preventing and Managing Skin Injuries: Minor Trauma (Cuts, Scrapes and Bruises)** provides information on how to keep skin healthy by preventing and/or managing minor skin injuries—especially important for individuals who are at high risk for skin damage.
- **Caring for Your Swollen Legs at Home: Preventing and Managing Venous Leg Ulcers (VLU)** outlines the possible causes of leg swelling, and provides information on what the reader can do at home to prevent or manage swelling should it occur.
- **Caring for Easily Injured Skin: Preventing and Managing Moisture-associated Skin Damage (MASD)** reviews the possible causes of MASD, and advises the reader what can be done at home to prevent or manage MASD should it occur.
- **Caring for Pressure Injuries at Home: Preventing and Managing Pressure Injuries (PI)** outlines actions the reader can take to prevent a pressure injury from developing or to care for an existing pressure injury.
- **Caring for Yourself After Surgery: Preventing Surgical Site Infections** provides guidance on actions surgical patients and their care partners

can undertake before and after surgery to help prevent infections and recognize the signs of infections if they do occur.

- **Caring for Your Feet: Safe Foot Care If You Have Diabetes** is a simple guide for persons with diabetes and their care partners on how to care for their feet at home.
- **Diabetic Foot Complications: When is it an emergency?** provides guidance for persons with diabetes and their care partners on recognizing signs of complications and accessing professional assistance when required.
- **Caring for Injured Skin: Preventing and Managing Burns** is a guide to help prevent or manage burns that occur at home.
- **Keeping Your Home Safe: Preventing Skin Injuries for the Whole Family** identifies many easy, inexpensive changes the reader can make to ensure everyone is comfortable and secure in and around the home.

The Care at Home resources benefit everyone, including:

- **The individual**—through increased knowledge and confidence in self management and decreased pain and suffering; improved conversations with their health-care team about goals, options for improving their health and well-being; earlier recognition

of the need for professional intervention

- **The care partner**—through improved knowledge to enable the individualized caregiving that results from increased understanding of the underlying causes of their family member's or patient's current condition and how to address them
- **The health-care professional**—through improved ability to communicate and co-ordinate positive care planning with patients; health-care providers can remind individuals that their health and well-being are based on the small choices they make daily and that healthy choices can add quality to their lives
- **The administrator**—through implementation of strategic policies around preventative care that ensure that making the healthy choice is the easy choice, ultimately resulting in healthier living, healthier individuals and healthier communities

For access to and information on the use of the Care at Home series, visit: [www.woundscanada.ca/patient-or-caregiver/care-at-home-series](http://www.woundscanada.ca/patient-or-caregiver/care-at-home-series).

For a free online tutorial on how to use the Care at Home resources, check out [www.youtube.com/watch?v=\\_iDzqdyLt3w&feature=emb\\_logo](https://www.youtube.com/watch?v=_iDzqdyLt3w&feature=emb_logo). 

**The Care at Home series of resources will be available in French beginning in 2021.**