

WOUND NEWS

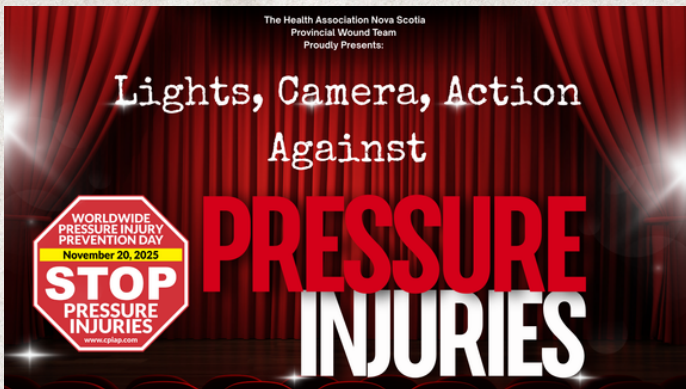
WELCOMING 2026: A YEAR OF COLLABORATION & INNOVATION AHEAD!

As we step into 2026, we are excited to continue building strong partnerships across the province. Together, we have the opportunity to learn from one another, share best practices, and drive innovation in wound care. By collaborating closely, we can improve outcomes for patients and create a stronger, more connected community of care. Let's make this year one of growth, learning, and meaningful impact—
together.



BEYOND EXPECTATIONS: THE WOUND CARE COMMUNITY'S ENGAGEMENT WAS TRULY INSPIRING

The Provincial Wound Team rolled out the red carpet—and the dedicated participants made it a showstopper! Thank you for joining us at the First Annual Pressure Injury Conference, “Lights, Camera, Action Against Pressure Injuries” on November 20–21 at Dartmouth Cineplex. Over the two days, we shared knowledge, stories, and strategies — all grounded in one powerful purpose: to prevent pressure injuries and promote skin integrity across Nova Scotia. We heard from passionate leaders, innovative clinicians, and dedicated teams who remind us that every action — no matter how small — contributes to better outcomes for those we care for. The conversations, collaboration, and connections made here are what drive real change. Together, we're not only advancing practice, but also strengthening a community of care that learns and leads together. A heartfelt thank you to our 239 presenters, vendors, and attendees for your time, your curiosity, and your commitment to excellence. You are the reason progress happens. As the curtain closes on this event, let's remember — the spotlight doesn't fade when we leave here. It follows each of us back to our organizations, our patients, and our everyday practice. Thank you for being part of this blockbuster event. Together, we're rewriting the script on pressure injuries. So, let's keep the cameras rolling, the collaboration strong, and the focus clear — Lights, Camera, Action... on prevention, every day! Scan the QR Code to check out our highlight reel!



BREAKING NEWS: WINTER IS HERE

Winter skin care in Long Term Care makes an impact!!! During winter, cold outdoor air and low indoor humidity can cause very dry, fragile skin for our residents. Dry skin increases the risk of skin tears, itching, infection and wound development. What can we do?

- Moisturize intact skin daily, especially legs and feet
- When moisturizing dry skin choose a cream instead of a lotion. Creams have more oil and create a better barrier to lock in moisture and protect fragile skin. Whereas lotions are mostly water and evaporate quickly. Remember if the skin is dry – reach for a moisturizing cream.
- Apply moisturizer after bathing and during routine care. Do not apply between toes or on an open wound.

Pressure- Injury prevention during reduced mobility in winter:

Residents tend to move less in winter due to fatigue, illness, or cold. Remember repositioning schedules, heel offloading, and surface selection. Don't forget to check under heavier clothing for early redness. Continue to avoid unnecessary linen on beds.



5 Steps to Frost-Proof Your Documentation



- 1 Freeze the Facts**
Document objectively: Stick to measurable observations (e.g. 'temp 38°C' vs 'resident looks feverish')
- 2 Thaw Out Timelines**
Chart as close to the time of care as possible. Delays can lead to errors and gaps in resident history.
- 3 Bundle Up with Completeness**
Include interventions, resident responses, and follow-up plans. If it's not documented, it didn't happen.
- 4 Shield Confidentiality**
Keep resident info secure: log out of electronic systems and never leave charts unattended.
- 5 Prevent Slippery Slang**
Avoid unapproved abbreviations and vague phrases; use clear, professional language for accuracy.

Developed by: Gail Denton, Clinical Practice Support Team

From The Dietitian's Desk: Fueling Healing

By: Tamara Wilson, Clinical Dietitian, Northwood

Energy Matters: Don't Let Calories Drop

- Healing wounds takes work—and extra energy. Help residents to maintain their weight and avoid calorie restrictions. Adequate energy intake from food supports tissue repair and overall strength.

Protein: The Cornerstone of Recovery

- Protein isn't optional—it's essential. It helps rebuild tissue, maintain muscle mass, and strengthen immunity. Offer protein-rich options at every meal and consider healthy snacks.

Hydration: Keep It Flowing

- A well-hydrated body heals better. Dehydration makes skin fragile and slows blood flow to wounds. Promote regular fluid intake—water is best—and monitor residents who may be at risk for low hydration.

Read All About It: Occupational Therapy in Action



Feeling the pressure? Try the Trunk Release Maneuver—a fast, easy way to keep skin happy and healthy for residents lying in bed!

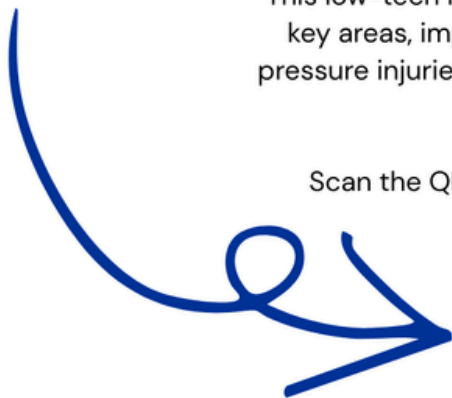
Here's how:

1. **Sit up:** Raise the head of the bed.
2. **Lean forward:** Move the trunk toward the thighs to take pressure off the back and buttocks.
3. **Get help if needed:** Use assistive devices or a partner for safety.

Why it matters:

This low-tech move reduces pressure and shear on key areas, improves comfort, and helps prevent pressure injuries—especially for those spending lots of time in bed.

Scan the QR code and check out this video!



WORD SCRAMBLE:

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_____ was formally introduced in 2019 and has gained its own identity as an antibiofilm approach. This comprehensive four-step protocol of proactive wound healing has been proven effective in research studies and is being increasingly used across wound care as a direct result. _____ encompasses cleansing the wound and peri-wound, debridement to remove non-viable tissue, foreign bodies, and biofilm, refashioning the wound to refresh the edges and dressing the wound to manage moisture.

SCAN FOR ANSWER & FEATURE ARTICLE





WEBSITE UNDER CONSTRUCTION



Check out our new and improved website soon!



WOUND CARE WEDNESDAY

**EXTRA! EXTRA!
LEARN ALL ABOUT IT!**

Our Winter Education Calendar is HOT OFF the PRESS! In addition to our new content for Wound Care Wednesdays beginning in February, we are excited to declare March as Documentation Month! Please scan the QR Code to check out the calendar!

SAVE THE DATE

**OUR SPRING CONFERENCE IS JUNE 1 & 2, 2026 (DATE CHANGE)!
DETAILS COMING SOON!**



DOCUMENTATION MONTH



Step Into Knowledge: Lower Limb Month

This April, we're excited to launch Lower Limb Month in honor of Limb Loss and Limb Difference Awareness Month. Stay tuned for our upcoming education calendar —great learning opportunities are on the way!



CCA CORNER

Thank you for attending the Virtual Pressure Injury Prevention Day, November 26th for CCA's. We had 283 LTC CCA's, VON CCA's, Rehab Assistants, and students join (nursing, OTA/PTA, and CCA) from NSCC, CBU, and CBBC!



Email woundcare@healthassociation.ns.ca to join our mailing list