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October 2008



## Wound Wisdom



Newsletter of the  
**South Australian Wound Management  
Association Inc.**

Box 1144 Blackwood, SA 5051  
Telephone: 0406 440 813

### EDUCATION MEETING WEDNESDAY 19 NOVEMBER 2008

#### **“To heal or not to heal?”**

#### **Management of cancerous wounds**

SAWMA is proud to present well respected speakers to discuss the challenges of managing persons with malignant wounds.

Trade display & supper 1845

Join us for a Christmas drink!

**Education meeting commences 1930**

**ALL WELCOME**

**Non members \$5.00 Members & students free**

*SAWMA is a multidisciplinary association and is non-partisan in its approach to wound products*

#### **CAMPAIGN FOR ACCESS TO SUBSIDISED DRESSING PRODUCTS**

Sign the petition at [www.elephantintheroom.com.au](http://www.elephantintheroom.com.au) to support subsidisation of dressing products across Australia in all care settings. Don't be an elephant and ignore the problem. SAWMA strongly encourages its members to sign.

Encourage your colleagues and patients to sign too!

**EDUCATION NIGHT VENUE: JULIA FARR SEMINAR FACILITIES  
104 Greenhill Road, Unley**

East of King William Road, Opposite the Adelaide Hockey Club  
Parking on Greenhill Road, outside the venue

**NEW!**

## PRESIDENT'S REPORT

What on earth has happened to 2008, it's nearly over! The Christmas decorations are out and we are near the final education night for the year. Before we know it, Easter eggs will be on the shelves also! I'm certain each year goes faster than the last.

The theme for our November education night is the management of cancerous wounds and titled: "To heal or not to heal?" This is an area of wound management that can be quite challenging and often requires creativity, patience and perseverance. We hope you can join us for our usual festivities that include a light supper, glass of wine and the Christmas basket raffles.

Looking ahead to the New Year, I am pleased to confirm that Greg Duncan from Monash University has agreed to present in February 2009. Greg is a lecturer in Pharmacy Practice and is a vibrant and motivating speaker. His topic will be on drugs and wound healing. This will also be our AGM and my last night as President. I have enjoyed the challenges of role over the last four years and look forward to supporting the new President, while remaining an active SAWMA committee member.

The annual "Janet Vincent Education Scholarship" is now available on our website [www.sawma.org.au](http://www.sawma.org.au). The scholarship is designed to assist the recipient to attend a conference, course or seminar in wound management.

A reminder again, to all members to visit the website [www.elephantintheroom.com.au](http://www.elephantintheroom.com.au) and sign the online petition to the Federal Government. Every petition counts and we hope that there will be greater attention paid the problem of acute and chronic wounds in society. Encourage your friends and colleagues also to vote; the more signatures, the greater the impact.

It is timely to thank those people that make SAWMA a leading and respected organisation for wound management in South Australia:

- Thank you to the Trade for their fantastic support of our education meetings throughout the year. SAWMA is appreciative of your enthusiasm and sponsorship.
- Thank you to the awesome committee for their hard work, creativity and giving of their personal time.
- Thank you to every member who is valued for their support of the Association.

I look forward to the challenges and opportunities 2009 will bring SAWMA.  
I wish you all a safe and Merry Christmas.

With Kind Regards,



**Margi Moncrieff**  
SAWMA President



## CONFERENCE OPPORTUNITY

SAWMA members are invited to attend:



### “WINGS OF HOPE”

The inaugural EB conference  
Celebrating national EB Butterfly Day

To be held at: The Adelaide City Council Meeting Hall  
On: Thursday 27 November 2008  
From: 2.30pm – 4.30pm

Cost: \$5 at the door on the day  
RSVP: 18 November 2008 (for catering)  
Zlatko Kopecki 8161 6848 or  
zlatko.kopecki@adelaide.edu.au

Epidermolysis Bullosa (EB) is a genetic skin condition affecting 1 in 17 000 live births. Wound healing of persons living with EB poses a major challenge to their survival with various degrees of recurrent skin blistering and epidermal detachment from the basement membrane.

This conference aims to bring together persons living with EB, carers, health practitioners and researchers in South Australia. This is an exciting initiative that provides an opportunity to share knowledge and experiences of EB including treatment options and current research initiatives. This conference will also show support to persons living with EB and their carers.

Don't miss out on the opportunity to be part of this event and help celebrate national EB butterfly day.

KEY NOTE  
SPEAKERS:  
A/Prof Allison Cowin  
Dr Lachlan Warren  
Kate Turner  
Paolo Lucia

For further information visit:  
[www.debrasa.org](http://www.debrasa.org)

## PUT YOUR BEST FOOT FORWARD

Continuing our theme from August on foot problems, take the quiz that could leave you dancing or limping...

- 1 True or False? About one-quarter of all bones of the body are in our feet.
- 2 True or False? The average person will walk around 128,000 kilometers in a lifetime
- 3 True or False? People with diabetes should visit a podiatrist at least every 12 months for a foot assessment.
- 4 True or False? People with diabetes are more likely to be hospitalised due to foot problems than for any other reason.
- 5 True or False? You should shop for shoes in the morning to get the best fit.
- 6 What would turn someone with a foot fetish on?
  - A - Size of the foot
  - B - Curve of the arch and instep
  - C - Length and straightness of the toes
  - D - Texture and complexion of the skin
  - E - Softness of the sole
  - F - Foot odour
  - G - All or any of the above
- 7 Altocalciphilia describes sexual arousal due to
  - A - High heels,
  - B - Flat feet,
  - C - Hairy feet,
  - D - Long or Ingrown toenails

### Answers:

- 1 *True:* Human feet contain about 52 bones (25% of the bones in the human body) as well as numerous joints, ligaments, muscles and tendons.
- 2 *True:* The average person will walk around 128,800 km's in a life time - that's more than three times around the earth!
- 3 *True:* Diabetes can affect the blood and nerve supply to the feet. People with diabetes should have yearly podiatry appointments to assess the health of their feet.
- 4 *True:* Foot problems are one of the most common reasons for admission to hospital for people with diabetes.
- 5 *False:* It is best to shop for shoes late in the afternoon when the feet start to swell and are at their largest. Incorrectly fitting footwear may result in shoes that rub and cause sores or blisters.
- 6 *G-All of the above:* Fetishists view the foot as others seek aesthetic pleasure from some other erogenous form. The fetish is usually meticulous about cleanliness although there have been reports in the scientific literature about dirty feet being of particular attraction, especially in homosexual foot fetishists. Foot odour is a powerful sexual arousal factor for podophiliacs. There are reports that the smell of feet was to the fetishist the same as the smell of the genitals to others. Foot lovers like to be stimulated visually and will gaze at pictures of feet. By in large foot lovers enjoy relatively gentle aesthetically pleasing scenes that concentrate on soft caresses, kissing or licking.
- 7 A. High Heels: This attraction has its origins from our primal instinct to seek out the lame and weakened. The weakened gait widens the division of power between the genders. Men may be attracted because they feel superior or a driving need to protect the vulnerable.

Quiz thanks to Bec Daebeler

## CLINICAL CORNER: DEBRIDEMENT

Wound debridement is the removal of non viable tissue and foreign bodies with the aim of exposing healthy tissue. Adequate wound debridement will promote healing, reduce odour and reduce bacterial load. Debridement of the peri-wound tissue can also be undertaken to remove callus, scabs and dead and dry skin.

Types of debridement used to break down or remove non viable tissue are:

- **Autolytic**            Using dressings eg gels, alginates etc  
Most common method  
Selective, usually painless, can be slow  
Can be used by all wound practitioners
- **Conservative sharp**    Using sterile, sharp instruments at the bedside  
Training and knowledge required prior to undertaking  
Selective, usually minimal discomfort, fast, efficient
- **Larval**                Using maggots (only specially bred sterile maggots should be used)  
Training and knowledge required prior to undertaking
- **Surgical**              Using sterile sharp instruments in theatre under anaesthetic  
Selective, painless (if the anaesthetic is working!), fast, efficient
- **Mechanical**          Using physical force eg wet-dry saline soaks, whirlpool therapy  
Non selective, often painful, not recommended
- **Chemical**              Using chemicals eg Eusol  
Non selective, often painful, not recommended
- **Enzymatic**            Using approved enzymatic preparations  
Selective, but no enzymes currently approved for use in Australia

Autolytic and conservative sharp debridement are the methods most commonly used by wound practitioners.

With practice, knowledge and skills you can develop the confidence to debride wounds and enhance the healing and quality of life of persons with wounds.

## RDNS WOUND EDUCATION

Five day internal Wound Management Course. The course can be completed in its entirety or as single day/s. A certificate of attendance is issued or certificate of course completion if the assessment component is successfully undertaken.

28 November 2008. Three hour wound management seminar using a case study framework.

4 December 2008. 3½ hour workshop for practitioners who want to become accredited in measurement of Ankle Brachial Pressure Index (ABPI) using hand-held Doppler ultrasound.

RDNS also offers individualised education programs, sessions and workshops to suit your organisation.

For further details phone RDNS: 8208 5300 and ask for the Education Centre.

## IMPORTANT DATES 2008-2009

Australian Association of Stomal Therapy Nurses (AASTN) 37<sup>th</sup>  
National Conference, 11-13 March 2009 Burswood Resort, Perth

Australian Podiatry Association of SA Inc. Podiatry refresher  
day, 17 November 2008, UniSA, [www.podiatrysa.net.au](http://www.podiatrysa.net.au)

This newsletter aims to share information about  
contemporary issues in wound management.  
We welcome your contributions, resources, tips,  
case studies etc.

Submit contributions to the editor  
Sue Templeton Ph 1300 364 264 or  
[editor@sawma.org.au](mailto:editor@sawma.org.au)

Web address

Visit us at:

[www.sawma.org.au](http://www.sawma.org.au)

## SAWMA COMMITTEE MEMBERS

### Office Bearers

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|--------------------|--------------|---------------------------|
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| Ms Sue Templeton   | 1300 364 264 | Vice President & AWMA rep |
| Ms Andrea Smallman | 8204 4311    | Secretary                 |
| Ms Bec Daebeler    | 8204 4884    | Treasurer                 |
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### General Committee Members

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All phone numbers are work contact numbers

Committee members can  
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the mailing address or  
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**0406 440 813**

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