



South West Regional Wound Care Toolkit

D.10 RESOURCES AVAILABLE FOR Personal Support Workers (PSW's)

In the course of preparing this section of the Toolkit, a SHRTN search revealed that there is not much available for resources for PSWs in regard to skin care and wound prevention and wound healing promotion. Here are a few that were discovered:

1. **The Pocket Dockets: Smart Care for Personal Support Workers.** These are handy little pocket cards with reminders on various aspects of care. They can be found at www.shrtn.on.ca.
2. **BP Blogger: Cutting Through the Foggy Myths Using Best Practice Guidelines in Long Term Care.** This is a periodic newsletter that is available on various topics. There is an excellent one entitled 'The Skin Care Issue' but there are other ones that also can be related to a resident's over-all health and thus skin care also. These would include an issue on swallowing, on the importance of fluids and on pain. There are other issues with various topics. These 'bloggers' are copyrighted by Mary-Lou van der Horst who is a Geriatric Nursing/Knowledge Consultant with the Regional Geriatric Program in Hamilton. However, she has made these available through <http://www.shrtn.on.ca>.
3. **BPG's to the Bedside: 5 Actions for Personal Support Workers on Reducing Foot Complications of People with Diabetes.** This is the resource used in the section on PSWs and the diabetic foot. The Central East Best Practice Guideline Initiative put together this handy guide for PSWs based on the RNAO's Best Practice Guidelines for Reducing Foot Complications of People with Diabetes (2004). For this and other topics in the 'BPGs.....to the Bedside! Series contact mary.dupuis@yeehong.com. This teaching aid can be found at <http://rgpc.ca/resource/index.cfm>
4. **RNAO Best Practice Guidelines including 'Risk Assessment & Prevention of Pressure Ulcers.** These can be found at www.rnao.org.
5. **Malnutrition in the Institutionalized Elderly: The Effects on Wound Healing.** This article is an excellent resource for information on the importance of good nutrition and fluid intake in wound healing in the elderly. It could be used as a resource if preparing a presentation to PSWs or other staff on the importance of adequate



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- nutritional intake. Harris, C. and Fraser, C. 2004. Malnutrition in the Institutionalized Elderly: The Effects on Wound Healing. *OstomyWound Management*, Vol(50)10.
6. **Promoting hydration in Older Adults: Fluid for Thought** outlines an excellent hydration strategy for older adults. It can be found at www.ltctoolkit.rnao.ca/resources/continence
 7. **Prevention of Dehydration** is another excellent tool for educating about the importance of fluid intake. It can be found at <http://rgpc.ca/resource/index.cfm>.
 8. **Nurse's assistant education website:** re: Pressure ulcers Prevention
<http://www.nursingassistanteducation.com/site/courses/eng/nae-ppu-eng.php>
 9. **State Gov't. of Victoria, Australia Department of Health- Health information:**
<http://www.health.vic.gov.au/pressureulcers/index.htm>
 - [Pressure Ulcer Basics course](#) - an education tool for use by all clinical staff.
 - [Pressure Ulcer Basics course for residential aged care workers](#) - an education tool designed for the residential aged care setting.
 - [Consumer information](#) - links, information, brochures and booklets
 10. **Motion Specialties** can help you with your commitment to staff education by offering free educational seminars. This company offers free training but not on-line:
http://www.motionspecialties.com/index.php?option=com_content&view=article&id=65&Itemid=42