

MODULE VI: WOUND- RELATED PAIN

Analgesia - Absence of pain or noxious stimulation without loss of consciousness

Analgesic - Compound capable of producing analgesia

Assessment - An evaluation

Blister – a collection of fluid below or within the epidermis.

Colonization – the presence of bacteria on the surface or in the tissue of a wound without indications of infection such as purulent exudates, foul odor, or surrounding inflammation.

Chronic wound – a wound which has deviated from the expected sequence of repair in terms of time, appearance, and response to appropriate treatment.

Debridement – removal of devitalized tissue

Selective – removal of dead, devitalized tissue.

Non Selective - the removal of dead, devitalized tissue as well as healthy tissue.

Methods: Autolytic, Sharp, Biological, and Mechanical

- **Autolytic Debridement** - disintegration or liquefaction of tissue or of cells by the body's own mechanism, such as leukocytes and enzymes to remove necrotic or devitalized tissue.
- **Biological Debridement** – larvae used to debride, clean a wound base of necrotic or devitalized tissue.
- **Mechanical Debridement** – the use of wet to dry dressings or hydrotherapy and or pulsed lavage to remove necrotic or devitalized tissue.
- **Sharp Debridement** – the use of a scalpel to surgical remove necrotic, devitalized tissue.

Dressings examples –

- Foam dressing- cellulose or polyurethane dressing that may be impregnated or coated with other material and has some absorptive properties. May have adhesive or soft silicon borders or be non-bordered.
- Hydrogel dressing- glycerin, saline or water-based dressings
- Soft Silicon dressing- unique material that does not adhere to the wound because it does not contain traditional adhesive; Available in many forms, such as a contact layer, absorptive foams, or impregnated dressings.

Edema – presence of abnormally large amounts of fluid in the interstitial space.

EMLA – Eutectic Mixture of Local Anesthetics; lidocaine and prilocaine for example.

Erythema – a redness of the skin due to dilation of the superficial capillaries.

Friction – the force of two surfaces moving across one another, such as the mechanical force exerted when skin is dragged across a coarse surface.

Homunculus - The figure of a human superimposed on pictures of the surface of the brain to represent the motor or sensory regions of the body represented there.

Inflammation – tissue reaction to an injury; a localized protective response elicited by injury or destruction of tissues that serves to destroy, dilute, or wall off both the injurious agent and the injured tissue.

Infection – the presence and growth of a microorganism that produces tissue damage; pain is the most common symptom of wound infection.

Ischemic ulcer – an ulcer caused by deficiency of blood supply to tissue, often leading tissue necrosis.

Maceration – over- hydration, or softening of the stratum corneum.

Moisture Retentive Environment – general term that refers to any dressing that is capable of consistently retaining moisture at the wound site.

Moist Wound Healing – the process of epithelial cells requiring moisture to migrate, from the wound edges to reepithelialize or close the wound.

NSAID – acronym for non-steroidal anti-inflammatory drug.

Necrotic tissue – dead avascular tissue.

NERDS and STONEES – mnemonic which conceptualizes the difference between superficial bacterial damage, versus deep and surrounding skin infection in chronic wounds.

NOPQRST – acronym standing for Number of painful sites, Origin of pain, Palliative or Provocative Factors, Quality of Pain, Region of pain, Severity of pain, and Temporal aspect of pain.

Numeric pain scale - patient is asked to choose a number that best describes their current level of pain. If they are pain free, a zero would be chosen, worst pain would be a 10.

Quality of Life - (QoL)

Pain - An unpleasant sensory or emotional experience associated with actual or potential tissue Damage; described by the patient as their subjective and personal experience.

- **Acute pain** - Pain that begins quickly but lasts a short or definitive time; also referred to as background pain, non-cyclic or episodic.
- **Chronic pain** - A persistent state of pain that lasts for an extended period of time
- **Cyclic acute pain** - Periodic pain that recurs due to repeated treatments or interventions
- **Idiopathic pain** - Pain of unknown cause
- **Neuropathic pain** - Pain that originates from nervous system damage; burning, stinging or shooting pain.
- **Nociceptive pain** - Pain arising from stimulation of pain receptors; a normal pain response to injury or tissue damage
- **Non-cyclic pain** - Single episode pain, usually associated with acute pain
- **Persistent pain** - new term used to circumvent negative connotation of the term chronic pain
- **Procedural pain** - pain that occurs before, during and after a wound procedure
- **Psychogenic pain** - Pain which is associated or correlated with a psychological, emotional or behavioral stimulus
- **Throbbing pain** - a beating or vibrating pain
- **Somatogenic pain** - Pain having origin in the cells of the body

Pharmacological - Pertaining to the properties and reactions of drugs; may be either topical or systemic.

Pressure redistribution – the process of reducing interface pressure below the level required to close capillaries.

Shear – the mechanical force that is parallel rather than perpendicular to the surface area of the body; trauma caused by tissue layers sliding against each other, results in disruption or angulation of blood vessels.

Verbal rating scale - a scale that is broken into four sections, representing no pain, mild pain, moderate pain, or severe pain.

Visual Analogue Scale - the patient chooses a point on a 10 cm line that represents their level of pain.

Wong-Baker FACES Pain Scale - different cartoon-like faces represents pain. No pain or hurt is represented by a smiley face while the worst pain shows a crying face.

World Health Organization (WHO) Pain Ladder – conceptual model for the administration of pain medications.

World Union Wound Healing Society (WUWHS) – society which has developed wound care guidelines related to wound related pain. www.wuwhs.org

Wound Related Pain (WRP) - is defined as a noxious symptom or unpleasant experience directly related to an open wound

Source:

Taber's Cyclopedic Medical Dictionary

Acute & Chronic Wounds: Bryant and Nix, 3rd edition

WOCN Clinical Practice Guidelines: Volume 2

Wound Care Essentials: Practice Principles, Baranoski, Ayello, 2nd edition