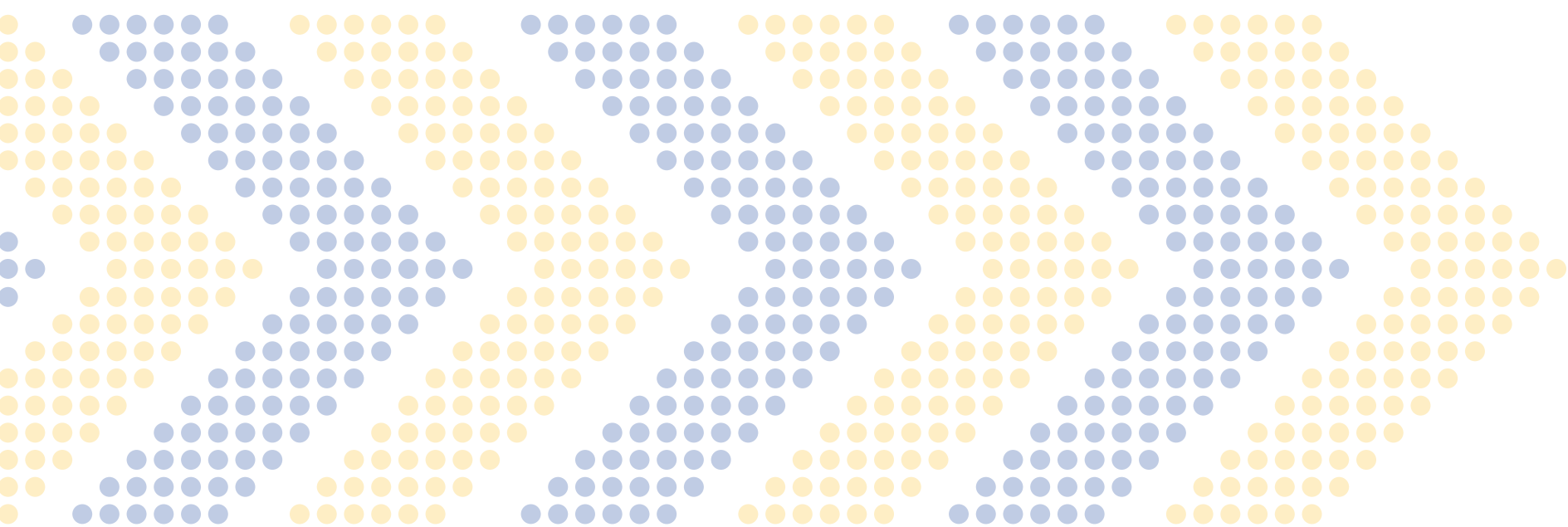


**SerenaGroup**  
Building the Nation's Leading Wound Care Team

**EDUCATION SERIES**



# **Nutrition and Wound Healing**

*Presented by: SerenaGroup Education Committee*



**MARCH 2023**

# TODAY'S Agenda

- Nutrition and Wound Care
- Progression of Wound Healing
- Nutrients and How They Help
- Nutrition Risk Assessment

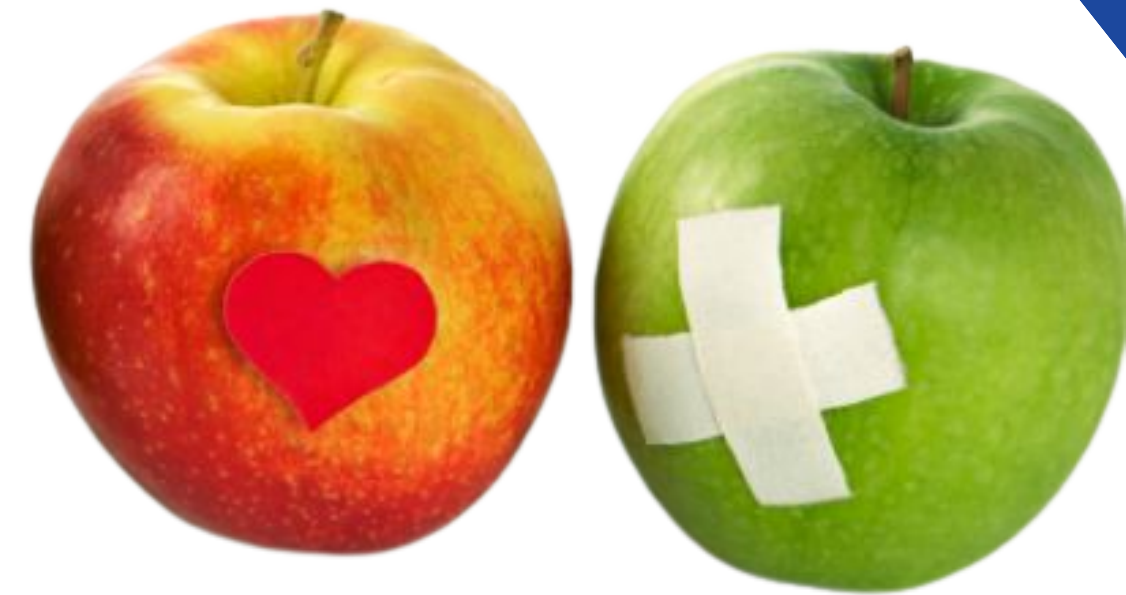
- Interventions Based on Assessment Results
- Plan of Care
- Resources: Abbott Nutrition
- Quiz

# Nutrition and Wound Care

Nutrition plays an essential role in wound healing and care, and nutritional support needs to be considered a fundamental part of wound management.

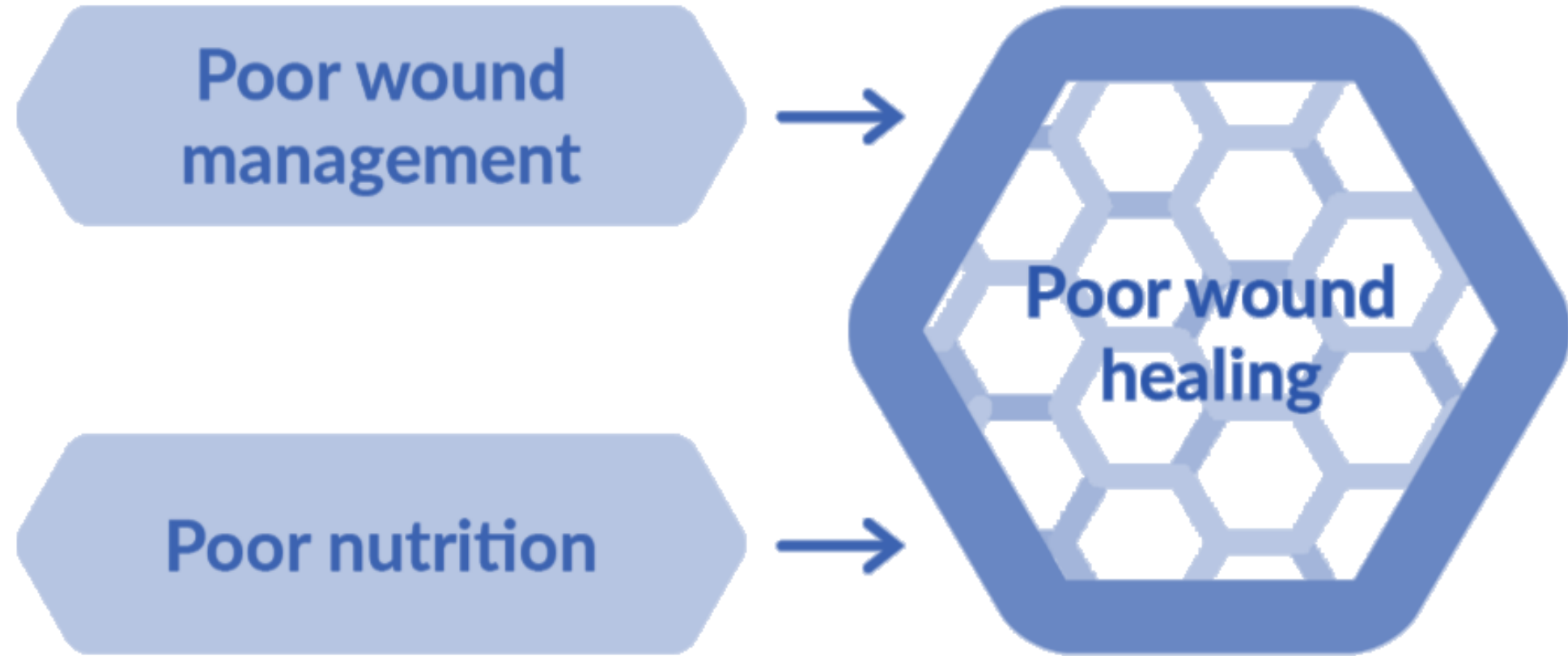
Poor nutrition before or during the healing process can delay healing and impair wound strength, making the wound more prone to breakdown. Optimal wound healing requires adequate nutrition.

*It's important to eat well in order to heal well.*



# Our Responsibility

Our job as wound care providers is more than the direct wound care provided during the patient visits. We are responsible for assessing their nutrition to see how this could affect the rate at which their wound heals. We also need to provide education and resources to help aide in their nutrition once we complete our assessment.

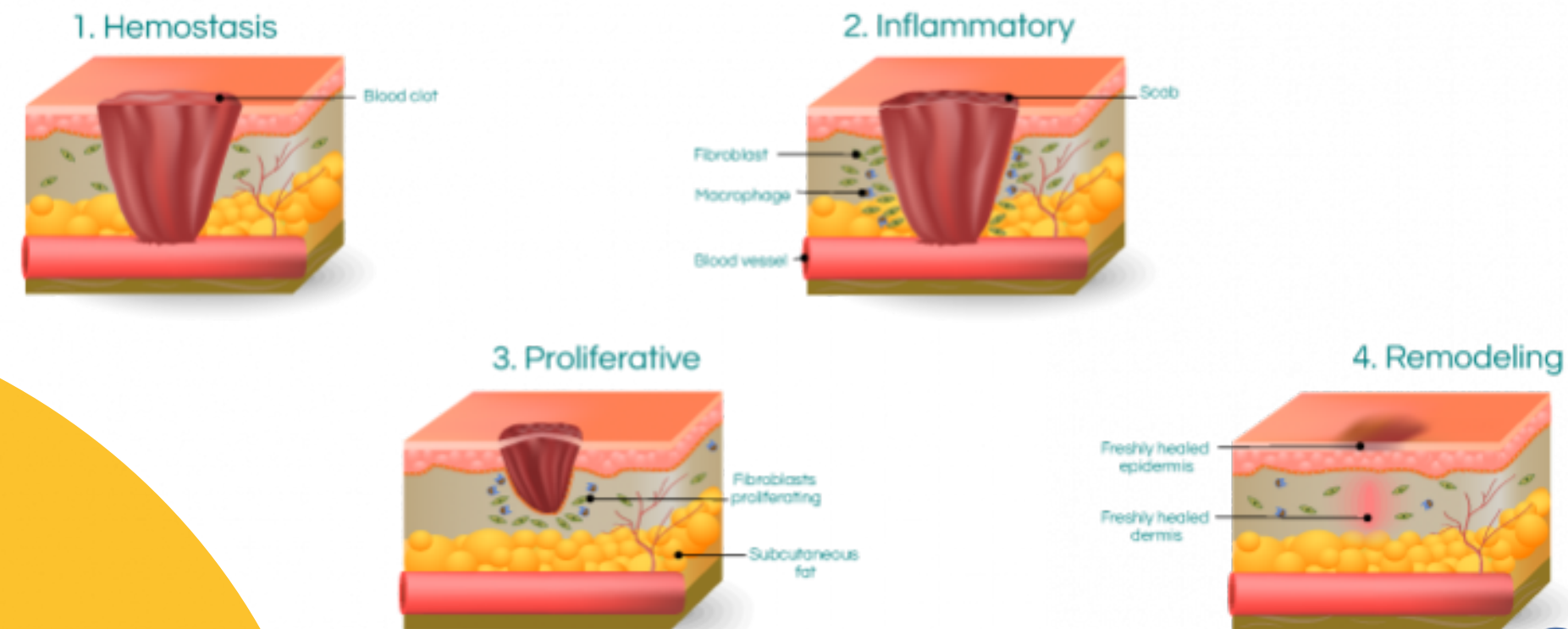


# Progression of Wound Healing

Nutrition deficiencies impede the normal processes that allow progression through stages of wound healing.

Wound healing is a complex process - put simply, it is the process of replacing injured tissue with new tissue produced by the body which demands an increased consumption of energy and particular nutrients

## 4 STAGES OF WOUND HEALING



# Nutrients & How They Help

## Carbohydrates

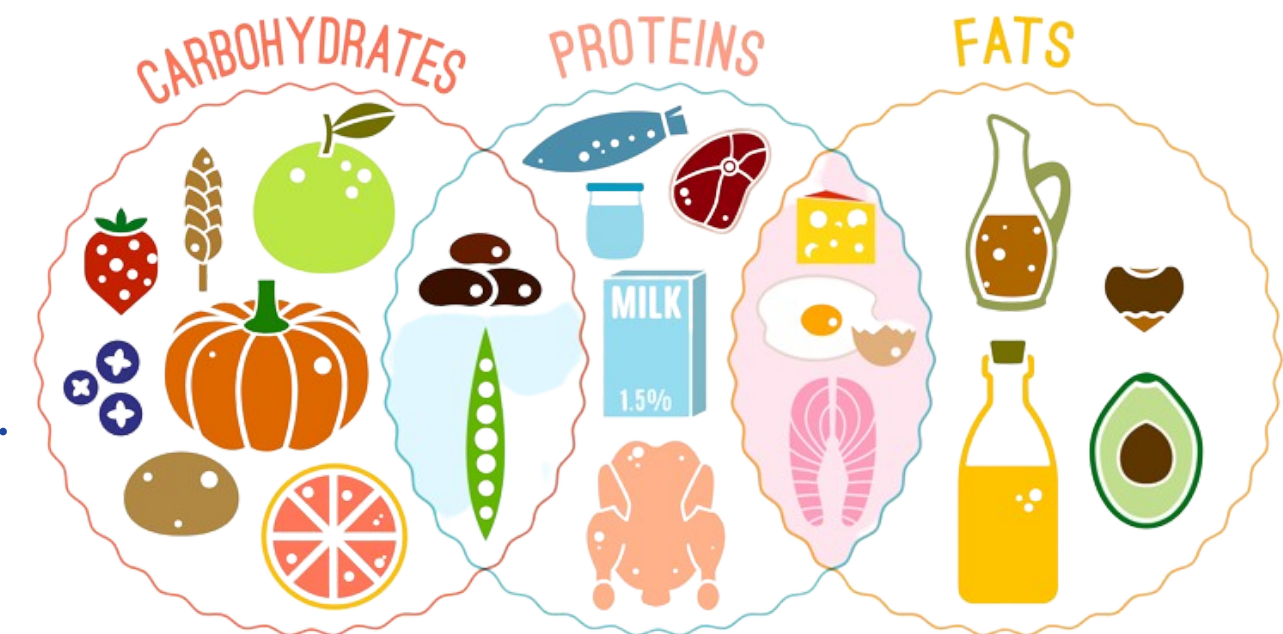
Carbohydrates stimulate insulin production, which is helpful in the anabolic processes of wound healing, particularly during the proliferative phase. They release energy to facilitate inflammation, angiogenesis, collagen synthesis, and increased cellular activity

## Proteins

Your body needs protein to help build and repair muscle, skin, and other body tissues. Protein also helps fight infection, balance body fluids, and carry oxygen through your body.

## Fats

Fats from dairy products are essential for wound healing. Cell membranes are created with the use of fatty acids, and you'll need to take in extra sources of these to maintain healing.



## Hydration

Hydration is important in wound healing, as dehydrated skin is less elastic, more fragile and more susceptible to breakdown. Dehydration will also reduce efficiency of blood circulation, which will impair the supply of oxygen and nutrients to the wound.

# Nutrients & How They Help

## Vitamin C

Vitamin C is an important antioxidant for wound healing. It increases the strength of the wound as it heals, and it helps with the creation of collagen in the skin. Vitamin C is also important in the creation of new blood vessels, and it helps with iron absorption.

## Vitamin A

Vitamin A increases the inflammatory response in wounds, stimulating collagen synthesis. Low vitamin A levels can result in delayed wound healing and susceptibility to infection.

## Iron

Iron is a mineral that provides oxygen to the site of the wound; therefore iron deficiency can impair healing. Iron deficiency can also result in impaired collagen production and strength of the wound.



# Nutrition Risk Assessment

Nutritional Risk Assessment is required in Outpatient Wound Care. This should be completed on the patient's initial visit.

The Mini Nutritional Assessment (MNA), developed by the Nestle Nutritional Institute, is most commonly used and typically integrated into most electronic medical records.

The tool evaluates dietary intake, weight change, BMI, functional impairment, and psychological issues.

The assessment will categorize the patient as either **Low**, **Moderate** or **High** risk.





# Interventions Based on Assessment Results

## Low Risk

Verbal Education  
Handouts  
Online Resources

## Moderate Risk

Verbal Education  
Handouts  
Online Resources  
Oral Supplementation

## High Risk

Verbal Education  
Handouts  
Online Resources  
Oral Supplementation  
Registered Dietician Consult

Low Risk

High Risk

# Plan of Care

Each patient's Plan of Care should include the results from their assessment, doctor's recommendations, education provided, clinical interventions put in place, and risk factors to consider.

The Plan of Care should be reviewed and updated at least monthly.



# Know Your Resources: Abbott Nutrition

Abbott is a one resource that can be utilized in your centers.

They provide multiple resources to help with the results of the nutrition risk assessment

They offer coupons, patient education materials and dietician services.

Patient education materials  
based on the patients  
wound type



Patient resource station  
for your waiting room  
or exam rooms

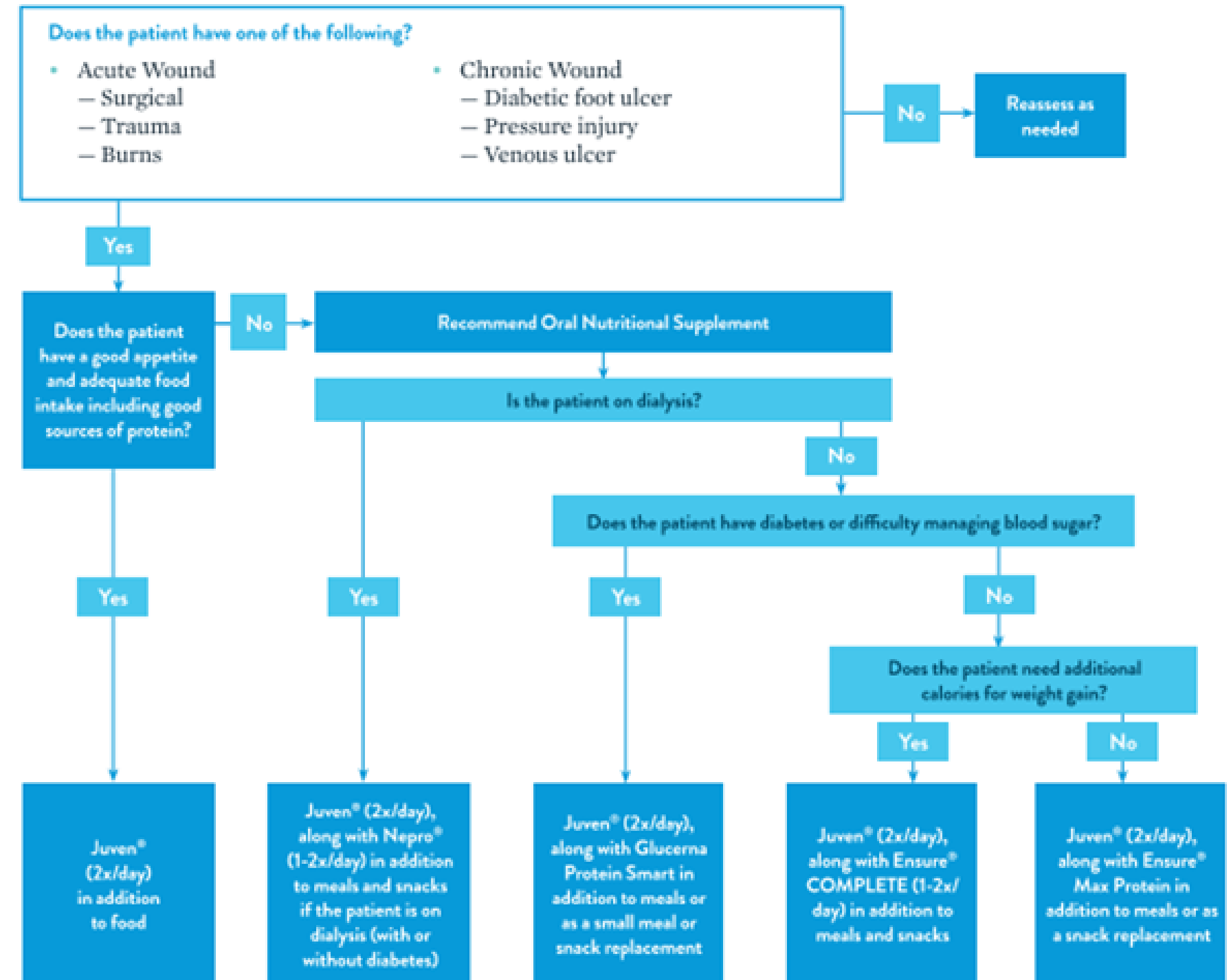
# Abbott: Supplements

Use Abbotts Decision Pathway to find the best oral supplement option for each patient.

Abbott will also provide coupons for all the oral supplements that are available to your patients

## Decision Pathway for Oral Nutrition Supplements for Patients With Wounds

GOAL: To provide specialized nutrients for wound healing and to help meet protein needs



# Abbott: Dial a Dietitian

- Complimentary Service
- Custom Code for Your Practice
- Available Monday through Friday
- 244 Languages
  
- Benefits:
  - General diet and nutrition information
  - Nutrition support for blood sugar and weight management
  - Meal plans, grocery lists, and tips for healthy eating can be sent upon request

**Dial a Dietitian**  
NUTRITION SUPPORT FOR PATIENTS WITH CANCER

**TURN OVER FOR DETAILS**

YOUR LOGO HERE

**Dial a Dietitian**

Start your FREE conversation about general dietary information in just 2 easy steps!\*

- 1 Call Abbott at 800-858-8386**  
Enter code **XXX** when prompted  
Monday through Friday, 9 AM to 5 PM EST
- 2 Discuss the nutrition topics selected for you by your health care provider:**
  - General diet and nutrition information**
    - Enteral products information
    - Healthy carbohydrates
    - Healthy snacking tips
    - Nutrition for people on dialysis
    - Plant-based food choices
    - Protein
    - Weight gain
  - Sample meal planners**
    - 1500-calorie plan
    - 1800-calorie plan
    - 2300-calorie plan
    - 3000-calorie plan
  - Sample meal planners to help manage blood sugar**
    - 1500-calorie plan
    - 1800-calorie plan
    - 2000-calorie plan
  - Support your treatment**
    - Caregiver nutrition resources
    - Food safety
    - Healthy eating habits before, during, and after treatment
    - Nutrition tips to manage side effects
    - Nutrition to prepare for/recover from surgery
    - Recipes and tips to increase calories and protein

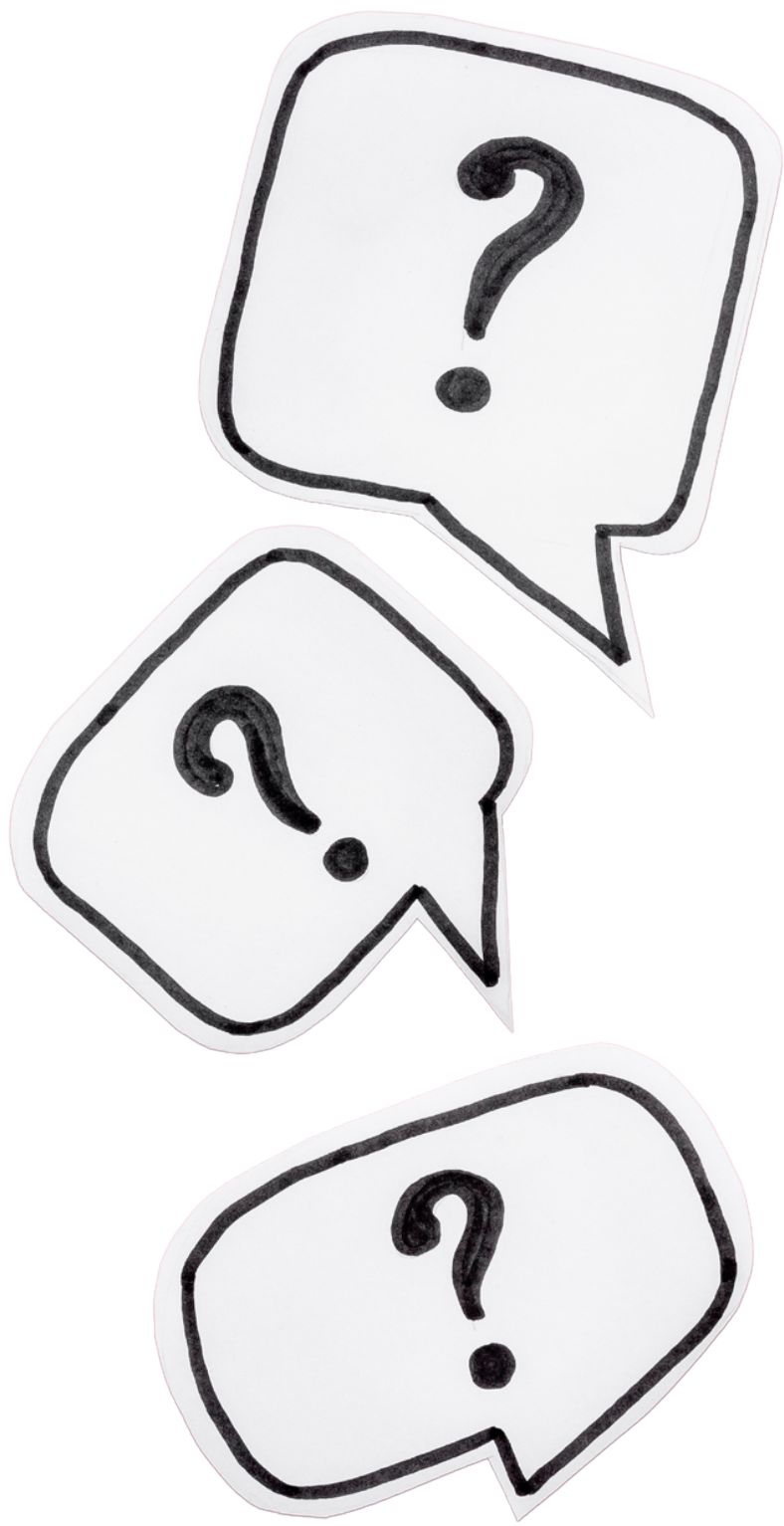
Meal plans, grocery lists, and tips for healthy eating can be sent to you upon request.

\*This service cannot provide an individualized nutrition assessment. Abbott has partnered with your health care provider to offer this resource to help improve your diet. Abbott cannot provide medical advice. Contact your health care provider with personal medical questions.

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# QUIZ TIME



# QUESTION ONE

Carbohydrates stimulate insulin production, which is helpful in the anabolic processes of wound healing, particularly during the:

- A. Protein
- B. Fats
- C. Carbohydrates
- D. Vitamin C

# ANSWER ONE

## C. Carbohydrates

Carbohydrates release energy to facilitate inflammation, angiogenesis, collagen synthesis, and increased cellular activity





# QUESTION TWO

A Nutritional Risk Assessment is a requirement for Outpatient Wound Care.

# ANSWER TWO

TRUE!

Nutritional Risk Assessments should be done at the patients initial visit.



# REFERENCES

[www.serenagroupinc.com](http://www.serenagroupinc.com)

[www.abbott.com](http://www.abbott.com)

[www.nih.gov](http://www.nih.gov)

# THANK YOU

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