



# SERENAGROUP NEWSLETTER

BUILDING THE NATION'S LEADING WOUND CARE TEAM

ISSUE 65 • JULY 2023

## UV SAFETY AWARENESS MONTH

BY KIM SKERL, PROGRAM DIRECTOR



UV Safety Month is observed in July each year in the United States. It serves as a reminder to raise awareness about the dangers of excessive ultraviolet (UV) radiation and promote sun safety practices. UV Safety Month aims to educate individuals on the importance of protecting their skin and eyes from the harmful effects of UV rays. UV safety plays a crucial role in wound care and the healing process. Here's why it's important to prioritize UV protection for wound care:

**Minimizing inflammation and damage:** Exposure to ultraviolet (UV) radiation from the sun can increase inflammation in the skin, potentially impairing the healing process. UV rays can also cause DNA damage and increase the risk of skin cancer. By protecting your wound from UV radiation, you can minimize inflammation and reduce the risk of further damage to the healing tissue.

**Preventing hyperpigmentation:** UV exposure can lead to increased pigmentation in the skin, causing darkening or discoloration. This is particularly concerning for healing wounds, as hyperpigmentation can result in uneven skin tone or visible scarring. By shielding the wound from UV rays, you can help maintain more consistent pigmentation and improve the cosmetic outcome of the healed wound.

**Promoting collagen synthesis:** Collagen is a key component of wound healing, as it provides strength and support to the repaired tissue. UV radiation can impair collagen synthesis, potentially leading to weaker scar formation and delayed wound healing. Protecting the wound from UV exposure can help maintain optimal collagen production and support efficient healing.

**Reducing the risk of infection:** UV rays have some antimicrobial properties and can help control bacterial growth. However, UV radiation is not a reliable method for wound sterilization or disinfection. Excessive UV exposure can also damage the delicate healing tissue and compromise the immune response, increasing the risk of infection. Keeping the wound protected from UV radiation helps maintain a clean environment and reduces the risk of infection.

**Enhancing overall healing outcomes:** By prioritizing UV safety and protecting the wound, you provide an optimal environment for healing. Shielding the wound from UV rays supports the natural healing processes, reduces complications, and improves the overall outcome of wound healing.

### To ensure UV safety for wound care and healing:

Keep the wound covered with a sterile dressing or use a broad-spectrum sunscreen with a high SPF.

Minimize direct sun exposure and seek shade when possible.

Wear protective clothing that covers the wound and nearby areas.

Follow the guidance of your healthcare provider or wound care specialist regarding UV protection specific to your wound.

Remember, UV safety is an essential aspect of wound care that can positively impact the healing process and help achieve optimal outcomes.

SERENA GROUP  
MONTHLY NEWSLETTER

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# CHRONIC DISEASES LEAD TO CHRONIC WOUNDS

Wound care is an essential aspect of managing chronic diseases that can lead to the development of chronic wounds. Chronic Disease Day, also known as Chronic Disease Awareness Day, is a day dedicated to raising awareness about chronic illnesses and promoting education, prevention, and management strategies.

For individuals with chronic diseases, such as diabetes, peripheral vascular disease, or autoimmune disorders, proper wound care is crucial to prevent complications and promote healing. Here are some key considerations regarding wound care for individuals with chronic diseases:

**Diabetes:** People with diabetes often face challenges in wound healing due to poor circulation and nerve damage. It's important to keep blood sugar levels under control to optimize wound healing. Regular foot inspections and meticulous foot care are essential to identify any foot ulcers early on and prevent further complications.

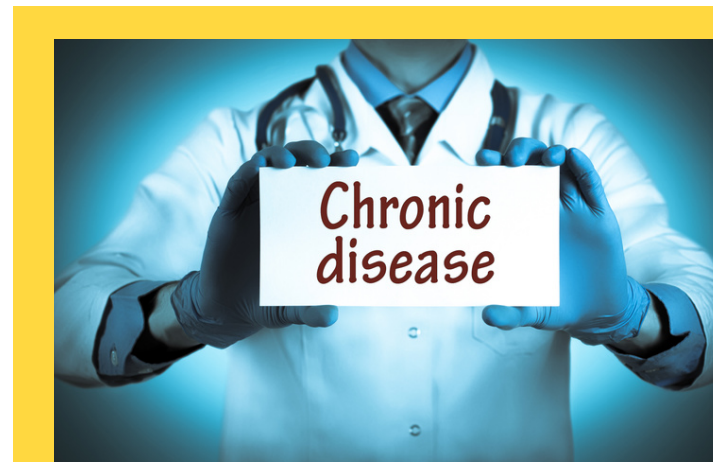
**Peripheral vascular disease:** Individuals with peripheral vascular disease may have reduced blood flow to the extremities, which can impair wound healing. Managing the underlying vascular condition, such as through medication, lifestyle changes, or surgical interventions, can help improve blood flow and support wound healing.

**Autoimmune disorders:** Some autoimmune disorders, like lupus or rheumatoid arthritis, can increase the risk of chronic wounds or ulcers. Close monitoring of the affected areas, appropriate medication management, and working closely with healthcare providers are crucial to prevent and manage these wounds effectively.

**Pressure ulcers:** Individuals who have limited mobility or are bedridden may be at risk of developing pressure ulcers (bed sores). Regular repositioning, adequate cushioning and padding, and keeping the skin clean and dry can help prevent pressure ulcers from forming.

**Consultation with healthcare professionals:** It is important for individuals with chronic diseases to work closely with their healthcare team, including physicians, wound care specialists, and nurses, to develop a personalized wound care plan. This plan may include regular wound assessments, appropriate dressing selection, infection control measures, and recommendations for offloading or pressure redistribution.

Remember, wound care for individuals with chronic diseases is a specialized area, and it is crucial to seek professional advice from healthcare providers experienced in managing chronic wounds. They can provide guidance on the specific care and interventions needed to optimize wound healing and minimize complications.



# June Dates to Remember

## UV Safety Awareness Month

Chronic Disease Day

July 10

Self Care Day

July 24

Monthly Education Topic:

*Diversity and Inclusion*

HBO Safety Topic:

*What Can and Cannot Go Into the Chamber*

Community Education Area of Focus:

*Primary Care*

### THIS MONTHS EDUCATION TOPICS & IMPORTANT DATES



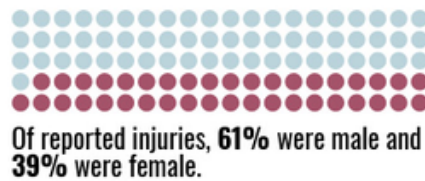
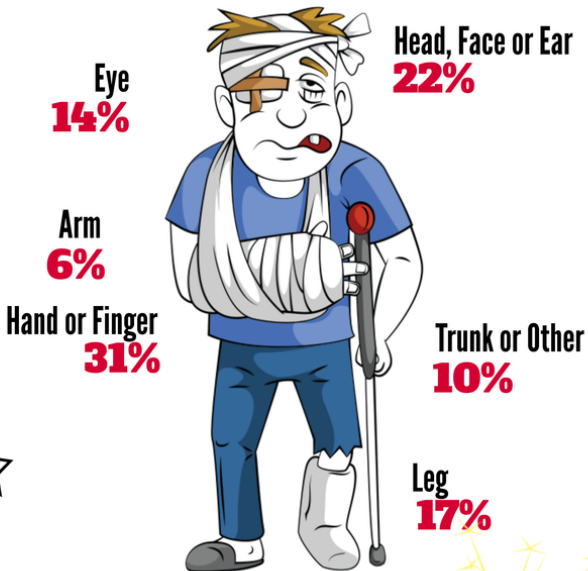
Fireworks cause an estimated **18,500** reported fires in the U.S. each year.

U.S. hospital emergency rooms saw an estimated 12,900 people for fireworks-related injuries in 2017. 

# FIREWORKS INJURIES

## Celebrate <sup>4TH OF JULY</sup> SAFELY

Fireworks Injuries by Body Part



**BURNS**  
69% of firework injuries were burns, followed by contusions, lacerations, and foreign bodies in the eye.

**YOUNG ADULTS 20-24** had the highest rate for firework-related injuries followed by **CHILDREN YOUNGER THAN 5** years of age.

**Sparklers** alone account for more than one-quarter of emergency room fireworks injuries.

## SerenaGroup Blue Star Winners



**Kathy Coleman, RN**  
*Henry Ford Health*

Kathy is an inspirational team member. She models dedication and compassion with all her colleagues and patients. She is meticulous and dedicated to the department each and every day.

Thank you Kathy for all you do!



## UPCOMING

### 40hr Intro to HBO Courses

July 27-30 | UNC Health Lenoir

Nov 9-12, 2023 | West Palm Beach FL

To register for an upcoming course please go to [serenagroupinc.com](http://serenagroupinc.com) and click on courses.



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