At **smith&nephew** our products promote wellbeing which helps to reduce the human and economic cost of wounds.

**Abstracts Booklet**

Smith & Nephew EWMA satellite symposium

**Wednesday 15th May 2013**

“**Designing for Wellbeing”**

- An approach to reducing the cost of wounds for both patients and budgets

Smith & Nephew Wound Management are proud sponsors of the European Wound Management Association (EWMA).
Programme:

- **Introduction: The importance of wellbeing**
  Theresa Hurd, Director, Nursing Practice Solutions, Canada

- **Assessing and measuring wellbeing - practical tools and techniques**
  Trudie Young, Honorary Tissue Viability Nurse, Aneurin Bevan Health Board and Honorary Lecturer, Bangor University, North Wales, UK

- **Transforming wellbeing in patients through PICO**
  Theresa Hurd, Director, Nursing Practice Solutions, Canada

- **Transforming wellbeing through the use of ALLEVYN Life**
  Tarnia Harrison, Tissue Viability Nurse, Medway NHS Foundation Trust, UK

Discussion and Close

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**Introduction:**

*The importance of wellbeing*

In all aspects of healthcare we need to work more closely with patients so as to provide effective and acceptable treatment programmes that will address their concerns. This is because enhancing the patient experience is at the heart of what we aim to do – to provide not only clinical effectiveness but quality of life and wellbeing.

In this symposium we discuss the concept of “Designing for Wellbeing”. This is not just an approach but a necessary step in ensuring that new therapies, when applied, are able to perform their functions with minimal intrusion into the daily lives of our patients. We also believe that the successful application of these therapies can have a positive effect on budgets, for several important reasons which we explain.

We begin by discussing the concept of wellbeing from the patient perspective, and how the absence of wellbeing affects all aspects of life. We will then explore some fascinating new work in applying tools and techniques that measure wellbeing, and which involve patients actively in this process.

We will then look at two innovative products - PICO® and ALLEVYN® LIFE which we believe can demonstrate the “Designing for Wellbeing” approach, and discuss their potential in reducing the cost of wounds for both patients and budgets. We hope that you will be able to join us for an interesting symposium that looks at wound care from a new perspective.

*Theresa Hurd - Chair*
Trudie Young
Honorary Tissue Viability Nurse, Aneurin Bevan Health Board and Honorary Lecturer, Bangor University, North Wales, UK

Trudie Young completed her psychiatric nurse training in 1982, her general nurse training in 1985 and subsequently developed her interest in tissue viability while working as a ward sister caring for the elderly mentally ill. As her interest in wound care developed, she moved to the post of Clinical Nurse Specialist/Lecturer in Tissue Viability, which she held for 18 years. Trudie now combines her time between her honorary role working for the Aneurin Bevan Health Board, her honorary lectureship at Bangor University, and her PhD studies investigating how patients and carers cope and adjust to having a chronic wound.

Trudie is the past Chair of the Tissue Viability Society and is currently the Chair of the scientific committee of the European Pressure Ulcer Advisory Panel. She is also a Trustee of the Lindsay Leg Club Foundation.

Assessing and measuring wellbeing - practical tools and techniques

In 2011, an international consensus group published a document, entitled “Optimising wellbeing in patients living with a wound”, which has the following 4 objectives:

- To increase all stakeholders’ understanding of the impact of living with a wound on the wellbeing of individuals and their carers
- To improve clinicians’ ability to share decisions about treatment with individuals and their carers to help improve concordance and reduce complications
- To emphasise importance of good listening skills and highlight ways to enter into a dialogue about wellbeing
- To increase stakeholders’ ability to implement strategies for cost-effective wound management that optimises wellbeing and involves all key stakeholders

Documenting wellbeing is a critical part of this exercise. Health related quality of life measurements exist, and tools can be generic or condition specific, such as the Cardiff Wound Impact Scale. In addition, specific resources aimed at assessing and measuring patient wellbeing have been developed, which I will describe in my talk. These include “trigger” questions that can be provided for clinicians, and patient specific resources such as the “moodometer”, bespoke wellbeing wound diaries and online support. These tools are aimed to gain an understanding of the aspects of normal life that a patient can either continue with or must curtail, in addition to the emotional impact of having or living with a wound. We believe that this is crucial to devising a patient centred wound treatment strategy.
Theresa Hurd is an Advanced Practice Nurse/Clinical Nurse Specialist, a nurse educator and Owner and Founder of Nursing Practice Solutions, an Advanced Practice Nurse agency. She has guided nursing practice across more than 900 acute care and long-term care beds, and throughout community nursing populations serving millions of clients throughout Ontario and the United States. Her assignments have ranged in skill level as well as in discipline within the medical field, and she has frequently taught courses and presented at conferences throughout Canada, Europe, South Africa, Australia and the US.

Transforming wellbeing in patients through PICO® Single Use Negative Pressure Wound Therapy (NPWT)

This presentation will describe the results of recent research using the SF-12® Health Survey to measure the quality of life of patients with chronic wounds. The SF-12 Survey was used to quantify the impact of chronic wounds on patients living in the community. In addition, interventions that improve quality of life for patients with wounds can be quantified. Innovative Negative Pressure Wound Therapy such as PICO has been shown to improve key indicators of patient health and wellbeing.

The SF-12 Survey is an internationally recognized research tool that attempts to measure general health status from the patient’s point of view. A higher score indicates better functioning and well-being across a number of domains. This data can also be related to the cost of health care for each patient, and therefore used to measure of the cost-effectiveness of various treatments based on the ability to deliver quality-of-life improvements.

The research that is the subject of this talk was conducted in Canada, across regions where an estimated > 30,000 patients are currently receiving nursing care in their homes daily. Approximately half of these patients are living with a chronic wound. The SF-12 scores for many of these patients, living with a chronic wound, were lower than those with many other disabling chronic conditions.

This presentation will demonstrate how treatment with PICO can lead to significant increases in patients’ SF-12 scores. PICO facilitates rapid healing with minimal pain, discomfort and disruption of daily activities. Ninety percent of these patients reported good conformability, 99% experienced no pain during wear, and 91% experienced no pain during dressing changes. Ninety-eight percent were either ‘pleased’ or ‘satisfied’ with PICO.

The talk will conclude by describing how individual patients have found treatment with PICO and discussing the potential role of this technology in transforming wellbeing for people with chronic wounds. Implications for wound care and resource allocation will also be highlighted.
Transforming wellbeing through the use of ALLEVYN® Life

It is self-evident that reduced pain, distress and anxiety improve quality of life and associated wellbeing for patients. When undergoing wound treatment, anxiety and fear can often be focussed on factors such as odour or leakage, as well as pain and disruption to normal life, and any therapies that help reduce these factors can help improve quality of life and associated wellbeing.

ALLEVYN Life has been designed specifically with patient wellbeing as a key consideration following ethnographic research which identified features intended to combat challenging aspects of living with a wound. The most notable of these is the inclusion of a hyper absorbent layer for increased absorption that locks away fluid, so that it is not released from the dressing on removal and prevents leakage, and a masking layer that aesthetically masks the presence of exudate in the dressing.

In my presentation I will begin by describing a recent study involving 118 patients in Australia and Germany which aimed to assess the performance of ALLEVYN Life from the perspectives of both patients and clinicians. The results appear to be encouraging with both patient and clinician satisfaction at over 80%. Areas of particular strength for the patient included comfort during wear, wound protection, dressing retention and a sensation of cleanliness.

I will go on to describe two case histories from personal clinical experience which include the use of ALLEVYN Life, and will explain how this dressing may have a significant role to play in improving the wellbeing of eligible patients, in addition to positive clinical outcomes.
For further information please contact:

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