

# NUTRITION IS IT IMPORTANT IN WOUND HEALING IN THE COMMUNITY?

## INTRODUCTION

Nutrition is important when it comes to wound healing; the body requires more nutrition as it goes through the phases of healing. Clients in the community maybe living at home or may be residents in a rest home. They could be seen by a district nurse or have a rest home nurse looking after them.

**RESEARCH QUESTION:** Nutrition is it important in wound healing in the community.

## DISCUSSION

Clients knowledge of their nutritional needs may be low, if nurses do not advise clients of their increased nutritional needs their wounds may take longer to heal or not at all.

Wound healing requires the body to use more calories than normal daily function requires. Fluid increase is also required as the body is using more fluid to help heal the wound. More protein, fats, fatty acids, vitamins, minerals and macro nutrients are used by the body as it starts the healing process. (Medlin, 2012). Having an assessment tool to assess clients with when first admitting them would mean nurses could assess a current nutritional status.

The MUST Tool (Malnutrition Universal Screening Tool) is one option from

<http://www.bapen.org.uk/>.

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### Table I. Essential nutrients for a healthy skin and repair following injury

- Protein
- Amino acids: proline. hydroxyproline; cysteine. cystine; metfiionine: tyrosine; lysine; arginine; glyctne
- Carbohydrates: glucose
- Lipids: linoleic and linolenic acids; arachidonic acid; eicosanoids; fatty acids {unspecified}
- Vitamins; A. B complex. C, D, E. K
- Minerais: sodium, potassium (electrolytes); copper; calcium; iron; magnesium; manganese; zinc; nickel, cfiromium
- Water (Lansdown, 2004, p1199)

#### References

- Dorsett, C, 2002. The management of surgical wounds in a community setting British Journal of community nursing, 33-36
- Medlin, S, 2012. Nutrition for wound healing. British Journal of Nursing, 2012 (tissue viability Supplement), Vol 21, No 12

Chronic wounds as well as acute wounds need good nutrition. Chronic wound suffers need good follow up to ensure they are keeping up with their nutritional intake, it can be harder for these clients to see the benefits of good nutrition when the wound is not improving (Posthauer 2012).

New Zealand's population is aging more clients will be seen at home or in nursing homes (New Zealand Statistics, 2013). Dorsett, 2002, states now that people are living longer and recuperating from operations at home, district nurses will be caring for more people at home. Rest home nurses will also have to look into nutritional value of food as to make sure the meals have good nutritional values. Chisholm, Jensen, and Field, 2011, found rest home meals lacking in nutrition, a lack of knowledge in nutrition and small meal sizes so not enough nutritional value even if they were eaten.

## CONCLUSION

Nutrition is very important in wound care for both chronic and acute wounds. Nurses need to engage with clients to educate them on the importance of good nutrition. Rest home nurses need to assess the meals clients receive to ensure there nutritional value. Using an assessment tool on first admission will allow a baseline to work from to notice changes in a patient.

Bapen, 2013. Retrieved from. <http://www.bapen.org.uk/>

Chisholm, A., Jensen, J. And Field, P, 2011. Eating environment in the aged-care residential setting in New Zealand: Promoters and barriers to achieving optimum nutrition. Observations of the foodservice, menu and meals. Nutrition & Dietetics, 161-166

Lansdown, A, 2004. Nutrition 2: a vital consideration in the management of skin wounds. British Journal of Nursing, Vol 13 no 20 1199-1209

New Zealand Statistics, 2013, retrieved from [http://www.stats.govt.nz/browse\\_for\\_stats/population/estimates\\_and\\_projections/NationalPopulationEstimates\\_HOTPSep12qtr.aspx](http://www.stats.govt.nz/browse_for_stats/population/estimates_and_projections/NationalPopulationEstimates_HOTPSep12qtr.aspx)