

# Patient Shared Care - Information Pack

Space for NHS Sticker

## About you:

Patient's name: .....

Carer's name: .....

Clinician's name: .....

GP contact: .....

## Introduction

Research shows that helping patients to share the care of their wounds improves self confidence and enhances the understanding of your condition. It also improves Quality of Life and provides more convenient care.

In consultation with your healthcare professional, you have been selected to share the care of your wound using a Biatain Silicone dressing. Rest assured you will receive ongoing support from your healthcare professional until your wound has healed.

### Contact Details for you to get in touch with your healthcare professional:

Team's name: .....

Telephone number: .....

## What you can do to help your wound?

To give your wound the best opportunity to heal follow the guidelines below.

- **Wash your Hands** – the most important thing you and your care givers can do to prevent infection is to follow the correct hand washing procedure
- **Keep a dressing on your wound** – dressings keep germs out and protect the wound from injury. They also help absorb fluid that drains from the wound and could damage the skin around it.
- **Eat Healthily** - Eating a well-balanced diet can make a huge difference to your wound and will encourage it to heal.
- **Let the nursing staff know if you notice any of the following:**
  - Your wound is oozing more than usual
  - The dressing leaks at any time
  - An increased amount of pain from your wound
  - An unusual smell from your wound
  - An increase in redness around your wound
  - Feeling generally unwell
- **If you notice anything else that concerns you, please contact your healthcare professional**

## Hand washing

Removing all dirt and contaminants from the skin is extremely important. The correct method of cleaning ensures bacteria are removed from the hands





# Changing your Biatain Silicone dressing

## Step 1: Preparation

- Wash your hands with warm soapy water and dry them well
- Open the dressing pack fully onto an area you can clean first. Take out the disposable bag, trying not to touch the dressing .
- Remove the old dirty dressing and place in the bag ready to throw away.
- Wash your hands again and put on the apron if you are not the patient.
- Open all the dressings you need and drop them onto the dressing towel. Try not to touch this area. Put on the gloves – Try not to touch the outside of the gloves.

## Step 2: Cleaning your wound

- Wet the gauze pad with water or the saline pods you have. Gently clean the wound.
- Start at the centre of the wound. Dab in circles out to 1 inch (2.5cm) past the edge of the wound. Do not wipe or rub as this may cause damage. Do not go from the outer edges of the wound backwards to the centre. This may spread germs over the wound area.

## Step 3: How to apply your Biatain Silicone Dressing

- Biatain Silicone has a 3-piece non-touch application allowing for aseptic application of the dressing. Once you have removed the dressing from the pouch, peel away the middle tab exposing the foam and adhesive parts of the dressing.
- Holding on to the remaining two side wings, centralise the dressing adhesive side down over your wound.
- Once the middle part of your dressing is secure, remove the side wings one at a time and seal the adhesive gently on to your skin. Ensure the dressng is secured to your skin.



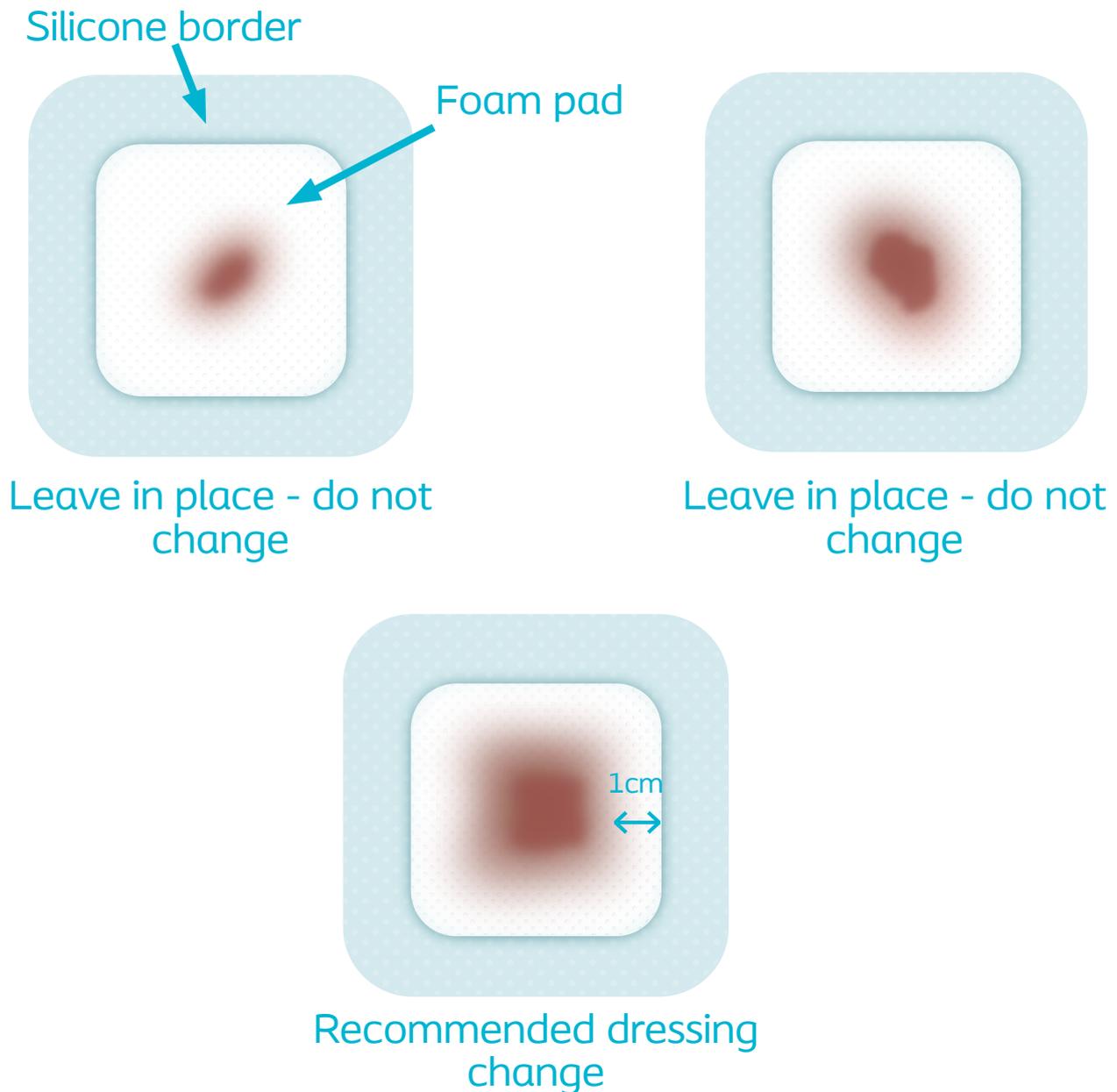
[Scan here for a video on how to apply Biatain Silicone:](#)



For further guidance refer to the Biatain Silicone IFU (Instructions for use)

## When to change your Biatain Silicone dressing

Biatain Silicone can be left in place for up to 7 days dependent on exudate level. Biatain Silicone should be changed when there is 1cm gap between the exudate and the edge of the dressing foam pad:



*This information is for general guidance only and should not replace clinical judgement*

## How to remove your Biatain Silicone dressing

Gently lift the border on the dressing and slowly pull back the dressing until fully removed. For further information, please refer to the Biatain Silicone IFU.