

# OVERVIEW OF “WOUND CARE” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

SFP2014; 40(3): 5

## INTRODUCTION

This is a one-afternoon Family Practice Skills Course. The aim of this skills course is to provide the reader with an understanding of the pathophysiology of pressure damage, the healing process, the factors that perpetuate non healing, and the action to take as first intent; the wound dressings that will be appropriate; and finally, how to approach a wound that is complex.

## COURSE OUTLINE AND CME POINTS

This Family Practice Skills Course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

### Components and CME Points

- Distance Learning Course – 3 units (3 Core FM CME points upon attaining a minimum pass grade of 60% in Distance Learning Online MCQ Assessment of 15 questions)
- 1 Seminar (2 Core FM CME points)
- 1 Workshop (1 Core FM CME point)
- 10 Readings – read 5 out of 10 recommended journals (maximum of 5 CME points for the whole CME year)

### Distance Learning Course

Unit 1: Wound Healing

*Dr Low Lian Leng, Dr Ng Joo Ming Matthew*

Unit 2: Wound Dressings: A Primer for the Family Physician

*Dr Lee Mei Gene Jesmine, Dr Pan Yow-Jeng Franny, Yang Leng Cher, Dr Ng Joo Ming Matthew*

Unit 3: Approach to Complex Wound Management and Adjunct Therapy

*Tan Mui Lan, Goh Boon Ai Susie*

### COURSE TOPIC DETAILS

#### Unit 1: Wound Healing

- Introduction
- Four phases of healing in acute wounds
- Progression to a chronic wound

- Risk factors affecting wound healing or causing non-healing in chronic wounds
- Local factors
- Systemic factors
- Approach to wound healing and strategies to enhance wound healing
- Role of adjuvants
- Conclusions

#### Unit 2: Wound Dressings: A Primer for the Family Physician

- Introduction
- Wound dressings and factors affecting selection
- Categories of wound dressings
- Advances in wound care technology
- Conclusions

#### Unit 3: Approach to Complex Wound Management and Adjunct Therapy

- Introduction
- Principles of wound healing
- Complex challenges and effective management strategies - TIME review

## FACE-TO-FACE SESSIONS

### Seminar: 27 September 2014, 2.00pm – 4.00pm

Unit 1: Wound Healing

*Dr Low Lian Leng*

Unit 2: Wound Dressings: A Primer for the Family Physician

*Yang Leng Cher*

Unit 3: Approach to Complex Wound Management and Adjunct Therapy

*Goh Boon Ai Susie*

### Workshop: 27 September 2014, 4.30pm – 5.30pm

Assessment of Wounds

*Goh Boon Ai Susie*

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