

Electrical Stimulation Therapy (EST) for the treatment of non-healing wounds: What? Why? When? Who? Where & How?

COURSE OBJECTIVES

1. Be aware of Electrical stimulation therapy (EST) and what is entailed in providing this therapy to optimize healing outcomes.
2. Understand the mechanisms of action of EST on wound healing processes and use this information to predict expected and favorable responses and outcomes.
3. Be aware of relevant clinical research evidence and best practice guidelines related to EST and various types of wounds in order to promote evidence-informed practice change.
4. Apply EST to wounds using a variety of application techniques that employ different electrode placements, a selection of electrical stimulus parameters, and an assortment of equipment & supplies.
5. Select appropriate clients for EST treatment based on knowledge and understanding of the indications, contraindications, and precautions of EST.
6. Design an appropriate EST protocol that will be safe and effective and can be incorporated into the current plan of care.
7. Use an evidence based approach to EST application that minimizes patient risks by knowing what to expect, what signs to watch for, and how to modify EST treatment based on the patient's response.

PRE-REQUISITE INFORMATION

Participants of this course should have prior background knowledge about wound healing processes, the etiology and underlying causes of various types of wounds, and be aware of current best practices used in the management of chronic wounds in Canada.

Sound Aseptic Technique: Since wound care involves “working below the dermis” and contact with body fluids, it is essential that all providers use clinical skills that employ universal precautions and good clean/aseptic techniques which protect the patient from environmental hazards and reduce the spread of potentially infective agents. There are many youtube videos that review aseptic techniques in general (hand washing), and for changing a wound dressing, specifically. Procedures and requirements are often guided by health facilities, therefore it is recommended that you check with your human resources/infectious disease department locally.

Best Practices for Wound Care Management: Use the wound bed preparation paradigm and current best practices guidelines on the assessment, prevention, and treatment of Pressure ulcers, Venous Leg Ulcers, and Diabetic Foot Ulcers. Participants should be able to use these guidelines to develop a comprehensive wound care plan that optimizes local wound environment, treats the underlying cause(s), and incorporates patient-related concerns. The best practice recommendations 2006 version has four articles that were produced by the Canadian Association of Wound Care (CAWC). A link to relevant clinical practice guidelines is provided within the provider resource section of this website.

SAMPLE COURSE SCHEDULE (tentative)

Coffee & Registration

- 8:00 Introductions, Course Design and Objectives
- 8:30 Review of background knowledge provided via online modules
- 9:00 A general approach to the safe and effective use of EST in the treatment of open wounds.
Contraindications and Pre-cautions for HVPC
Know what to expect.
- 10:00 Demonstration of Estim application techniques, review of equipment and supplies
- 10:30 BREAK**
- 10:45 EST for wound healing: Application techniques using WOUND MODEL
Evaluation by peers and course instructors using a check list.
- 12:30 LUNCH and networking (provided)**
- 1:30 INTERACTIVE DISCUSSIONS
a) How to adjust your approach based on individual responses or preferences – “What Ifs”
b) Design the best EST protocol that will meet the patient’s needs: CASE DISCUSSIONS
- 2:45 BREAK**
- 2:45 INTERACTIVE DISCUSSIONS (continued)
c) What wound dressings can I use with EST?
- 4:00 Post Course Quiz
- 4:30 Adjournment