Smith+Nephew

Wellbeing with a wound diary

A guide to support you in the management of your wound

Personal details

My details

Name .....

Address .....

.....

Phone .....

E-mail .....

Welcome to your Wellbeing with a wound diary

Your wellbeing is central to the overall management of your wound and finding the optimal wound treatment plan for you and your lifestyle.

How do I use this diary?

- You should make entries into the diary as often as you feel necessary.
- The diary is designed to capture your insights as to how your wound and the way it is being managed has affected your wellbeing over time.
- When completing the diary please capture as much information as possible, not only about the wound and dressings themselves, but also about how you feel and what you have to modify because of your wound/treatment.

Why have I been given this diary?

- Everyone is affected differently by their wounds so it is important to discuss each of these with your healthcare professional so the impact imposed by your wound and its treatment can be reduced.
- The information from the diary will be used by healthcare professionals to assess various treatment options to help tailor your treatment in order to minimise their impact on your lifestyle.

My healthcare team

GP ☐ Practice Nurse ☐ Community Nurse ☐ Other ☐

Name .....

Address .....

.....

Phone .....

E-mail .....

GP ☐ Practice Nurse ☐ Community Nurse ☐ Other ☐

Name .....

Address .....

.....

Phone .....

E-mail .....

GP ☐ Practice Nurse ☐ Community Nurse ☐ Other ☐

Name .....

Address .....

.....

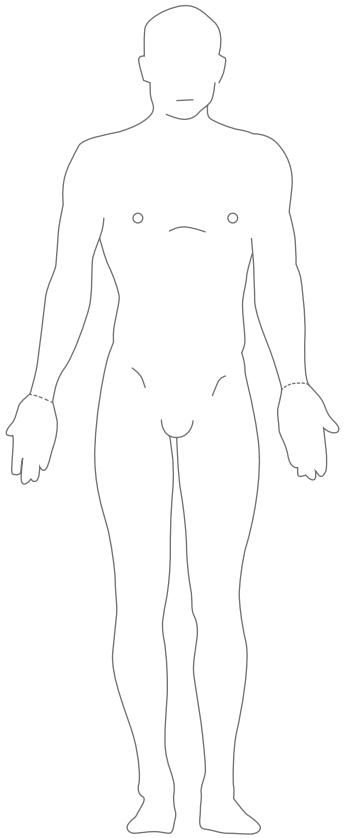
Phone .....

E-mail .....

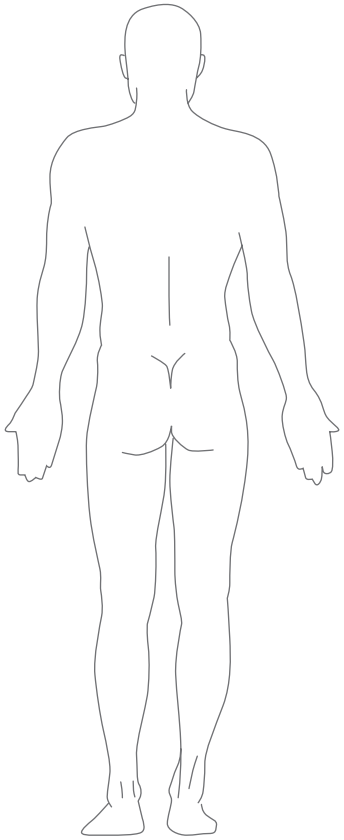
Wound care details

Wound type?

Where is the wound?



Front



Back

When did the wound occur?

Personal notes

Week starting 23/2/20

Current dressing change frequency: Every other day

Current dressing(s) used: ALLEVYN LIFE

Wellbeing score tool: 1 2 3 4 5 6

	Time 1			Time 2			Time 3			Time 4			Time 5		
	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day
Mon	4	Getting up and dressed													
Tue	5	Walking the dog		2	Trying to get to sleep										
Wed															
Thu															
Fri															
Sat															
Sun															

Indicate the time or period of time

Describe the situation at the time you scored your wellbeing

Record your wellbeing score by using the wellbeig score tool

Highlight any key wound and wellbeing events

Note down any questions you have for your healthcare professionals

Record your weekly wellbeing high and low

Key events/notes:

New dressing stays in place better

Questions for my healthcare professional:

Can you help me with the pain?

Weekly wellbeing high:

- When?
- Why? Felt really good to be out and about

Weekly wellbeing low:

- When? Trying to get to sleep
- Why? Wound hurt and kept me awake

Week starting _____ Current dressing change frequency _____ Current dressing(s) used _____

Wellbeing score tool: 1 2 3 4 5 6

	Time 1			Time 2			Time 3			Time 4			Time 5		
	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Sun															

Key events/notes:

Questions for my healthcare professional:

Weekly wellbeing high:

- When?
- Why?

Weekly wellbeing low:

- When?
- Why?

Week starting _____ Current dressing change frequency _____ Current dressing(s) used _____

Wellbeing score tool: 1 2 3 4 5 6

	Time 1			Time 2			Time 3			Time 4			Time 5		
	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Sun															

Key events/notes:

Questions for my healthcare professional:

Weekly wellbeing high:

- When?
- Why?

Weekly wellbeing low:

- When?
- Why?

Week starting _____ Current dressing change frequency _____ Current dressing(s) used _____

Wellbeing score tool: 1 2 3 4 5 6

	Time 1			Time 2			Time 3			Time 4			Time 5		
	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Sun															

Key events/notes:

Questions for my healthcare professional:

Weekly wellbeing high:

- When?
- Why?

Weekly wellbeing low:

- When?
- Why?

Week starting _____ Current dressing change frequency _____ Current dressing(s) used _____

Wellbeing score tool: 1 2 3 4 5 6

	Time 1			Time 2			Time 3			Time 4			Time 5		
	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Sun															

Key events/notes:

Questions for my healthcare professional:

Weekly wellbeing high:

- When?
- Why?

Weekly wellbeing low:

- When?
- Why?

Week starting _____ Current dressing change frequency _____ Current dressing(s) used _____

Wellbeing score tool: 1 2 3 4 5 6

	Time 1			Time 2			Time 3			Time 4			Time 5		
	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day	Score	Situation	Time of day
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Sun															

Key events/notes:

Questions for my healthcare professional:

Weekly wellbeing high:

- When?
- Why?

Weekly wellbeing low:

- When?
- Why?

ALLEVYN◊ LIFE Foam Dressing product information

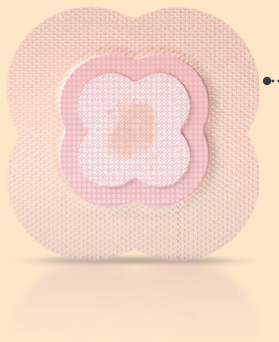
If your healthcare professional has decided to use ALLEVYN LIFE to manage your wound, the following information will help you understand why they have made this decision and help you to get the most from the dressing.

Designed for wellbeing	A dressing designed especially for wounds and people
Security	Unique ergonomical shape designed to fit the contours of the body so it conforms securely, and allows the patient to shower[1-3]
Confidence	Excellent absorbency and fluid-locking ensures minimal leakage and odour[1,4,5]
Discretion	Special masking layer reduces visible strikethrough[1]
Simplicity	Design offers an indication of when a dressing change is needed without unnecessary removal[6]
Protection	Extra cushioning spreads pressure and protects from knocks and bumps[7]
Practicality	Easy to apply[1,2,6] and minimises pain and discomfort on removal[8,9]

Getting the most out of ALLEVYN LIFE

ALLEVYN LIFE Foam Dressings mask excess fluid from your wound[1] and also help to keep potential leaks or odours locked away.[1,4,5]

Here's a helpful diagram to show you when to get your dressing changed:



INDICATOR AT 0%

Everything's good, don't worry about changing your dressing at this point. The dressing can remain in place, with the exudate masked from view.

INDICATOR 50% FULL

There's still no need to change your dressing but consider arranging an appointment with your medical professional, as appointment times and availability may vary.

INDICATOR 75% FULL

When the change indicator is this full, it is time to change your dressing. Contact your medical professional to arrange a dressing change.

Rate your mood[10]

How are you feeleing today?

1 2 3 4 5 6

Smith & Nephew
Building 5, Croxley Park
Hatters Lane, Watford
Hertfordshire, WD18 8YE
T +44 (0) 1932 477100
F +44 (0) 1931 477101

www.smith-nephew.com/uk

◊Trademark of Smith+Nephew
All Trademarks acknowledged
©May 2020 Smith+Nephew
25490

References

1. Rossington A, Drysdale K, Winter R. Clinical performance and positive impact on patient wellbeing of ALLEVYN LIFE. *Wounds UK*. 2013;9(4):91-95. **2.** Stephen-Haynes J, Bielby A, Searle R. The clinical performance of a silicone foam in an NHS community trust. *Journal of Community Nursing*. 2013;27(5):50-59. **3.** Smith & Nephew 2016. Product performance of next generation ALLEVYN LIFE (HVT080). Internal report. GMCA-DOF/08. **4.** Smith & Nephew 14 June 2012. Odour reducing properties of ALLEVYN LIFE. Internal report. DS/12/127/DOF. **5.** Smith & Nephew 20 June 2016. A randomised cross-over clinical evaluation to compare performance of ALLEVYN◊ LIFE and Mepilex™ Border dressings on patient wellbeing-related endpoints. Internal report. CE/047/ALF. **6.** Simon D, Biel A. A structured collaborative approach to appraise the clinical performance of a new product. *Wounds UK*. 2014;10(3):80-87. **7.** Data on file, report DS/12/185/DOF, June 2012. Roberts Sarah. Impact protection properties of ALLEYN LIFE, Mepilex™ Border and Biatain™ Silicone. **8.** Hurd T, Gregory L, Jones A, Brown S. A multi-centre in-market evaluation of ALLEVYN GENTLE BORDER. *Wounds UK*. 2009;5(3):32-44. **9.** Vowden K, Molemen N, Drysdale K, Mistry C. An open, prospective randomised, multi-centre clinical evaluation of a hydrocellular silicone foam dressing in the management of exuding chronic and acute wounds. *Paper presented at: EWMA; 2011*; Brussels. **10.** 2gether NHS Foundation Trust. Moodometer app. http://myhealthapps.net/app/details/363/moodometer . Accessed May 2020.