

# WOUND, OSTOMY AND CONTINENCE CARE



Ministry Rehabilitation Services

A Department of Sacred Heart-  
Saint Mary's Hospitals

A wound, ostomy and  
continence nurse  
specializes in the care  
of patients with:

## WOUNDS

Assessment and Management

- ▶ Pressure ulcers
- ▶ Venous ulcers
- ▶ Arterial ulcers
- ▶ Diabetic ulcers
- ▶ Draining incisions

## OSTOMIES

Management before and after surgery

- ▶ Ileostomy
- ▶ Colostomy
- ▶ Draining fistulas
- ▶ Ileal conduit
- ▶ Continent reservoirs

## CONTINENCE

Skin Care and Continued Management

- ▶ Urinary
- ▶ Fecal

## FOOT AND NAIL PROBLEMS

Treatment takes place in a variety  
of settings: acute care, extended  
care, home health care and  
outpatient services.

## Prevention and Management of Skin Breakdown

- ▶ Assessment and staging of ulcers
- ▶ Measures for pressure relief and vascular support
- ▶ Implementation of topical therapy based on wound healing principles
- ▶ Conservative sharp wound debridement
- ▶ Measures for nutritional support

## Ostomy Patient Care

- ▶ Pre- and post-operative assessment, teaching and counseling
- ▶ Stoma site marking
- ▶ Selection of appropriate pouching system
- ▶ Care and correction of problems associated with difficult stomas
- ▶ Outpatient care and counseling

## Draining Wounds/ Fistula Management

- ▶ Pouching for drainage collection
- ▶ Skin protection
- ▶ Patient comfort
- ▶ Odor management

## Incontinence Management

- ▶ Assessment of contributing factors
- ▶ Correction or management of incontinence
- ▶ Establishment of bowel or bladder training programs
- ▶ Instruction of clean intermittent catheterization and pelvic floor exercises
- ▶ Selection of containment products
- ▶ Skin care

## Foot and Nail Problems

- ▶ Assessment of circulation and sensation
- ▶ Nail trimming and filing
- ▶ Thinning of thick nails
- ▶ Filing corns and calluses
- ▶ Instruction of proper foot care

For more information or to set up an appointment call (888) 843-1367.



## Ministry Rehabilitation Services

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Saint Mary's Hospitals

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### Services provided by:



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**Ann Heise, BSN, RN, CWOCN**, has a bachelor's degree in nursing and is a nationally certified wound, ostomy and continence nurse. Ann

is dedicated to providing quality patient care, decreasing patient care costs and educating patients and caregivers.



### Ministry Rehabilitation Services Northern Wisconsin's most comprehensive rehabilitation center:

- ▶ Aquatic Therapy
- ▶ Comprehensive Pain Management
- ▶ Industrial Rehabilitation
- ▶ Occupational Therapy
- ▶ Physical Therapy
- ▶ Speech Therapy
- ▶ Sports Medicine
- ▶ Women's Specialty Services
- ▶ Wound, Ostomy, Continence Care

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