

For further information about this service contact:

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# Tissue Viability

## Wound care specialists

"Kind,  
informative,  
sincere team,  
felt really  
looked after &  
cared for"

"Staff are nice  
and friendly  
and staff are  
helpful"

"Everyone is  
very friendly  
professional"



Co-produced in partnership with  
people who use our services

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



### **What is the tissue viability service?**

Tissue Viability is the name given to nurses who have specialist skills, knowledge and experience in wound care.

We provide specialist advice and support to patients and healthcare professionals who are managing or have complex wounds such as leg ulcers, pressure ulcers or surgical wounds.

This nurse led team works in partnership with patients, carers, and their healthcare professionals to provide expert wound care advice and strategies to prevent skin breakdown. Our overall goal is to ensure that any patient, who has an active wound or is at risk of developing wounds, receives the optimum care & interventions to enable effective healing and prevention of recurrence.

### **How can you access our service**

You can be referred to our service by your

- GP
- Community Nurse
- Practice Nurse
- Hospital team
- Specialist Nurse
- Community Matron
- Nursing/Residential home staff
- Pharmacist
- Allied healthcare professional

Our service is available Monday to Friday (excluding Bank Holidays) from 8.30 to 16.00. We do not provide a 24 hour or emergency service.

### **What will we do to help?**

You may receive a face to face assessment or remote assessment.

- When we see you we will carry out a thorough assessment of your wound and also of your general health and wellbeing.
- By making such an assessment we can identify any problems that may be delaying the healing of the wound. This may include an assessment of your circulation / assessment of your pressure relieving equipment.
- We will give specialist advice and support to you and your healthcare provider.
- We will work with your healthcare provider to implement an appropriate care and will continue to offer advice for as long as necessary
- We may recommend a referral to other specialists for advice and treatment e.g. Vascular Surgeon, Dermatologist, Dietician, smoking cessation, weight management service, counselling services / CBT, or other specialist nurses.

### **Our clinic at Luton Treatment Centre**

Our clinic primarily sees patients with lower limb ulceration or chronic oedema/ lipoedema/lymphoedema (non cancer related)

Following an assessment in the leg ulcer clinic or well leg clinic, depending upon your diagnosis, your ongoing treatment may

- a) Require regular attendance to the clinic to receive compression therapy
- b) Shared care model; you will commence treatment and your healthcare provider will continue with the ongoing care provision with intermittent Tissue

Viability Nurse input.

- c) Self care model; you will commence treatment in clinic, the Tissue Viability Nurses will provide support and remote advice to enable you to perform your own wound care.

Our approach is to work with you in a way that supports the best outcomes for you.

### **What can I do to help?**

It is important you attend all your appointments. If you are unable to attend your appointment please contact the clinic to rearrange

### **Control any pain from your wound or associated conditions.**

Wounds can be extremely painful, therefore if you are experiencing pain from your wound, it is important that you take any prescribed painkillers regularly and do not exceed the recommended dose. If the pain is becoming worse or the painkillers are not helpful then please consult your GP.

### **Manage your weight**

Extra weight can hinder the wound healing and increase your risk of associated illnesses that can increase the risk of future skin breakdown e.g. moisture lesions, leg ulcers and pressure ulcers.

Eat a healthy, well balanced diet including fresh fruit and vegetables. This will help your wound to heal and manage your weight.

### **Stop smoking**

Cigarettes contain nicotine, which narrows your veins and arteries and inhibits your blood circulation, making an ulcer more likely to develop. If you need help to stop smoking, please discuss this with your nurse or GP.

### **Stay hydrated**

It is important to be well hydrated as this will help with wound healing. Avoid caffeine and if you drink alcohol, keep within recommended government limits. Caffeine and alcohol can make you pass more urine and will increase your risk of dehydration.

### **Care for your skin**

Ensure your skin is moisturised with an unscented moisturiser or emollient. Observe your legs, note any skin changes and report them to your nurse. Be aware: there is a fire risk with all moisturisers and skin creams. Do not keep or use these near a naked flame or fire.

### **Exercise / maintain your mobility**

Gentle exercising and mobility can...

- ⇒ Reduce the risk of you developing pressure ulcers
- ⇒ Aid transportation of oxygenated blood around your body to support wound healing
- ⇒ Improve your brain health
- ⇒ Help to manage your weight
- ⇒ Reduce the risk of disease
- ⇒ Strengthen bones and muscles
- ⇒ Improve your ability to do everyday activities
- ⇒ Improve your quality of sleep