

# Wellbeing and people living with a wound

This leaflet is for all carers, whether you are a relative, friend or even a healthcare professional

## THE ROLE OF THE CARER

As a carer of a person with a wound you are more than likely involved in many aspects of their day to day life. You should work closely with their healthcare professional to ensure their care is provided as effectively as possible.

Living with a wound means different things to different people and it is normal for life change to varying degrees as a result. Most wounds will heal successfully and as expected but others can impact wellbeing for a variety of reasons.



## WHAT IS WELLBEING?

**Definition** – Wellbeing is a state of being characterised by happiness, health and peace of mind<sup>1</sup>

Wellbeing is unique for everyone but there are normally several factors that people will have in common, for example a need for independence or social interaction.<sup>1</sup> For the person in your care, achieving a good state of wellbeing can mean anything from following their passions to simply being able to live independently in their own home.<sup>2</sup>

## WHY IS WELLBEING IMPORTANT?

Wellbeing is important because research has shown that poor wellbeing may affect a person's ability to heal and cope with their situation.<sup>1,3-5</sup> Wellbeing encompasses all areas of life and can be loosely divided into four domains:

### Physical wellbeing<sup>1</sup>

The ability to function independently in activities such as bathing, dressing, eating and moving around.

### Social wellbeing<sup>1</sup>

The ability to participate and engage with family, society, friends and workers.

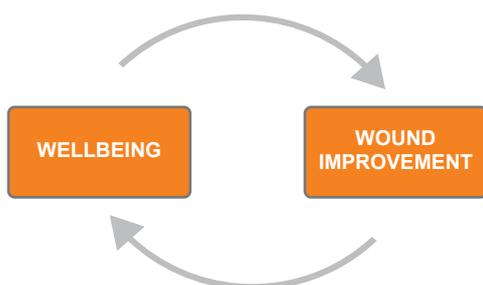
### Psychological wellbeing<sup>1</sup>

Feelings of fear, anxiety, stress, depression or other negative emotions, and the ability to understand their condition.

### Spiritual/cultural wellbeing<sup>1</sup>

The ability to experience and integrate meaning and purpose in life through connections with themselves and others.

## ASSESSING WELLBEING



It is important to identify factors affecting wellbeing across these domains as they can affect many aspects of life of the person in your care, including their:<sup>1</sup>

- Ability to cope and look after themselves
- Wound healing progress
- Happiness and contentedness with life
- Financial and familial stability

Visit [www.wellbeingwithawound.com/patient](http://www.wellbeingwithawound.com/patient) for:

- Wellbeing assessment tool – answer detailed questions to determine the state of wellbeing
- Wound care & wellbeing diary – track progress and monitor wellbeing day to day
- Wellbeing with a wound leaflet for the person in your care – printable information about wounds and wellbeing

# Helping to improve the wellbeing of others

The wellbeing of people with wounds often improves as they begin to self-manage and become involved in decisions about their care; this helps them to feel more in control of their wound healing and as a result their situation may improve.

- **Remember to ask for help<sup>1</sup>** – if you feel you are struggling to provide the care required or you feel that the wound and situation has altered you should seek help and advice from their healthcare professional
- **Sit down and discuss wellbeing<sup>1</sup>** – you should go through the wellbeing website and assessment tool with the person you care for and sit down each day to fill in the Wound care & Wellbeing diary. These will help you both identify how you can improve wellbeing together.
- **Prioritise problems to deal with<sup>1</sup>** – try to identify together the factor most affecting wellbeing and then try to find ways to improve it. You should speak to a healthcare professional for advice or even ask for a referral if it is not something that can be dealt with at home.
- **Set goals and targets<sup>2</sup>** – discuss targets for the day with the person you care for or goals for the week because, regardless of how small it is, achieving something can really help
- **Try to encourage a little more each day<sup>1</sup>** – increasing things like movement or involvement a little bit each day will help the person in your care progress even more than they realise
- **Discuss hobbies or activities<sup>2</sup>** – keeping the mind active, and the body where possible, is essential for good wellbeing. Discuss with the person in your care any activities or hobbies they could take up that would be of interest to them. For example: Sudoku and word puzzles, gentle walks or tea with friends.

## SELF-MANAGEMENT AND DECISION MAKING



### References:

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### Wound Management

Smith & Nephew, Medical Ltd, 101 Hessle Road, Hull HU3 2BN UK  
T +44 (0) 1482 225181 F +44 (0) 1482 328326

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