Advancis Medical Rescue Pack

A case report on burn patients within a mental health setting implemented a burns pathway and emergency box. [7] Concluding the correct choice of dressing and equipment is important to promote a positive wound healing environment, and a silicone wound contact non-adherent dressing needs to be versatile for clinicians to treat wounds until it can be assessed by the Tissue Viability team.

- A Silicone wound contact, non-adherent dressing e.g. Silflex
- B Sterile scissors
- C Swan gauze
- D Medical gauze swab
- E Sterile water
- F Self-adhesive tape
- G Medical grade Manuka honey dressing
- H Cling film

Based on the findings and results of the case report, Advancis Medical recommends the following items to be included in a rescue pack which can be used on multiple types of self-harm wounds, including burns, lesions, and scratching:



Education Hub

Visit the Advancis Education Hub

A dedicated space for healthcare professionals:

- Wound care fundamentals courses
- Continuing Professional Development (CPD) courses
- Wound care application and product usage tips with Tissue Viability Nurses
- Wound and product selection guides
- Wound care research and clinical updates
- Advancis product case studies and clinical evaluations

www.advancismedical.com/education

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ADVANCIS

Self-Harm Wound Management

Mental Health in Wound Care

- ✓ Different forms of self-harm wounds
- ✓ Recognising self-harm
- ✓ Data and the prevalence of self-harm increasing
- ✓ Rescue pack for a mental health setting



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What is Self-Harm?

"Self-harm is defined as intentional self-poisoning or injury, irrespective of the apparent purpose" [1]

There is more than one form of self-harm. Self-harm encompasses a wide range of behaviours where someone hurts themselves deliberately. [2]

It can include:

- Inserting foreign objects into the body or skin
- Striking a part of the body against a hard surface
- Cutting
- Poisoning
- Tying ligatures
- Burning
- Scratching



Data for the UK

- 2016: 362 per 10,000 population were men [4]
- 2016 : 441 per 10,000 population were women [4]
- 2016 : an estimated overall annual cost of general hospital management of self-harm is £162 million per year [4]
- 2022: suicide and self-harm costed £9.58B [5]



Recognising Self-Harm [3]

Due to the wide range of self-harm behaviours, there are a multitude of signs of self-harm. This can include, but is not exclusive to, the following:

- Medication, drugs and alcohol
- Loose sleeved clothes in warm weather
- If suitable, refusing to get changed in front of people
- Changes in eating habits
- Exercising excessively
- Communicating (thoughts of self-harm)
- Scars
- New wounds
- Environment
- Behaviour change

Recognising self-harm can be difficult and is not always clear. Please follow your local policies and guidelines or consult a specialist about any concerns.

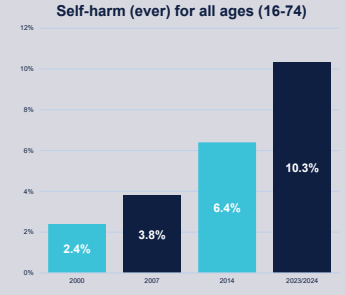


Data for the USA

- Skin cutting is 70-90% of self-harm cases
- Self-harm occurs in approximately 5% of adults
- Higher risk among college students, 17-35%

Adult Psychiatric Morbidity Survey (AMPS): Survey of Mental Health and Wellbeing, England, 2023/4

Prevalence of self-harm has increased from 2.4% in 2000 to 10.3% in 2023/24 for all ages, ranging from 16 to 74 years old. [6]



The use of Activon Tube on a non-concordant self harm patient

Patient Profile

Patient
15 year old female

Wound
Lacerations to arms and legs
Reopened wounds to insert foreign objects

Previous Treatment
Antibiotics for staphylococcus aureus, but refused by patient
Sutures

Treatment Aim
Use **Activon Tube** as an antimicrobial with an absorbent secondary dressing

Results
Honey was utilised for its debriding abilities and antimicrobial properties. Enabled good surface contact without trauma.

From the patient *"honey was great, really helped my legs, best thing I ever had for them ... honest"*



Presentation **1 month**

Burns Pathway & Emergency Box Implementation in a Mental Health Setting

Patient Profile

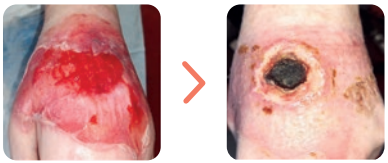
Patient
Male with history of hypertension, diabetes, obesity and myocardial infarction

Wound
Full thickness burn to back of the left hand, 16cm x 7.5cm

Previous Treatment
Enzyme alginogel and **Silflex** was used for 15 days

Treatment Aim
Switched to **Activon Tube** and **Silflex** due to minimal size reduction and necrosis forming

Results
Noticeable improvement after 4 days using **Activon Tube**. After a further 7 days wound reduced to 3cm x 2.5cm. Another 7 days and there was noticeable improvements.



Presentation **Day 26**