

4<sup>th</sup> International Conference on

# WOUND CARE, WOUND NURSING TISSUE REPAIR & REGENERATIVE MEDICINE

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## Wound care and nutrition

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Wound care is a multi disciplinary specialty requiring many physiologic and immunologic process as well as physical, social and societal factors to achieve successful wound care. Most wounds are treated with combination of antimicrobial protective barriers, and topical growth agents. The whole function in wound healing may be overlooked in the wound care patient. Like specialty, it is often multifaceted with many nutritional components playing a variety of role in the wound healing process. Suboptimal malnutrition can affect immune function, collagen synthesis, and wound tensile strength, all of which are essential in the wound healing process. It is also important to remember that not all wounds are equal a burn is different from a pressure ulcer, nonetheless, nutrition is a common denominator for all wound patients, and what is studied in wound population is often relevant in another due to the complexities of monitoring and measuring both wound healing and dietary intake, randomized, controlled trials of wound care patients are difficult to conduct and much of the data concerning nutrition in wound care relies on combined supplements. In summary, it appears that some nutrients are necessary only if deficient, whereas others may become conditionally essential and serve a therapeutic role. This conference paper will focus on nutritional items that aid in the process of wound healing. They include Protein, Vitamins C, Vitamins B 12. All of the nutrients mentioned, will be viewed as a component of a broader complete diet and this paper will draw its conclusion and make recommendations on the aforementioned.

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