

## **Training Program for Paramedic Wound Dresser**

### **Day 1: Introduction to Wound Care and Basic Techniques**

#### **Morning Session: Theoretical Foundations**

1. **Welcome and Introduction (30 minutes)**
  - Overview of the training program.
  - Objectives and expectations.
2. **Wound Care Basics (1 hour)**
  - Types of wounds: abrasions, lacerations, punctures, and avulsions.
  - Principles of wound healing.
  - Classification of wounds (e.g., acute vs. chronic, clean vs. contaminated).
3. **Infection Control (1 hour)**
  - Standard precautions and hand hygiene.
  - Personal protective equipment (PPE).
  - Sterilization and disinfection protocols.
4. **Break (15 minutes)**
5. **Wound Assessment (1.5 hours)**
  - Techniques for assessing wound type, size, depth, and signs of infection.
  - Documentation and reporting.

#### **Lunch Break (1 hour)**

#### **Afternoon Session: Practical Skills**

1. **Basic Wound Dressing Techniques (1.5 hours)**
  - Types of dressings and their indications (e.g., gauze, hydrocolloid, foam).
  - Step-by-step demonstration of clean and sterile dressing changes.
  - Practice using mannequins and simulated wounds.
2. **Handling Special Wounds (1 hour)**
  - Managing pressure ulcers, diabetic foot ulcers, and surgical wounds.
  - Specific dressings and techniques for each type.
3. **Break (15 minutes)**
4. **Practical Exercises and Simulation (1.5 hours)**
  - Hands-on practice in simulated scenarios.
  - Role-playing different wound care scenarios with feedback.
5. **Q&A and Review (30 minutes)**
  - Addressing questions and clarifying concepts from the day.

### **Day 2: Advanced Techniques and Case Studies**

#### **Morning Session: Advanced Skills**

1. **Review of Day 1 (30 minutes)**
    - Recap key concepts and skills.
    - Address any lingering questions.
  2. **Advanced Wound Care Techniques (1.5 hours)**
    - Use of advanced wound care products (e.g., antimicrobial dressings, negative pressure wound therapy).
    - Techniques for managing complex wounds and wounds with compromised healing.
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- AS
- CB

3. **Break (15 minutes)**
4. **Wound Care in Special Populations (1.5 hours)**
  - Pediatric wound care.
  - Geriatric considerations and adjustments.
  - Wounds in patients with comorbid conditions (e.g., diabetes, vascular disease).

#### **Lunch Break (1 hour)**

#### **Afternoon Session: Practical Application and Case Studies**

1. **Case Studies and Discussion (1.5 hours)**
  - Analyzing real-life case studies.
  - Discussion on decision-making and problem-solving in wound care.
2. **Hands-on Workshops (1.5 hours)**
  - Workshops on advanced dressing techniques and wound care management.
  - Practice sessions with guidance from experienced practitioners.
3. **Break (15 minutes)**
4. **Simulation and Role Play (1 hour)**
  - Simulated scenarios with complex wounds.
  - Emphasis on critical thinking and application of skills in real-time.
5. **Debrief and Feedback (30 minutes)**
  - Review of the day's activities.
  - Collecting feedback and addressing any concerns.

#### **Day 3: Integration and Evaluation**

##### **Morning Session: Integration of Skills**

1. **Review and Refresher (30 minutes)**
  - Quick review of key points from previous days.
  - Preparation for final practical assessments.
2. **Integrated Wound Care Simulation (2 hours)**
  - Full scenarios integrating assessment, dressing, and management of wounds.
  - Simulation includes teamwork and communication with other healthcare providers.
3. **Break (15 minutes)**
4. **Advanced Topics in Wound Care (1 hour)**
  - Latest research and innovations in wound care.
  - Future trends and evolving practices.

#### **Lunch Break (1 hour)**

##### **Afternoon Session: Assessment and Certification**

1. **Practical Skills Assessment (1.5 hours)**
  - Evaluation of practical skills through individual and group assessments.
  - Feedback on performance and areas for improvement.
2. **Written Knowledge Test (1 hour)**
  - Test covering theoretical knowledge, wound types, infection control, and advanced techniques.



3. **Break (15 minutes)**
4. **Certification and Closing Remarks (1 hour)**
  - Awarding of certificates of completion.
  - Summary of training outcomes and next steps.
5. **Final Q&A and Closing (30 minutes)**
  - Address any final questions.
  - Provide additional resources and support information.

