2:15 – 3:45 p.m.     Concurrent Session 3H

Palliative Wound Care:
Defining Goals and Individualizing Treatment Plans

Katharine Womack, MA, BSN, RN, CWOCN, Certified Wound and Ostomy RN, Visiting Nurse Service and Hospice of Suffolk

**Description:**

Wounds occur often in patients with terminal and chronic disease. As clinicians practicing in this care setting our focus is to promote comfort and relief using interventions designed to support the physical and psychological well-being of the whole patient. By first knowing the individual needs and desires of your patient, you can establish specific goals with interventions that control the infection, pain and wound burden associated with the disease. This lecture will discuss approaches for palliative wound care and focus on the unique qualities and trajectories of wounds in the setting of chronic disease.

**Objectives:**

- Describe alternations in skin that occur with aging and comorbidity that can lead to chronic and palliative wounds
- Describe identifying features of a palliative wound
- Identify approaches for palliative wounds
- Review current research supporting care guidelines and treatments

**Speaker Bio:**

Katharine Womack is a registered nurse and a board-certified wound, ostomy and continence nurse who began her career in Virginia as a staff nurse in adult oncology and rehabilitation. She also worked in pediatrics as a school nurse for the Virginia Beach School System before transitioning into the home health care field.

Katharine currently works at Visiting Nurse Service & Hospice of Suffolk as a wound, ostomy and continence specialist, performing consults and nursing assessments as well as educating patients and staff on proper techniques in wound and ostomy care.

Katharine received her Bachelor of Science in Nursing, as well as a Master of Arts in Humanity from Old Dominion University in Norfolk, VA. She is an active member of the Wound, Ostomy and Continence Nurse Society, the Association of for the Advancement
of Wound Care, the Dermatology Nurses Association and the American Association of Nurse Practitioners.

She is currently enrolled in the Master of Science in Nursing Family Nurse Practitioner program at Long Island University where she will be graduating this year with plans to specialize in the care of chronically ill patients with challenging wound care needs.