

## What are wounds?

Due to age-related changes to the skin, older adults are more likely to experience skin damage and wounds. This includes acute wound (those from surgery or a trauma) and chronic wounds, such as diabetic, venous or pressure ulcers. Wounds can cause bacterial infections, bone and joint infections and sepsis.

## How are wounds treated and prevented?

It is important to check skin regularly for new wounds and monitor existing wounds. Talk to a health care provider if there is a new fever, change to the appearance of the wound or increased pain or swelling. Many healthy behaviours such as diet and drinking lots of fluids can promote healthy skin and prevent wounds.

**There is an eLearning Course on this topic where the following is discussed in more detail:**

- What is the impact of aging on skin?
- How and when to check skin?
- How are acute and chronic wounds prevented and treated?
- What are common complications of wounds?

## References

Benedetti, J. (2019). Structure and function of the skin. Retrieved from <https://www.merkmanuals.com/en-ca/home/skin-disorders/biology-of-the-skin/structure-and-function-of-the-skin>

Harvard Health Publishing. (2018). Why wound healing gets harder as we age. Retrieved from <https://www.health.harvard.edu/diseases-and-conditions/why-wound-healing-gets-harder-as-we-age>

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