

North Island

Having a chronic wound raises concerns about:

- ◆ Will my wound heal?
- ◆ What can I do about it?
- ◆ What options do I have for treatment?
- ◆ How do my medical conditions affect my wound?
- ◆ Will managing my diabetes better prevent future wounds?
- ◆ What should I be eating to help my wound heal?
- ◆ Are there any community supports?
- ◆ How can I live a healthy life with a chronic wound?

Wound Care

What is the North Island Wound Care Collaborative?

We are a team of health care professionals working in association with your family physician/nurse practitioner.

We provide an integrated service of prevention, education, treatment and support related to chronic wounds.



Collaborative

What services are available?

- ◆ Wound assessment and treatment from a wound care nurse and a plastic surgeon
- ◆ Nutrition assessment and support
- ◆ Diabetes Education
- ◆ Access to health and wellness information related to your medical conditions
- ◆ Access to supportive services and resources in the community
- ◆ Counselling services
- ◆ Resource advocacy

How to reach us:

North Island Wound Care Collaborative

For information contact Home and Community Care:

(250) 850-2622

This service requires a referral from your Family Physician or Nurse Practitioner

How can I take care of my own health?

- ◆ See my doctor or Nurse Practitioner regularly
- ◆ Monitor my medical conditions
- ◆ Seek medical care when I notice a wound that does not heal
- ◆ Get an annual flu vaccination
- ◆ Find out how to eat a healthy diet
- ◆ Be active
- ◆ Get enough sleep
- ◆ Check all my medications, including herbs and vitamins, with a pharmacist
- ◆ Take care of my feet
- ◆ Know my limitations and allow others to help me when I need it



North Island Wound Care Collaborative

This service is currently available to residents of Campbell River and surrounding areas