Step up care with HBO

Normal wound healing proceeds through an orderly sequence of steps, several of which are critically dependent on adequate perfusion and oxygen availability. The hypoxic nature of all wounds has been demonstrated. Pathologically increased hypoxia correlates with impaired wound healing and increased rates of infection. In HBO, high concentrations of oxygen are delivered under pressure to increase oxygen levels in the blood and tissues and promote wound healing. The benefit of HBO as a treatment for non-healing wounds is well established, and it should be considered if available and appropriate.

—CAROL AIKEN, RN, BSN
Johnson City, Tenn.

Turning teens on to nursing

I helped to start a program for seventh and eighth graders (many of whom belong to minority groups) to spark their interest in nursing as a career. The program has expanded into six middle schools.

The young people hear nurses from various specialties give lectures and get hands-on experience by learning to perform CPR and use automated external defibrillators. They practice gowning up for surgery, inserting I.V. devices into artificial arms, and listening to heart and lung sounds. We hope this program will produce many more nurses for our country in years to come.

—ELAINE FANTLE SHIMBERG
Tampa, Fla.

Cardiac rehab: More than exercise

In a recent article, the author discussed lifestyle changes that a patient needs to make after myocardial infarction. One point was missing: referral to cardiac rehabilitation. We aren’t just exercise! As part of a multidisciplinary team, we help the patient and his family make adjustments in his lifestyle. The staff not only educates him about risk factors and medications, but reinforces other patient teaching. The group setting gives him the support he needs during recovery. As an outpatient program, we assist with the continuity of care begun in the inpatient setting.

—CAROL J. O’HARA, RN, BSN, MED
Hummelstown, Pa.

The comments appearing in this column are excerpted from readers’ correspondence. Send your letter, name, credentials, and complete mailing address to: Letters Editor, Nursing2005, 323 Norristown Rd., Suite 200, Ambler, PA 19002, or e-mail to nursing@lww.com. Please include your e-mail address and daytime telephone number.

LETTERS

Step up care with HBO

I was pleased to read your informative article, “Steping up Care for Diabetic Foot Ulcers” (October 2005). I’d like to add that hyperbaric oxygen therapy (HBO) can reduce the risk of amputation from nonhealing diabetic foot ulcers in selected patients who don’t respond to standard wound therapy.

—SUSAN SIMMONS HOLCOMB, ARNP, BC, MSN, Clinical Nurse Specialist, Northwest MedStar, and Staff Nurse, Intensive Care Unit, Sacred Heart Medical Center, Spokane, Wash.

Jeanette Ives Erickson, RN, MS, Senior Vice-President for Patient Care and Chief Nurse, Massachusetts General Hospital, Boston, Mass.

正常伤口愈合过程通过有序的步骤序列，其中几个步骤是依赖于充足的血流和氧含量。所有伤口的缺氧性质已经被证明。病理学上增加的缺氧与伤口愈合的受损和感染的增加相关。在HBO中，高浓度的氧是在压力下输送到血液和组织中以增加氧的水平并促进伤口愈合。HBO作为一种治疗不愈合伤口的方法已经得到了证实，如果可用，则应该考虑使用。

—CAROL AIKEN, RN, BSN
Johnson City, Tenn.

将青少年推向护理

我帮助启动了一个为第七和第八年级学生（许多属于少数族裔）的项目，以激发他们对护理专业的兴趣。该项目已经扩展到六个中学。

这些年轻人通过听护士们从各种专科的讲座和获得亲手经验来学习如何进行心肺复苏和使用外部自动除颤器。他们练习穿上手术服，插入I.V.设备，以及学习听心脏和肺部的声音。我们希望通过这个项目将产生更多为国家服务的护士。

—ELAINE FANTLE SHIMBERG
Tampa, Fla.

心脏康复：不仅仅是运动

在最近的一篇文章中，作者讨论了病人在心肌梗死后的生活方式改变。一个点被遗漏了：对心脏康复的转介。我们不仅仅是运动！作为多学科小组的一部分，我们帮助病人和他的家庭做出他的生活方式调整。该小组设置给他提供了他需要在康复期间持续的支持。作为 outpatient program，我们协助与在病人的住院期间开始的连续性护理。

—CAROL J. O’HARA, RN, BSN, MED
Hummelstown, Pa.

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