



Have you made your New Year's resolutions?

A resolution is a serious decision or determination to do, or not to do, something. Traditionally, most New Year's resolutions focus on self-improvement: losing weight, giving up a bad habit, exercising more, being a better person. Because most of us spend about half of our waking lives at work, perhaps our work lives should be the subject of some of our resolutions. Here are a few work-related resolutions I've come up with:

- If your patient's condition doesn't improve after 2 weeks, reassess the treatment plan. Avoid weeks and weeks of no healing.
- Just say no to outdated treatment plans (such as wet-to-dry dressings, t.i.d. dressing changes, and hydrogen peroxide).
- Meet with suppliers and sales representatives on a regular basis. Set aside 1 day each week or month to find out what's new.
- Avoid putting tape on your patients' skin.
- Provide additional support for all discharged wound and ostomy care patients by scheduling routine follow-up via telephone calls, e-mails, letters, or in-person visits.

- Create a "Mini Me" by training and educating a colleague to cover for you when you're gone.
- Keep up with the social side of wound care. Follow wound and ostomy care pages on **Facebook** (including *Wound Care Advisor*), track Twitter trends through #woundcare and #ostomy, and connect with wound and ostomy care professionals on LinkedIn.
- Start a wound care team.
- Create or update wound and ostomy patient education handouts.



- Clean out and organize wound and ostomy supply closets.
- Organize a free ostomy appliance wellness clinic quarterly.

- Educate, educate, educate yourself and others through in-services, skill-of-the-week posters, wound care newsletters, skill fairs, webinars, national wound conventions, and supplier-sponsored training sessions. Share copies of **Wound Care Advisor** with colleagues.
- Update relevant policies, procedures, and protocols.
- Perform, obtain, or review **ankle-brachial index** or toe-brachial index results for all patients before applying venous compression wraps.
- Start an ostomy support group by creating your own, or partner with the **United Ostomy Associations of America**.
- Design a quick “how to” checklist form for non-wound care staff to follow.
- Play nice with others. Remember to

compliment, congratulate, appreciate, and listen to other’s opinions.

“Start by doing what is necessary, then do what is possible, and suddenly you are doing the impossible.”

– Saint Francis of Assisi

From myself and the staff of *Wound Care Advisor*, we wish you a beautiful, magical, and prosperous New Year!



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