

MICRO-LEARN MODULE: DRAINING WOUNDS, PPE, & DIABETIC SKIN BREAKDOWN

Objective

To enhance staff knowledge and skills in identifying, managing, and preventing infection related to diabetic skin breakdown and draining wounds. This session reinforces early detection, infection prevention practices, and appropriate use of PPE during foot care and wound assessments.

Target Audience

- Nursing staff (RNs, LPNs, CNAs)
- Medical assistants
- Home health aides
- Wound care team
- New hires and continuing education participants

Learning Goals

By the end of this session, participants will:

- Identify early signs of diabetic skin breakdown
- Understand daily foot care routines and infection prevention steps
- Demonstrate correct donning and doffing of PPE for foot/wound assessments
- Utilize tools such as mirrors and monofilament testing to support early detection
- Know when to escalate care or refer for further wound management

Materials Needed

- Job Aid 1: Infection Prevention in Diabetic Skin Care – Quick Reference Guide
- Job Aid 2: Preventing Diabetic Ulcers: Mirror & Monofilament Use
- PPE supplies (gloves, gown, mask, face shield, hand sanitizer)
- Mirror and monofilament (for demonstration and practice)
- Foot model or participant volunteers (for foot assessment practice)
- Sign-in sheet (for attendance/training records)

Facilitation Steps

1. Introduction (1–2 minutes)

- Welcome staff and introduce the topic: diabetic skin breakdown and infection prevention
- Highlight infection risks from wounds that appear dry but are still draining or vulnerable
- Distribute Job Aid 1 and 2, and walk through the key points briefly

2. Job Aid Review & Discussion (2–3 minutes)

- Job Aid 1: Infection Prevention in Diabetic Skin Care
 - Review early signs of breakdown (redness, swelling, skin changes)
 - Emphasize daily foot care routines and when to seek help
 - Stress the role of both staff and patient education

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Job Aid 2: Preventing Diabetic Ulcers

- Demonstrate how to use a mirror for inspecting feet (especially soles and between toes)
- Show proper use of the monofilament for assessing sensory loss
- Reinforce that early detection prevents ulcers and serious infections

3. Hands-On Practice (3–4 minutes)

- PPE Demonstration:
 - Demonstrate proper donning and doffing of PPE during foot/wound assessments
 - Reinforce hand hygiene steps before and after PPE use
- Foot Assessment Practice:
 - Guide participants in identifying warning signs using a foot model or partner
 - Practice using mirror and monofilament where applicable

4. Group Reflection & Wrap-Up (1 minute)

- Prompt reflection:
 - What's one thing you'll do differently in wound or foot care going forward?
 - Have you seen any of these early signs before? What happened next?
- Encourage continued use of job aids in daily work and patient teaching
- Collect sign-in sheets or document attendance

Key Messages to Reinforce

- Early detection is the key to preventing diabetic ulcers and infections
- Germs live on and under the skin—even when a wound looks dry
- PPE and hand hygiene are essential during foot care and wound management
- Patient education is part of effective infection prevention

o **PPE Donning and Doffing (pg 1/3)**

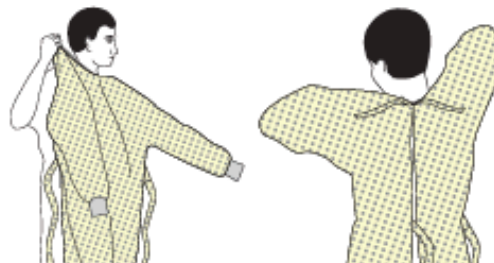
- Source: CDC, Sequence for Donning and Removing Personal Protective Equipment (n.d.)

SEQUENCE FOR **PUTTING ON** PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



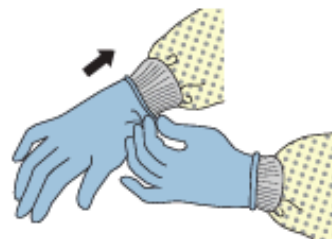
3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



o PPE Donning and Doffing (pg 2/3)

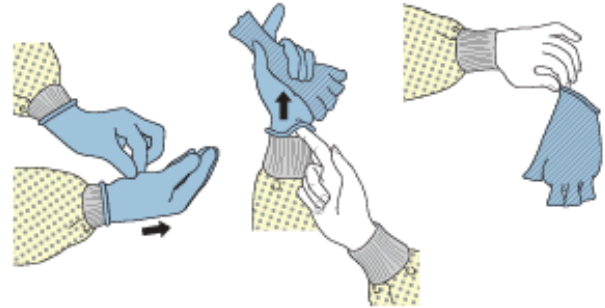
- Source: CDC, Sequence for Donning and Removing Personal Protective Equipment (n.d.)

HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



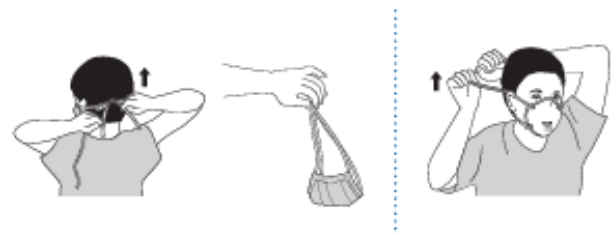
3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

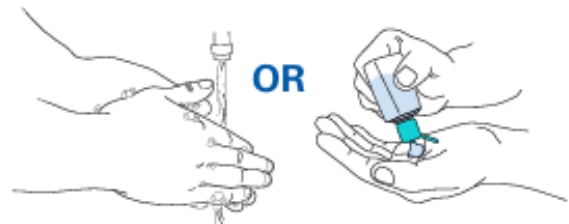


4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS
BECOME CONTAMINATED AND IMMEDIATELY AFTER
REMOVING ALL PPE**



o **PPE Donning and Doffing (pg 3/3)**

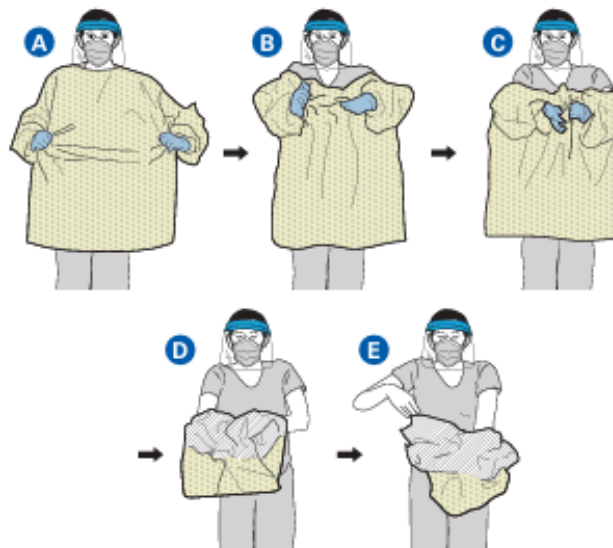
- Source: CDC, Sequence for Donning and Removing Personal Protective Equipment (n.d.)

HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

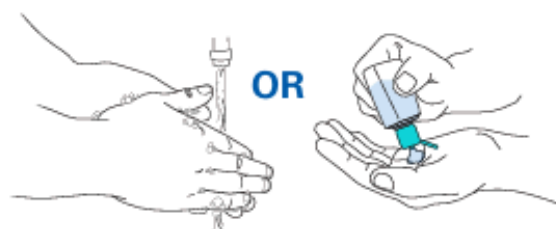


3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE

