

The Center *for* Wound Healing

Proper wound care is important. Ignoring problems or failing to recognize danger signs can delay healing, lead to infection and even amputation. However, proper care can speed healing, reduce pain and lessen scarring that could affect mobility.

Our Medical Director

We are pleased to have the clinical expertise of Dr. Nancy S. Clark as the center's medical director. The board-certified vascular surgeon has eight years experience treating patients with complex circulation or blood flow problems. Dr. Clark has served as medical director of the wound care program at Union Memorial Hospital in Baltimore since 2003.

Are services covered?

Most insurance plans cover wound care. We also have financial counselors who can help you work out a financial plan or apply for state or federal aid, if eligible.

How can I receive services?

- Obtain a physician's referral
- **In Calvert:** Call 410-414-4836
- **From DC:** Call toll-free:
301-855-1012, ext. 4836
- **From St. Mary's:** Call 301-475-5250,
ext. 4836
- **From Charles:** Call 301-884-0104,
ext. 4836

Where we're located:

The Center for Wound Healing at CMH is located on the 4th floor adjacent to Rehabilitation Services.



Calvert Memorial Hospital
Tradition. Quality. Progress.

100 Hospital Road
Prince Frederick, MD 20678
www.calverthospital.org



We offer:

- Specialized treatment of chronic/acute wounds: diabetic, arterial, venous, pressure and surgical
- Personalized and dedicated patient care
- Resources for diabetic foot care
- Inpatient and outpatient services
- Private treatment areas
- Family and caregiver education

Knowledgeable staff

- 25 years combined experience in wound care
- Specially trained in latest wound care techniques

Comprehensive evaluations

- Sensation Testing
- Ankle Brachial Index
- Pictorial Wound Documentation

Coordinated care

- With your physician, surgeon or specialist
- Of additional services: nutrition counseling, diabetic education, home health care and custom-made orthotics



Specialized services

- Ultraviolet radiation (*to control infection*)
- Electrical stimulation/ultrasound (*to prevent skin growth*)
- Pulsed lavage/hydrotherapy for wound irrigation (*to remove dead skin and clean infection*)
- Mist therapy (*for wound irrigation and infection control*)

Your Healing Program

On your first visit, our staff will evaluate your wound and general health. Your medical history, current medications and allergies will be reviewed. You may also need special tests that give us information about blood flow to the wound area. Once your test results are evaluated, our Wound Healing team will tailor an individual treatment program based on your needs. You will continue to have regular visits to the center to provide treatment as healing progresses. You will also be given detailed instructions for your care at home.

Making these changes can help you prevent wounds from developing or getting worse:

- Quit smoking
- Lower your blood pressure
- Limit your salt intake
- Control your cholesterol – eat healthier
- Take medications, as prescribed
- Manage your diabetes, if needed
Exercise – start a walking program (*after speaking with your doctor*)
- Lose weight, if you're overweight
- Ask your doctor about aspirin therapy (*to prevent blood clots*)

