

# Challenges and Knowledge of Nurses in Wound Care: An Exploratory Study



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The nurse’s role in wound assessment and management is a critical component of comprehensive patient care. It encompasses a set of systematic interventions designed to promote tissue healing, alleviate pain and discomfort, and prevent infections and related complications.

**Objective:** To analyze nurses’ knowledge and self-efficacy regarding the assessment and management of wounds.

**Methods:** Quantitative-qualitative study carried out with nurses from a university hospital in southern Brazil. Data were collected using a semi-structured questionnaire and a perceived self-efficacy instrument, which was applied from November 2023 to April 2024. The data were analyzed manually by the researchers. In the qualitative approach, the interviews were transcribed, and content analysis was conducted following the stages of categorization, inference, description, and interpretation, in accordance with Minayo’s framework. The variables from the quantitative approach were analyzed using Excel software, employing descriptive and dispersion analyses. For the self-efficacy scale, the mean of the item responses was calculated. The local Ethics Committee approved the study.

**Results:** A total of 19 nurses participated in the study, with an average of six years of professional experience. Of these, 78.9% reported prior participation in wound care training. Self-efficacy scores indicated a lack of confidence among some participants when facing new situations or performing procedures independently. Content analysis revealed five thematic categories:

Thematic categories	Analysis
Knowledge of wound assessment	Participants demonstrated a basic understanding.
Knowledge of therapeutic approaches	While familiar with commonly used products and practices, participants had limited understanding of newer technologies.
Structural challenges and resource limitations	Staff shortages, high turnover, and the lack of standardized protocols negatively affected care.
Autonomy and dependence on specialists	Nurses frequently relied on other professionals for clinical decision-making.
Continuing education	A lack of training opportunities hindered the adoption of evidence-based practices and innovations.

**Conclusion:** Nurses exhibited practical but limited knowledge regarding wound assessment and treatment. The absence of protocols, insufficient ongoing training, lack of professionals, and restricted autonomy contributed to inconsistencies in wound care. Implementing structured continuing education programs and standardized clinical protocols is essential to enhance care quality and strengthen nursing autonomy.

I have no conflict of interest.