

EFFECTIVENESS OF MODERN WOUND CARE MANAGEMENT BASED ON EVIDENCE-BASED NURSING

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ABSTRACT

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Background: Chronic wounds pose a challenge in healthcare due to the risk of infection, complications, amputations, and reduced quality of life for patients. Technological advances have led to the emergence of various modern wound care methods that are more effective than conventional methods. Methods: This study employed a literature review with the PRISMA approach. Articles were searched through Scopus, PubMed, ProQuest, and Google Scholar databases using keywords related to modern wound care and wound healing. Fifteen articles meeting the inclusion criteria were analyzed and synthesized. Results: The review showed that various modern wound care interventions, such as smart dressings, Negative Pressure Wound Therapy (NPWT), biological therapy, modern debridement, complementary therapies, and multidisciplinary approaches, can accelerate granulation tissue formation, enhance re-epithelialization, reduce infection and biofilm, and accelerate the healing process. NPWT is one of the interventions with the most consistent evidence of effectiveness, especially in complex and chronic wounds. Conclusion: Modern wound care management based on evidence-based practice has been shown to be more effective in improving wound healing through a combination of technology, regenerative therapy, and a holistic, patient-centered approach.

1. INTRODUCTION

A wound is a break in the continuity or A wound is a break in the continuity or damage to the normal structure and function of body tissue (especially the skin and underlying soft tissue) (Baranoski & Ayello, 2020). This damage can be caused by various factors, such as physical trauma (cuts, impacts), surgery, chemical exposure, extreme temperatures (burns or frostbite), or certain pathological conditions (such as diabetic ulcers or blood vessel disorders) (Lee et al., 2025). Medically, wounds are divided into two main categories based on their healing time: acute wounds, which undergo a regular physiological healing process and heal within the expected timeframe (e.g., surgical with diabetes ranging from 19% to 34% (Mcdermott et al., 2023; Zens et al., 2020). Furthermore, the recurrence rate for diabetic ulcers reaches 42% within one year and increases to 65% within five years after initial healing. The risk of lower extremity amputation in patients with DFUs is approximately 20%, while the five-year mortality rate can reach 50% to 70% (Mcdermott et al., 2023).

These data and the magnitude of the problem demonstrate that effective wound care is an urgent need in healthcare, particularly wound care (Jogie et al., 2025). However, conventional wound care approaches that focus on using gauze and keeping the wound dry often fail to deliver optimal healing results (Maden et al., 2025; Mcdermott et al., 2023; Nifontova et al., 2024; X. Zhao et al., 2025). Advances in science have shown that wound healing occurs better in a moist environment (moist wound healing), leading to the development of modern wound care management concepts that utilize advanced dressings such as hydrogel, hydrocolloid, foam dressings, alginate, and other supporting technologies

incisions or lacerations), and chronic wounds, which fail to progress through the normal healing process in a timely manner, often stalling in the inflammatory phase due to underlying conditions (e.g., pressure ulcers).

Chronic wounds are a growing health problem and pose a challenge to modern healthcare. This condition not only prolongs patient care but also increases the risk of infection, amputation, disability, and death (Baranoski & Ayello, 2020). One of the most widely recognized types of chronic wounds is the diabetic foot ulcer (DFU). Globally, the prevalence of DFUs is approximately 6.3%, with a lifetime risk of developing a foot ulcer for a person (Pei et al., 2025). This approach aims to create an optimal wound environment for tissue regeneration, reduce pain, and minimize the risk of infection.

Along with the rapid development of healthcare technology, various studies have evaluated the effectiveness of modern wound care methods. A meta-analysis by Lee et al. (2025) of 16 randomized controlled trials (RCTs) involving over 800 patients showed that the use of Negative Pressure Wound Therapy (NPWT) in wound care increased healing success, increased graft success, decreased wound complications, and reduced the need for re-treatment compared to conventional dressings (Chen et al., 2025).

Another study involving 3,994 patients in 15 clinical trials showed that NPWT significantly reduced the incidence of surgical site infections and wound complications compared to standard care methods (Heidari-keshel et al., 2025; Yin & Xu, 2025). These findings strengthen the evidence that modern wound care management has the potential to accelerate wound healing and improve patient clinical outcomes (Terabe, 2025).

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Although numerous studies have demonstrated the benefits of modern wound care, the results are still scattered across publications, with varying patient characteristics, wound types, and intervention methods (Rahimi et al., 2025). This condition often makes it difficult for healthcare workers to obtain a comprehensive picture of the effectiveness of various modern wound care management approaches (Petri[✓], 2025; Theodorakopoulos, 2025; Zhang et al., 2025).

Therefore, a literature review is needed that can integrate the results of the latest research on the effectiveness of modern wound care management so that it can serve as a basis for developing evidence-based nursing practice. Therefore, this article is structured as a literature review that aims to analyze and synthesize research results related to the effectiveness of modern wound care management in accelerating the wound healing process so that it can serve as a basis for developing evidence-based nursing practice..

2. METHOD

This study is a literature review conducted to determine the effectiveness of modern wound care management in accelerating the wound healing process. The Reporting Items for Systematic Reviews (PRISMA) checklist and flowchart were used to present the results of the systematic review. We searched electronic databases for relevant articles, including Scopus, ProQuest, Google Scholar, and PubMed. The literature search process was limited to the last year of the study. There were no regulatory restrictions, but only articles published in English were reviewed. Eligibility for this study was assessed using the PICOT framework, as described below. Articles were identified using the keywords

"modern wound care OR modern wound management AND wound healing OR effectiveness of wound care."

Inclusion and Exclusion Criteria: Articles were reviewed, screened, and ultimately selected based on predetermined inclusion criteria. The most recent article within the last 1 year discussed the effectiveness of modern wound care management in accelerating the wound healing process. Articles that met the inclusion criteria were then eliminated based on exclusion criteria. Exclusion criteria included articles not written in English, paid articles, and articles not available in full text. The data that has been obtained is reviewed and then selected to be grouped further and discussed based on these points.

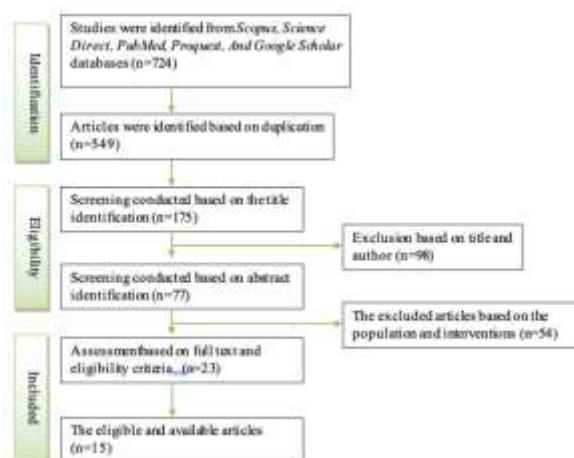


Figure 2.1 of PRISMA

3. RESULT

3.1 Treatment of wounds healing

Of the 15 journals that have been analyzed, the majority of the journals obtained are case reports and randomized controlled trials (RCT design), a total of 15 articles have been reviewed and consist of 13 case reports and 2 RCT articles. The sample used in each article varies

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with a maximum sample size of 771 respondents. The characteristics of the wounds observed also varied, ranging from initial wounds in diabetic foot ulcer patients, chronic

wounds, surgical wounds, skin graft donors, infected wounds and burns, but most of the research was about diabetic wounds. The following are 15 articles that have been reviewed

Table 1. Synthesis of Literature on the Effectiveness of Modern Wound Care Management

No	Judul, Penulis (Tahun)	Intervensi	Temuan Utama	Kesimpulan
1	Innovative therapies for diabetic foot ulcers: Application and prospects of smart dressings (X. Zhao et al., 2025)	Smart dressing for diabetic foot ulcers	Smart dressings can control the release of therapeutic agents according to wound conditions and support technology-based monitoring	Smart dressings have the potential to increase therapeutic effectiveness and support precision and personalized wound care.
2	Maggot debridement therapy for burns surgery avoidance in an elderly and comorbid patient: A case report (Robinson & Lacey, 2025)	Maggot Debridement Therapy (MDT)	MDT accelerates healing, reduces antibiotic use, and clears bacterial biofilms.	MDT is effective as a selective debridement method for chronic wounds and burns.
3	Effectiveness of negative pressure wound therapy in Ludwig's angina: a retrospective study of 18 cases (Chen et al., 2025)	Negative Pressure Wound Therapy (NPWT)	Accelerates wound healing, reduces pain, shortens ICU length of stay, and reduces the frequency of dressing changes.	NPWT is an effective intervention to accelerate the healing of complex wounds.
4	The successful healing effect of local Taurolidine irrigation for treating deep pressure ulcers: a case report (Amanati et al., 2025)	Taurolidine irrigation and amniotic membrane	Demonstrates progressive granulation and complete healing within two months.	Taurolidine has the potential to be an innovative therapy for difficult-to-heal pressure ulcers.
5	Effect of neuromeningeal mobilization and postural re-education exercises for persistent hamstring strain: a case report (Kandakurti et al., 2025)	Neuromeningeal mobilization and postural exercises	Reducing pain and improving function in persistent hamstring injuries	A rehabilitative approach can accelerate musculoskeletal tissue recovery.
6	A Case Report of Fourth-Degree Facial Burns	Traditional Chinese Medicine	Optimizes burn wound healing and	The combination of TCM and laser

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| | Treated With Modified Traditional Chinese Medicine Combined With Laser Therapy (Yin & Xu, 2025) | (TCM) and laser therapy | prevents scar formation | effectively improves the quality of wound healing |
| 7 | Autologous platelet-rich gel for refractory plantar ulcer following ethanol sclerotherapy of peripheral venous malformation: a Case Report (Z. Zhao et al., 2025) | Autologous Platelet-Rich Gel (APG) | Enhances angiogenesis, granulation, and re-epithelialization | APG is effective as a regenerative therapy for chronic wounds with impaired perfusion |
| 8 | Management of Traumatic Injury to the Left Foot in a 48-Year-Old Man: A Case Report (Jogie et al., 2025) | Medical care, rehabilitation, and physiotherapy | Accelerates functional recovery and work ability in patients with foot trauma | A multidisciplinary approach improves clinical outcomes for patients |
| 9 | Diabetic foot ulcer healing with polylactic acid membrane assessed by thermographic imaging: a case report (Loza-gonzález et al., 2025) | Polylactic acid membranes and infrared thermography | Accelerates healing of diabetic ulcers and facilitates wound monitoring | Biomaterial and thermography technologies support the effectiveness of modern wound care |
| 10 | Holistic Therapy in a Patient with Necrotic Ulcer Caused by the Bite of Brazilian Wandering Spider: A Case Report of Challenging Treatment with Combined Therapies (Hepa-banasik et al., 2026) | Debridement, NPWT, hyperbaric oxygen, and skin grafting | Complete wound closure is achieved after comprehensive therapy | Combination of modern therapies provides optimal results for complex chronic wounds |
| 11 | Modified 3D-Controlled Inside-Out Compression Screw Fixation Technique in Posterior Malleolar Fractures: A Narrative Review and Case Report (Wunder et al., 2026) | Minimally invasive fixation techniques with 3D imaging | Reduces soft tissue damage and improves tissue stability | Minimally invasive approaches support improved tissue healing |
| 12 | Remarkable healing of a severe wound through surgical debridement, honey medicinal | Debridement, medical honey, amniotic | Accelerate tissue healing and regeneration | Combined biological therapies are effective in |

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| | application, amniotic membrane, and bovine collagen powder; A case report study (Reza et al., 2025) | membrane, and bovine collagen | | managing severe wounds |
| 13 | Healing with integrative management of Diabetic foot ulcer - A case report (Katkar et al., 2025) | Ayurvedic integrative approach and wound care | Reduces the risk of amputation and accelerates DFU healing | A holistic approach can be a supportive therapy in the care of chronic wounds |
| 14 | The dangers of changing plant soil: Healing anthrax infection in a 50-year-old woman's hand by surgical debridement and maggot therapy; a case report study (Babamiri et al., 2025) | Surgical debridement and maggot therapy | Reduces infection and accelerates wound healing in cutaneous anthrax patients | Combined biological and surgical therapy improves patient clinical outcomes |
| 15 | Beyond Sutures: Moist Exposed Burn Ointment (MEBO) and Scar Massage for Anatomical Restoration of Penetrating Upper Lip Laceration at the Vermilion-Cutaneous Junction in Primary Care— A Case Report (Abualadas, 2025) | MEBO and scar tissue massage | Accelerates epithelialization and improves scar quality | MEBO effectively supports wound healing and tissue remodeling |

Intervention Group	Article	General Findings
Smart Dressing dan Biomaterial	1, 9, 15	Maintain wound moisture, accelerate epithelialization, and enhance tissue regeneration
Negative Pressure Wound Therapy (NPWT)	3, 10	Accelerate healing, promote granulation, and reduce infection and length of stay
Biological and Regenerative Therapies	4, 7, 12	Enhance angiogenesis, collagen formation, and re-epithelialization
Modern Debridement	2, 14	Effectively remove necrotic tissue and control bacterial biofilms
Complementary and Integrative Therapies	6, 13	Support wound healing through a holistic approach and stimulate tissue regeneration
Multidisciplinary Approach	8, 10	Improve clinical outcomes and patient quality of life through collaboration between various healthcare professionals

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.2 Effectiveness of Modern Wound Care Management in Accelerating Wound Healing

The results of the literature review show that the development of modern wound care management has undergone a transformation from conventional approaches to approaches that are more integrated, technology-based, and oriented towards optimal tissue healing. Various interventions found in the articles reviewed include the use of smart dressings, negative pressure wound therapy (NPWT), biological therapy, regenerative therapy, complementary therapy, and multidisciplinary approaches. In general, all interventions showed a positive contribution to accelerating wound healing, reducing complications, and improving patient quality of life.

A. Technology-Based Interventions and Modern Dressings

The development of modern wound care technology is marked by the emergence of smart dressings that can automatically respond to changes in the wound microenvironment. Zhao et al. (2025) reported that smart dressings can control the release of therapeutic agents such as antimicrobials and growth factors according to wound needs, thereby increasing the effectiveness of therapy. The integration of smart dressings with telemedicine and artificial intelligence enables real-time wound monitoring and supports the concept of precision wound care. Furthermore, the use of polylactic acid membranes in diabetic foot ulcers has been shown to accelerate wound healing through increased tissue regeneration and more

accurate thermographic monitoring (Loza-González et al., 2025). The use of Moist Exposed Burn Ointment (MEBO) in traumatic lip wounds has also been shown to maintain wound moisture, increase epithelial proliferation, reduce inflammation, and produce better scar quality compared to standard therapy (Abualadas, 2025).

These findings demonstrate that modern dressings function not only as wound protectors but also as active media that support the healing process by regulating moisture, controlling infection, and stimulating tissue regeneration.

B. Effectiveness of Negative Pressure Wound Therapy (NPWT)

NPWT is one of the most widely reported innovations for its high effectiveness in modern wound management. Chen et al. (2025) found that the use of NPWT in patients with Ludwig's angina resulted in faster wound healing, shorter ICU stays, fewer dressing changes, and reduced postoperative pain compared to conventional drainage methods.

Similar results were found by Hepa-Banasik et al. (2026) who used NPWT as part of multidisciplinary therapy for severe necrotic ulcers. The combination of NPWT with surgery and hyperbaric oxygen therapy resulted in complete wound closure after four months of treatment.

The primary mechanisms of NPWT are increasing tissue perfusion, reducing edema, controlling exudate, and stimulating granulation tissue formation. Therefore, NPWT is currently a

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standard treatment for complex wounds, supported by a wide range of scientific evidence.

- C. Biological and Regenerative Therapy
Biological therapy is a promising approach in modern wound care. Zhao et al. (2025) demonstrated that autologous platelet-rich gel (APG) can accelerate angiogenesis, granulation tissue formation, and re-epithelialization in difficult-to-heal plantar ulcers. The high growth factor content of platelet-rich plasma plays a crucial role in accelerating tissue regeneration.

Similar results were reported by Reza et al. (2025) who combined surgical debridement with medical honey, amniotic membrane, and bovine collagen. This combination resulted in optimal wound healing by reducing infection, stimulating collagen formation, and accelerating epithelialization.

Amanati et al. (2025) also reported the successful use of taurolidine irrigation combined with amniotic membrane in healing stage III pressure ulcers that had previously failed to respond to conventional therapy. These results demonstrate that biological approaches can be an effective alternative, especially for chronic, difficult-to-heal wounds.

- D. Debridement as a Key Component of Wound Care

Most studies emphasize the importance of debridement as the initial step in creating an optimal wound environment. Robinson and Lacey (2025) and Babamiri et al. (2025) demonstrated that maggot debridement therapy effectively removes necrotic tissue, reduces bacterial biofilm, and accelerates wound healing.

The advantage of this therapy lies in its ability to selectively debride, preserving healthy tissue. Furthermore, maggot therapy has been shown to be effective against bacterial biofilm, which often contributes to chronic wound healing failure.

These findings reinforce the concept that successful wound care relies heavily on the ability to remove necrotic tissue and control infection before regenerative interventions are implemented.

- E. Holistic and Multidisciplinary Approach

Modern wound care focuses not only on wound condition but also considers the patient's systemic factors. Hepa-Banasik et al. (2026) demonstrated that a combination of surgical intervention, advanced wound therapy, and outpatient follow-up resulted in better clinical outcomes in complex chronic wounds.

Katkar et al. (2025) reported that an integrative approach combining Ayurvedic principles with modern wound care accelerated the healing of diabetic foot ulcers, reduced the risk of amputation, and improved patients' quality of life. Meanwhile, Jogie et al. (2025) demonstrated that rehabilitation, physiotherapy, and management of comorbidities are important factors in the recovery of function in post-traumatic patients. These findings demonstrate that wound healing is a multidimensional process that requires collaboration across disciplines, including medical personnel, nurses, physiotherapists, and rehabilitation specialists.

Overall, all articles demonstrate that modern wound care management delivers superior

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outcomes compared to conventional approaches. Modern interventions can accelerate granulation tissue formation, enhance re-epithelialization, reduce infection, control biofilm, shorten healing time, and improve patient quality of life. Optimal therapeutic success is achieved through a comprehensive approach combining modern technology, biologic therapy, adequate debridement, and multidisciplinary management.

4. CONCLUSION

The results of various studies show that modern wound care is more effective than conventional methods in supporting the wound healing process. Various interventions, such as NPWT, modern dressings, biological therapy, medical honey, and a multidisciplinary approach, have been proven to increase new tissue formation, accelerate skin regeneration, reduce the risk of infection, and accelerate the wound healing process. Appropriate debridement remains a crucial step in creating a wound environment that supports healing.

Overall, modern wound care approaches combine technological innovation and evidence-based practices that focus on patient needs. Implementing these methods can help reduce complications, lower the risk of amputation, and improve patients' quality of life, thus ensuring healthcare professionals continue to develop and implement evidence-based wound care practices.

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