

Overview of Integrative Wound Healing

Disruption of the integrity of skin, mucosal surfaces or organ tissue results in the formation of a wound. Wounds can occur as part of a disease process or have an accidental or intentional aetiology. At the time of insult, multiple cellular and extra-cellular pathways are activated, in a tightly regulated and coordinated fashion, with the aim of restoring tissue integrity.

Process of wound healing is divided into four distinct phases: haemostasis, inflammation, proliferation and tissue remodelling. Many factors can interfere with this process, resulting in delayed wound healing, increased patient morbidity and mortality and poor cosmetic outcome.

Wound healing is a complex process that includes many biological and physiological events, and it is affected by various local and systemic factors, including diabetes mellitus, infection, ischemia, and aging.

Integrative wound care incorporates several aspects of traditional and nontraditional medicine. Providing integrative wound care involves addressing physical, psychosocial, and spiritual components of the whole person. Holistic care incorporates promotion of physical health recommendations involving nutrition, sleep, exercise, and emotional, social, and spiritual well-being.

Chronic non-healing wounds may have devastating consequences such as limb amputations, may cause significant reduction in quality of life for those affected and present a substantial economic burden to healthcare system.