F. PRINCIPLES OF TREATMENT BASED ON ETIOLOGY (TREAT THE CAUSE)

F.2. PILONIDAL SINUS WOUND

2.1. Background and Instructions for use

This package for pilonidal sinus treatment is the result of research for a Master’s Thesis in Wound Healing and Tissue Repair, using a modified Reactive Delphi project that had five rounds of questionnaires to elicit consensus. It is presented here with permission of the author, who has been the Project Lead for this South West region-wide collaborative project. The result of the research was the development of an evidence-based protocol for pilonidal sinus wounds healing by secondary intent, including infected wounds. Seventeen areas of interest were identified that may contribute to optimal healing conditions or to delayed healing. These included microbiology of infected pilonidal sinus wounds, signs and symptoms of localized or deeper (spreading) chronic wound infection, swab for c&s, role of topical antiseptics or antimicrobials, systemic antibiotics, local wound interventions, optimal positioning, wound cleansing, principles of moist wound healing/dressing selection, topical negative pressure therapy, peri-wound skin decontamination and depilation, pain control, physical activities, optimal nutrition and patient education.

This work has been published in a peer review journal and presented at three national wound conferences (see references). A third article is included in the resources, and a fourth, both of which are based on learned experiences in applying the protocol, has been accepted for publication. A case study series using the protocol is underway, and a reprise of the most recent article will be presented at the 4th World Union of Wound Healing Societies in Yokahama, Japan in Sept. 2012.

2.2. Algorithm
This algorithm is based on the Wound Bed Preparation Algorithm but includes specifics around client-centered issues.

2.3. Plan of Care
This plan is in similar format to the SWCCAC care plans that were implemented in 2011, but can be modified and used in any setting.

2.4. Data Flow sheet
This sheet is meant to be a practice enabler to help the nurses document what aspects of the care plan they use each dressing change.

2.5. Client/Patient Teaching and Learning Resources – Self-Care
Self-care of pilonidal sinus wounds, once the pain is controlled and the dressing is simple, appears to play an important role in the self-reported quality of life for these individuals, and may also positively impact healing.
2.6. **Client/Patient Teaching and Learning Resources – ‘My Pilonidal Sinus Wound’**

This has been adapted from two existing teaching booklets and used with permission. It is intended to be used to provide information about the condition and to explain the various aspects of self-care and life-style changes that may be necessary for healing and prevention of future pilonidal sinus wounds.


**References:**


**Other important literature to consider on Pilonidal Sinus Disease and Wounds:**
