MED SERIES · MED-07

MED-07 — Wound Care and Infection Management

Clean It, Cover It, Watch It, Know When to Move

Practical wound care for places where a hospital is hours or days away — and a clear way to tell when a wound has become more than you can handle there.

BOTTOM LINE UP FRONT

MED-07 teaches laypeople and MAG members how to clean, dress, and monitor a wound when definitive care is delayed — and how to recognize infection and decide when a patient needs to move toward higher-level care.

It does not teach suturing, antibiotic selection or dosing, or any treatment beyond first-aid-level wound care. Its job is to keep a wound clean, catch a problem early, and hand off at the right time.

WHY THIS MATTERS

In a long-delay situation, a small wound that goes wrong can become the emergency.

Infection is the most common complication in wound management, and much of the risk comes down to three things: how well the wound was cleaned, how it was covered, and whether anyone looked at it again. MED-07 gives your group one shared routine for all three, plus a plain checklist for the moment a wound stops responding and the patient has to go.

> *Clean it well, check it every time, and move early — that is the whole discipline.*

KEY TERMS

Irrigation	Flushing a wound with clean, safe water to wash out dirt and bacteria before it is covered.
Packing	Filling the cavity of a deep wound with sterile or clean material to control bleeding and protect the deeper tissue.
Dressing vs. Bandage	The dressing sits on the wound; the bandage holds the dressing in place.
Local vs. Systemic Signs	Local signs show at the wound; systemic signs, such as fever or red streaking, mean it may be spreading.
Escalation	The decision to stop managing a wound in place and begin moving the patient toward higher-level care.

COURSE LESSONS

1. Wound Assessment and the Decision to Treat	Wound types, the size-up, and which wounds go straight to higher care.
2. Cleaning and Irrigation	What to flush with, what never to use, and how to improvise.
3. Packing and Dressing Selection	Matching the dressing to the wound, and when to leave a wound open.
4. Dressing Changes and Ongoing Care	When to change, how to check, and a simple tracking habit.
5. Recognizing Infection	Normal healing versus local and whole-body warning signs.
6. Escalation Criteria and Care Coordination	The evacuate-now checklist and where MED-05 and MED-08 take over.

DOCTRINAL SOURCES

Wilderness and Remote First Aid Emergency Reference Guide	American Red Cross — wound cleaning, closure limits, infection signs, evacuation guidance.
A Practical Guide to Prolonged Casualty Care (Layperson's Guide)	Dressing types, dressing-change routine, and wound documentation.
DHS Austere Emergency Medical Support Field Guide	Wound prep and irrigation, and what not to use on exposed tissue.