

How to Measure a Wound

Resource: Medline

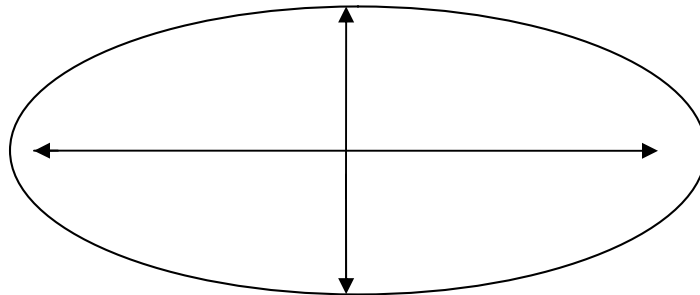
Steps to be taken in performing this skill:

1. Use a disposable centimeter ruler.
2. Measurement consistency is the key.
3. There are two ways to measure.

Measurement Procedure #1

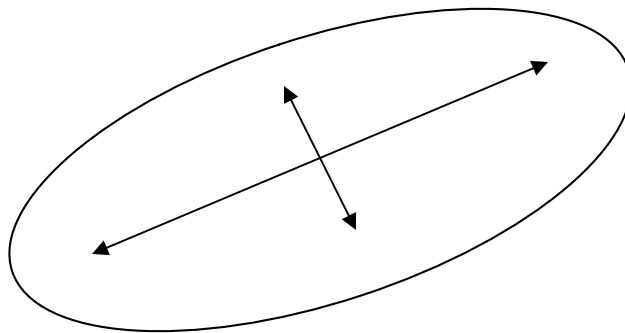
The top of the wound is toward the patient's head. The bottom of the wound is toward the patient's feet.

- Length is measured in cm from head to toe at the longest point.
- Width is measured in cm perpendicular to the length at the widest point



Measurement Procedure #2

- Measure the length at the longest plane, regardless of its orientation to the patient.
- Measure the width perpendicular.

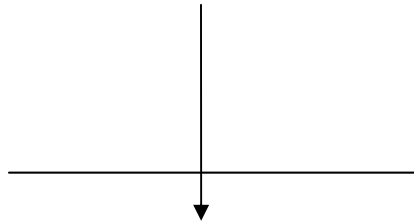


Record the measurements you obtain on the wound care flow sheet.

Wound measurements should be completely once a week on the same day each week.

2.

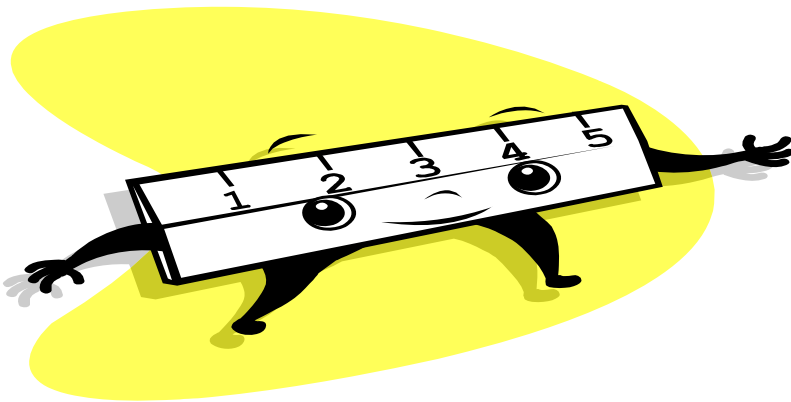
Depth is always measured using the deepest part of the wound, perpendicular to the surface of the skin.



Insert a cotton tipped applicator.

Grasp the applicator with the thumb and the forefinger, level with the surface of the skin.

Measure against a centimeter ruler.



Document the depth on the wound care flow sheet.

Depth should be measured once a week on the same day each week.