A wound (or cut, injury, ulcer) is a break to the skin that may be taking some time to heal. Please answer these questions about how you are coping with your wound.

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>Sometimes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Can you walk as well as you did before you had your wound?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Can you go out as easily as before you had your wound?</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>3. Do you eat well?</td>
<td></td>
<td></td>
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<tr>
<td>4. Are you able to have a shower or bath?</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>5. Are you able to wear clothes and shoes that you want to?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Name……………………………Date…………

Date of birth.......................... NHS number

A wound (or cut, injury, ulcer) is a break to the skin that may be taking some time to heal. Please answer these questions about how you are coping with your wound.

1. Can you walk as well as you did before you had your wound?
2. Can you go out as easily as before you had your wound?
3. Do you eat well?
4. Are you able to have a shower or bath?
5. Are you able to wear clothes and shoes that you want to?

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6. Do you get a good night’s sleep?

7. Please circle the picture to show if you sleep in a bed or in a chair.

8. Please circle a number to show how your pain has been recently.

9. What medication do you take for your pain?

10. Where do you get your support from?

11. How do you rate your overall quality of life?
    Please circle the number to show your answer
    
    0 = worst quality of life  100 = best quality of life

For information please contact Julie Green at j.green@keele.ac.uk © 2017 Keele University. All rights reserved. This checklist has been developed by Nurses, Service Users and other stakeholders for use with adults with wounds. Development has been supported by the RCN Foundation Funding. Review date: February 2020