Lesson 1: Making Associations

Take a moment to think about making associations between two concepts. Let's choose **wound care** and **nursing actions**. First, we will make the associations in list form, and then create a concept map about the associations.

When thinking about associations between these two concepts, it may help to ask questions such as:

- What do I need to know about the wound?
- What methods are utilized in wound assessment?
- What types of things should be documented?
- What will treatment of the wound entail?
- What type of information will guide my decision making and actions?

Now we can proceed with the list of associations. Refer to the bulleted list above.

Necessary Information	o **Size and depth** o Drainage type o Skin condition o Stage o Duration o Cause o Contributing factors
Assessment methods	o Inspection of the wound & surrounding tissues o Palpation of the surrounding tissues o Trending wound status & treatment response o Collaborative assessments
Documentation	o Wound measurement o Wound condition & staging o Treatment type & frequency o Progress or regression
Treatment	o Medications o Cleansing methods o Dressings o Presence of a wound vacuum o Positioning or use of a special mattress
Contributing information	o Past Medical history affecting healing o Current nutritional status o Wound care protocols o Physician orders

Give this some thought and see if you can come up with your own questions and associations. When you are finished add descriptive phrases to connect the left sided column with the right sided column. As part of concept mapping theory, the main concept is wound care. The left sided column identifies the primary related concepts and the right sided column the secondary related concepts. Both of these will be used to create and demonstrate your nursing actions in a concept map. The descriptive phrases will help you to critically think through all the associations you need to make. Lesson 2 will address the descriptive phrases.