

## Leading Researchers Put Spotlight on Correlations between Wound Healing, Pain and Stress at the 19<sup>th</sup> EWMA Conference

*Mölnlycke Health Care Organises Satellite Symposium on Stress, Pain and Wound Healing and Launches a Blog with [Live Updates from the EWMA Conference](#)*

**Gothenburg, Sweden, May 13, 2009 (Booth 4C7)** – Mölnlycke Health Care highlights recent wound management research and interesting news during the 19<sup>th</sup> Conference of the European Wound Management Association (EWMA) in Helsinki, Finland, May 20-22, 2009.

“If used incorrectly, dressings can cause delayed healing,” said Zena Moore, Chair of the EWMA Education Committee and next EWMA President. “Reducing pain during dressing changes is a major priority when it comes to the patient’s quality of life, wound healing, and the overall cost of treatment.”

Mölnlycke’s main initiative at the EWMA Conference is a satellite symposium on correlations between stress, pain and wound healing, held by renowned wound care specialists and psychology experts. European Key Opinion Leaders will emphasise the importance of minimising pain caused by wound dressings. The satellite symposium *Stress, Pain and Wound Healing!* will take place on **Thursday, May 21 from 13:45 to 15:15 p.m. Lecture Hall 5A.**

### Symposium agenda:

- ***The Impact of Wound Dressing Pain – further results from a multinational patient survey***  
Patricia Price, Research Professor at the Department of Wound Healing in the School of Medicine, Cardiff University, UK.
- ***Stress, Pain and Wound Healing: An interactive session***  
Dominic Upton, Professor of Health Psychology, University of Worcester, UK.
- ***What are the psychological and physiological effects of pain in patients with chronic wounds?***  
Victoria Mason, Senior Lecturer, Psychological Sciences, University of Worcester, UK.
- ***The Impact of Wound Dressing Pain – patient stories***  
Professor Patricia Price.
- ***Launch of MHC Less-Pain programme – driving practice change from EWMA position document to real life***  
Zena Moore, Clinical Nursing & Midwifery Research Fellow, Chair of the Education Committee and next EWMA President, Ireland.

### Live Updates on New Wound Care Blog

Mölnlycke is launching a [new blog](#) and will use it to provide useful information for journalists, wound care professionals and other interested parties whom are not able to attend the conference. Live updates on current research and interesting news

along with interviews will be posted on [www.molnlycke.com](http://www.molnlycke.com) before and during the entire event.

### **About Wound-Related Pain**

The patient's experience of wound pain is individual, complex and influenced by a wide range of factors<sup>1,2,3</sup>. In particular, psychological factors can play a key role in both the experience of pain and how it is managed<sup>4</sup>. Studies have found that psychological stress can increase the levels of certain hormones in the blood and consequently lead to increased pain and impaired wound healing<sup>5,6,7,8,9</sup>. There are ways to modify the patient's experience of wound-related pain<sup>4,10</sup>.

### **ABOUT MÖLNLYCKE HEALTH CARE**

Mölnlycke Health Care is a world leading provider of single-use surgical and wound care products and services for the professional health care sector.

The Surgical Division manufactures advanced drapes, sets and staff clothing, surgical powder free gloves, skin antiseptics and custom procedure trays.

The Wound Care Division produces unique wound healing products based on a patented adhesive technology, Safetac<sup>®</sup>, absorbent and fixation dressings, products for compression, dermatology and orthopedics as well as bioactive treatment for hard-to-heal wounds.

Mölnlycke Health Care has 6,200 employees and 24 offices around the world. Headquarters are in Gothenburg, Sweden. The company's manufacturing plants are located in Belgium, the Czech Republic, Finland, Malaysia, Thailand, France and the UK. Mölnlycke Health Care is owned by Investor and Morgan Stanley.

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<sup>1</sup> Coulling, S. Fundamentals of pain management in wound care. British Journal of Nursing (Tissue Viability Supplement). 2007; 16: 11, 4-12.

<sup>2</sup> White, R. Pain assessment and management in patients with chronic wounds. Nursing Standard. 2008; 22: 32, 62-68.

<sup>3</sup> Kammerlander, G., Eberlein, T. Nurses' views about pain and trauma at dressing changes: a central European perspective. *Journal of Wound Care*. 2002; 11: 2, 76-79.

<sup>4</sup> Soon, K., Acton, C. Pain-induced stress: a barrier to wound healing. *Wounds UK*. 2006; 2: 4, 92-101.

<sup>5</sup> Marucha, P.T., Kiecolt-Glaser, J.K., Favagehi, M. Mucosal wound healing is impaired by examination stress. *Psychosomatic Medicine*. 1998; 60: 3, 362-365.

<sup>6</sup> Weinman, J., Ebrecht, M., Scott, S. et al. Enhanced wound healing after emotional disclosure intervention. *British Journal of Health Psychology*. 2008; 13: 95-102.

<sup>7</sup> Norman, D. The effects of stress on wound healing and leg ulceration. *British Journal of Nursing*. 2003; 12: 21, 1256-1263.

<sup>8</sup> Finestone, H.M., Alfeeli, A., Fisher, W.A. Stress-induced physiologic changes as a basis for the biopsychosocial model of chronic musculoskeletal pain: a new theory? *Clinical Journal of Pain*. 2008; 24: 9, 767-775.

<sup>9</sup> Gojun, J-P., Kiecolt-Glaser, J.K., Malarkey, W.B., Glaser, R. Influence of anger on wound healing. *Brain, Behaviour & Immunity*. 2008; 22: 5, 699-708.

<sup>10</sup> Adams, N., Poole, H., Richardson, C. Psychological approaches to chronic pain management. *Journal of Clinical Nursing*. 2006; 15: 290-300.