

The TIMERS Framework key points

A practical tool for managing patients with wounds

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What is the TIMERS Framework?

The TIMERS Framework is a practical tool for healthcare professionals to assess and manage wounds. It helps ensure all aspects of wound healing are considered, leading to better patient outcomes.

The Framework:

TIMERS stands for:

- **Tissue:** Assess the condition of the wound bed, including dead or unhealthy tissue.
 - **Actions:** Debridement (removal of dead tissue) may be needed.
- **Infection:** Check for signs of infection, such as bacteria or biofilm buildup.
 - **Actions:** Antimicrobial dressings or antibiotics may be used.
- **Moisture Imbalance:** Balance the amount of moisture in the wound. Too much or too little moisture can hinder healing.
 - **Actions:** Use absorbent dressings for wet wounds or moisture-donating dressings for dry wounds (except on lower limbs).

- **Edge of Wound:** Healthy wounds have edges that are actively healing and closing.
 - **Actions:** If the edges aren't healing, revisit the other factors in TIMERS and ensure proper treatment is applied.
- **Repair/Regenerate/Refer:** If a wound isn't healing with basic treatment, consider advanced therapies or specialist referrals.
 - **Examples:** Negative pressure therapy, oxygen therapy, or referrals to specialists like plastic surgeons or dermatologists.
- **Surrounding Skin:** Assess the condition of the skin around the wound, as this can impact healing.
 - **Actions:** Address issues like dryness, irritation, or maceration (softening) with appropriate creams or dressings.
- **Social factors and Self care:** Patient understanding and participation in their care are crucial for healing.
 - **Actions:** Explain treatments clearly, involve patients in goal setting, and promote self-care practices.

Benefits of Using TIMERS:

- **Comprehensive Assessment:** Considers all aspects of healing.
- **Improved Outcomes:** Promotes better wound healing for patients.
- **Standardised Approach:** Provides a consistent framework for wound care.

Let us know what you think and get involved

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