

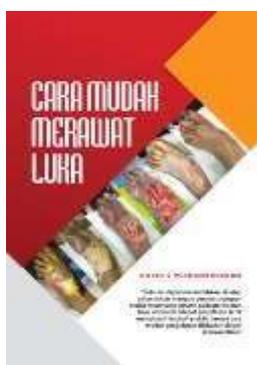
### *Book Review*

## **An Easy Way To Care For Wounds**

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**Title** : **Cara Mudah Merawat Luka**  
**Author** : **David Sontani Perdanakusuma**  
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Wound care has become far more complex within this last decade. However, the author observed that the care of wounds has become far too routine and purposeless. The author was concerned that the wound care practice was often conducted all the same across all wounds and without serious surveillance of the wound. Many problems were raised with this kind of practice, resulting in prolonged wound healing. A dynamic but easy to follow the protocol of wound care is needed, and that is the aim of this book. The author developed a framework of wound care that could be easily applied to daily clinical practice based on years of experience in plastic reconstructive and aesthetic surgery.

This book has described wound care in thorough yet systematic and easy to understand steps. In the early chapters, the author described the background of wound care and the definition of a wound and wound healing. The explanation is brief, and therefore readers may need to search for further references if they are interested to dive further into the pathophysiology of wound and inflammation or the physiological process of wound healing. The core concepts of this book are explained in the middle to late chapters. The process of wound care is described

in these chapters and can be compiled into 3 steps: (1) determining the type of the wound, (2) determining wound problems, and (3) choosing the right treatment for the wound. History of the development of wound care is also included in some parts so that readers don't get bored, yet still get a glimpse of knowledge of wound care from era to era.

The book is written in formal Indonesian language but is explained in everyday language. The fonts are quite large and the spacing is wide enough that the readers can read this book comfortably. Furthermore, there are many illustrations across the chapters. Many real wound photos can help readers visualize the wounds. The process of wound care is also described in flowcharts so that readers can easily follow it. The total number of pages of this book is less than 100 pages, making it relatively quick to finish. With a dimension of 23 cm x 15 cm, this book can be brought and kept everywhere. The last pages include an index that enables readers to quickly search for the terms and chapters that need more reading. The book is printed on full color glossy paper so that the illustrations are colored realistically, although

the glossy paper seems to make it harder to give notes by pen across the book. The reviewer recommends this book as an important reference in learning wound care. The step-by-step approach is very easily applicable for learning wound care to apply in clinical practice. This book is suitable and beneficial for

medical or health students that are still learning wound care, and doctors or nurses who practice wound care in their daily practice, though the general population who are interested in wound care can benefit as well.