

Light Therapy for Healing: A Nurse's Guide to Photobiomodulation in Wound Care

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To Elma McKenzie —

A true inspiration. Thank you for your friendship and kindness.

Foreword

In the ever-evolving landscape of healthcare, nurses stand at the forefront of innovation, compassion, and hands-on healing. As wound care becomes increasingly complex, integrating emerging, evidence-based technologies into daily practice is not just beneficial—it is essential. Photobiomodulation (PBM), once a fringe concept, has now earned its place as a validated and safe adjunct in the management of both acute and chronic wounds.

This book arrives at a timely moment. The burden of non-healing wounds—diabetic foot ulcers, pressure injuries, radiation burns, and more—continues to strain healthcare systems and challenge providers. Nurses, being the primary caregivers in wound care protocols, require not only access to the best tools, but also a deep understanding of how and why those tools work. That is precisely what this guide provides.

Rooted in scientific literature, reinforced by peer-reviewed case studies, and illustrated with clear visuals and clinical checklists, this volume bridges the gap between theory and practice. It does not promise a miracle cure. Instead, it offers a comprehensive, honest, and practical exploration of how PBM can complement conventional wound care when applied with skill and clinical judgement.

This guide also pays homage to the pioneers of light therapy, from ancient civilizations that harnessed sunlight for healing, to researchers like Tina Karu and the contemporary teams at NASA who paved the way for modern PBM applications. It connects history, science, and clinical utility with a narrative that is as informative as it is empowering.

Whether you are a nurse new to PBM or an experienced practitioner seeking to optimize your protocols, this book is a valuable companion. It encourages a mindset of inquiry, invites evidence-informed action, and places the patient—the whole person—at the center of every intervention.

May this book inspire confidence, deepen knowledge, and ultimately improve patient outcomes through the thoughtful integration of light into nursing care.

Table of Contents

Part 1: Introduction to Photobiomodulation and Wound Care.....17

 Why Wounds Stall: Pathophysiological Insights.....18

 Understanding the Anatomy: Skin Structure and Cell Players.....19

 Pressure Injuries vs. Acute Wounds: Common Pathways, Different
 Origins.....21

 Why Chronic Wounds Persist for Months to Years.....21

 Photobiomodulation: A New Tool in Wound Resolution.....22

Part 2: Mechanism of Action - Photobiomodulation and Wavelength
Penetration.....23

 Clarification: Monochromatic Light and Targeted Effects.....25

Part 3: Clinical Applications of Photobiomodulation in Wound Care..27

 General Treatment Parameters.....28

 Wavelength Selection.....28

 Dosage (Energy Density).....29

 Frequency of Application.....30

 Contact vs. Non-Contact Technique.....31

 Device Type.....31

 Safety Considerations.....31

 Integrating PBM into Standard Wound Care Protocols.....32

 Nursing Responsibilities During and After PBM.....34

 Diabetic Foot Ulcers.....35

 Overview and Pathophysiology.....35