**VAC application technique videos**

Mechanisms of Action : [3M™ V.A.C.® Therapy System Mechanism of Action (youtube.com)](https://url.uk.m.mimecastprotect.com/s/HQ-JC6WZqTxr7gyF622tZ?domain=youtube.com)

Basic application : [3M™ V.A.C.® Dressing Application Basic Technique Video (youtube.com)](https://url.uk.m.mimecastprotect.com/s/_aySC794rs9A20ZcBI9CS?domain=youtube.com)

Bridge Application : [Application tips: 3M™ V.A.C.® Dressing Application Bridging Technique on Foot Wound (youtube.com)](https://url.uk.m.mimecastprotect.com/s/io-BC834vCx6WAYFMVK3B?domain=youtube.com)

Mushroom technique : [Application tips: 3M™ V.A.C.® Dressing Application Mushroom Technique on Small Wounds (youtube.com)](https://url.uk.m.mimecastprotect.com/s/QjRRC994wsPkA62iPGF0E?domain=youtube.com)

**Training Hub Link** - The nurses can create an account, head to the VAC section, and complete the VAC module. The [Health Care Academy | 3M United Kingdom](https://url.uk.m.mimecastprotect.com/s/Q50UC08QkslGQ9mi39oWa?domain=3m.co.uk/) (also offers an interactive platform for staff to gain underpinning VAC information).