

A Case Study of Chronic Wound Management

by

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With

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This case presents a 64-year-old female patient with a chronic non-healing burn to the Left breast. She had this wound for over 1 year, and drove 45 minutes, twice per week to the clinic in Palm Coast, for wound care, for over 9 months. The center was treating with Santyl and Hydrofera Blue for the majority of time. These are 2 of the most expensive options available. The wound cleanser of choice was Dakin's solution. Dakin's has a pH of between 11 and 12, with no research that proves it to be antimicrobial. She stopped going to Palm Coast and was finally referred to PWC.

Evaluation

Completed a holistic evaluation including a 24-hour diet recall. Her diet consisted primarily of processed foods, fast foods, carbohydrates, and refined sugars. Protein was very rarely eaten, along with no water on a regular daily basis. Soda was her primary drink. As a result, she was confirmed to be Malnourished and Dehydrated. Both will delay healing.

Education

She was educated on geriatric malnutrition due to malabsorption with aging, protein intake and a healing diet, and how nutritionally poor her current diet was. We educated her on cellular hydration and how important proper hydration was for wound healing. She was given a copy of the book, "Do You Want to Heal Faster?" She was shocked at the content of the book, and it encouraged her to get started. She stated, "I will do anything to heal my wounds!"

We recommended she start 2 30-gram protein shakes per day and to have 65 oz of clear fluid intake daily, and soda didn't count. Teaching on sugar and how detrimental it is to the immune system and wound healing.

Treatment

Wound care was performed twice per week with an inexpensive hydrophilic foam dressing, and Acetigel HD, hydrogel. The wound cleanser was an acetic acid based wound cleanser, with a pH between 4 and 5.

Her total time of treatment was 9 weeks with a total of 18 visits.



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Summary

Holistic wound management is key when working with complicated geriatric patients with multiple comorbidities. Focusing on wound care products alone will not produce adequate outcomes. The true wound specialist must address all relatable factors and comorbidities to produce positive outcomes.

PWC combines advanced wound care products with a holistic nutrition-first approach to wound care with evaluation and education to provide a one-of-a-kind treatment strategy for your patients.

Nutrition is the first step to healthy tissue growth and repair, not a last resort.

Feed the Body, Feed the Mind, and Feed the Soul
with a Healing Wound