

A Case Study of Chronic Wound Management

by

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With

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This case presents a 91-year-old female patient with a chronic, non-healing venous leg ulcers on the Left lower leg, present for over 8 months. She has a history of HTN, Chronic Venous Insufficiency with Pitting Edema, Sarcopenia, Chronic Skin Itching of the Lower Legs, and Gait Instability. She has been going to the wound clinic at Baptist Hospital, seen by Dr. Miller for 8 months and the wound only got larger and worse.

Evaluation

Completed a holistic evaluation including a 24-hour diet recall. Her dietary intake was found to be very poor with little whole foods daily, and a very low intake of protein. As a result, she was diagnosed with Skin Failure of the lower leg, resulting from Malnutrition, and Protein Malnutrition.

Treatment

She was treated with an antimicrobial hydrogel with a foam dressing, under compression therapy. She informed me that she had not received compression therapy as a part of her wound care with Dr. Miller. Her Treatment remained the same throughout her recovery.

Her total treatment time was 64 Days with 18 visits.



11-13-2025



12-12-2025



1-02-2026



1-15-2026

Nutrition

Her Protein Malnutrition was addressed by educating on geriatric malnutrition due to malabsorption with aging. She was recommended to start 2 30-gram protein shakes daily along with increasing her daily protein intake with all protein rich whole food sources, meat, fish, eggs, beans and whole fat milk products like butter and Greek Yogurt. She was recommended to start the following supplements; a multi-vitamin, multi-mineral, B-complex, Vit D with K₂, Omega 3, Vitamin-C, and Redmond Real Salt.

Summary

PWC combines advanced wound care products with a 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