

# A Case Study of Chronic Wound Management

by

Bo Smith RN  
Wound Specialist

With

Primary Wound Care Specialist  
Nutritional Supplement Assistance Program

This case presents a 69-year-old female patient with a left hip surgical wound dehiscence. Surgery was in late April. She was discharged with home health nursing for wound care. Primary Wound Care was ordered approximately one month later. Medical history includes CAD, HTN, Hepatitis C, Left Total Hip Replacement, poor mobility secondary to pain with the recent surgery. Her diet was low in fruits and vegetables daily. Most days she ate less than 10 grams of protein per day.

## Evaluation

After completing a holistic evaluation including a 24-hour diet recall, her dietary intake was found to be very poor. She lives alone and rarely cooks and depends on friends for her grocery shopping. She only eats small meals such as cereal or oatmeal, once or twice a day. She does not eat protein daily. She also has limited funds to purchase food. As a result, she was diagnosed with Malnutrition, and Protein Malnutrition.

Home health was following hospital discharge treatment orders for basic wound care, three days a week. Upon evaluation by PWC, home health nursing was discharged, and advanced wound care treatments were started. The patient's primary care provider was contacted for approval of the Nutritional Supplement Assistance Program. With approval, PWC began providing one 30-gram protein shake along with a multivitamin, daily, free of charge to the patient and to the health plan.



5-24-2022



6-3-2022



6-24-2022



6-28-2022



7-29-2022



8-9-2022

## Treatment and Plan

PWC provided standard-of-care wound care with twice weekly visits. She was educated on a whole food diet with a focus on protein intake for both normal body requirements and for wound healing. The patient was encouraged to improve her diet and fluid intake, and very quickly, she did both.

## Summary

Medicine and the wound care industry continues to overlook the most important part of the wound healing process, The Patient. They continue to try to heal wounds without properly evaluating the patient first. If the patient has no nutritional intake to support wound healing, the body cannot heal the wound. No matter how good the wound care dressings or wound treatments, the body must have the ability to heal.

By focusing on the diet and making it part of the first-line of treatment, the industry will continue to fail at managing wounds and amputations and deaths will continue, out of pure ignorance.

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

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