

A Case Study of Chronic Wound Management

by

Al E. Roberts RN, CWCA, DMT-A

Wound Specialist and Educator

This case presents a 67 year old female patient with a chronic, non-healing wound on the left medial ankle. She has a history of Heart Disease with HTN, High Cholesterol, PVD with uncontrolled, chronic, pitting edema and neuropathy in both lower legs.

On admission the wound had been present for over 6 months. She had received wound care from a local wound center. She has had two hospitalizations, both receiving IV ABX for cellulitis and wound infections. Despite medicines best efforts, her wound continued to worsen. Her nutritional intake was very poor, only one meal per day with less than 5 servings of fruits and 5 servings of vegetables per week and no vitamin or mineral supplements. She nor her husband, primary caregiver, remember being educated on what edema.

After completing a holistic assessment including a 24 hour diet recall, a 24 hour ADL recall and reviewing her medical history, we put together a treatment plan. The patient and husband were both educated on what edema is, how and why to manage it for proper treatment of her chronic wound. Also, that reducing the edema in the legs will decrease the risk of re-injury or exacerbation in the future. They were instructed on ways to improve her diet and nutritional intake for wound healing and normal body requirements based on age and weight by increasing water, whole food, protein and vitamin and mineral intake daily.

The following pictures were taken during the treatment of her chronic wound.



04/11/2016



04/15/2016



04/18/2016



04/22/2016



04/25/2016



04/29/2016



05/02/2016



05/09/2016



05/11/2016



05/16/2016



05/19/2016



05/23/2016

Summary

This patient is responsible for the resolution of her wound. After educating, she and her husband took responsibility for her health and immediately did as suggested which facilitated rapid wound closure. She increased water, fruits, vegetables and protein along with starting a vitamin and mineral supplements which are key in skin health and thus wound management. She started a nutritional drink with a protein supplement which assisted in her achieving adequate nutritional intake for wound healing.

I provide a holistic approach to wound management that is specific to each patients' needs for them to be successful, quickly. Closely working with the providers to facilitate any advance evaluations and / or interventions needed is critical in the holistic plan development and overall management of the patient.

Wound Treatment

The wound took a total of 6 weeks to resolve and only 13 home visits. Polymem was the primary dressing used along with the occasional Medihoney application for debridement and ph management. Compression therapy was used to treat her chronic edema, one of the underlining causes of the wound's failure to heal. Towards the end of the treatment, she was transitioned over to compression stockings to maintain control of her edema.

Wound management is unlike any other area of medicine. It is a field where nutritional health plays a huge role, but all too often overlooked. Malnutrition is the most consistent, common issue I find in the field of wound care. Wound care practitioners should take a step back and truly evaluate their patients and take the time to educate themselves so they may be able to educate their patients to better serve the communities in which they serve. This case alone wasted 10s of thousands of Medicare dollars because nutrition was not a factor for the treating physicians nor nurses to address.

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

Al E. Roberts RN, CWCA, DMT-A

Wound Consulting & Education

Jacksonville, FL

Cell: (904) 629-1868

[@Wound_Guru](#) - healthtoheal.us