

A Case Study of Chronic Wound Management

by

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This case presents a 67-year-old male patient with a non-healing abdominal wound. The wound developed after prolonged exposure to the sun while being on antibiotics, and it's located in an area of total scar tissue which resulted from 11 abdominal surgeries. The patient reports this wound is 12 weeks old and has been under treatment from his Primary Provider for 8 weeks using Santyl and foam or gauze dressings. He reports no improvement in this time of treatment. After 8 weeks he was referred to plastic surgery for evaluation for surgical intervention and possible skin grafting. Plastic surgeon evaluated and determined that patient was not a candidate for plastic surgery due to all the scar tissue, and he recommended the patient follow up with wound care. He was also told that he needed a wound VAC and/or hyperbarics, to make this wound heal.

Evaluation

After completing a holistic evaluation, including a 24-hour diet recall, his dietary intake was found to be very poor. He rarely ate protein daily and didn't eat much other food either due to having a history of multiple and reoccurring bowel obstruction. As a result, he was diagnosed with Calorie Malnutrition and Protein Malnutrition.



11-18-2022 - Evaluation Visit



12-05-2022 - Day 17



12-19-2022 - Day 31



01-02-2023 - Day 45



01-12-2023 - Day 55

Treatment and Plan

PWC provided standard-of-care wound care with visits twice weekly. The main products were, honey, surgilube, and foam dressings, changed just twice weekly. He was educated on a whole food diet with a focus on protein intake for both normal body requirements and for wound healing. He was given a daily goal of protein and fluid intake. The patient was encouraged to improve his diet and fluid intake, and very quickly, he did both. He was offered protein supplementation but declined and increased the protein in his diet instead.

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 can not heal the wound. No matter how good the wound care dressings or wound treatments, the body must have the ability to heal.

If not focusing on the diet first and making it part of the first-line 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.