

A Case Study of Chronic Wound Management

by

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With

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This case presents a 60-year-old male patient with a chronic non-healing diabetic wound at the right great toe. He is a Black male and has a history of Obesity, HTN, IDDM type II, Neuropathy, HC, Gait Instability. He was seen in the ER for foot pain with drainage. He was sent home with oral ABT with negative imaging. Home healthcare was ordered for wound care at home. The home health nurse completed visits 3 times per week for 4 weeks prior to our intervention.



10-17-2024 – Evaluation Visit

Evaluation

He reported to me that the home health nurse continued telling him his foot was getting better, and he almost refused my visit as a result. Upon completing my evaluation along with a 24-Hour Diet Recall, I found him to be severely malnourished and suffering from protein malnutrition in addition to his diagnosed medical conditions. His great toe was found to

be ischemic and the wound exhibiting signs and symptoms of Osteomyelitis with tissue infection. There were no signs of healing.

A podiatrist colleague was contacted, and the patient was sent to the ER for admission and surgery. The foot was positive for Osteo and the great toe was subsequently amputated in the following days. He was discharged home on IV ABT and a second evaluation was completed 14 days later.



10-31-2024



11-14-2024



12-02-2024



12-09-2024 Discharged

Re-Evaluation

First and foremost, his nutrition was addressed. 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 encouraged to improve his diet and fluid intake. He was recommended to start a vitamin and mineral supplement as well as a protein supplement twice daily to assist in achieving his nutritional needs for healing. He was given 2 30-gram protein shakes this visit and by my second visit he had purchased them and was following my instructions, drinking 2 per day. He also began eating more whole foods including more protein, eggs, meat, beans, fish, and milk products.

His wound took a total of 39 days to resolve and only 12 visits.

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