

# A Case Study of Chronic Wound Management

by

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With

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This case presents a 82-year-old male patient with a chronic non-healing pressure injury to the plantar great toe. He has had a wound on this toe off-and-on for over 6 years. He has a history of HTN, Pre-Diabetes, PVD, Neuropathy, and Gait Instability. He saw multiple podiatrists with no improvements and has been to multiple wound clinics including in Palm Coast. He was enrolled in the ID Precise Insulin Infusion program. He had a fat injection in the toe in Palm Coast and the wound closed for 6 weeks. He stopped going to Palm Coast and was finally referred to PWC. He is no longer able to play golf due to gait instability.

## Evaluation

Completed a holistic evaluation including a 24-hour diet recall. His dietary intake was found to be very poor with little whole foods daily and a low intake of protein. As a result, he was diagnosed with Malnutrition, and Protein Malnutrition.

Removing his shoes, I noticed they were too small for him. He is 6'2" tall and he tells me around 5 years ago he changed from a size 9 to a size 10½. 5 years ago, he had a wound on the medial aspect of this great toe. The wound care that had been done up to this point was using small dressings to cover his wound. This led me to conclude he has been suffering from a pressure injury as a result of ill-fitting shoes.

## Treatment

I started with recommending he get his feet measured and purchase new shoes along with arch supporting inserts. A larger dressing was used to reduce pin-point pressure. He was treated with antimicrobial hydrogel with foam dressings and tape. He was encouraged to begin to increase his walking and exercise. His current shoe size is 11½ wide.

His total time of treatment was 18 Days and 5 visits.

## Nutrition

His Protein Malnutrition was addressed by educating on geriatric malnutrition due to malabsorption with aging. He was recommended to start 2 30-gram protein shakes daily along with increasing his daily protein intake with all protein rich whole food sources, meat, fish, eggs, beans and milk products. He was instructed to start a multi-vitamin supplement as well as a mineral, B-complex, and Vitamin C supplements



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## Summary

Holistic wound management is key when working with complicated geriatric patients with multiple comorbidities. Focusing on wound care products alone will not produce adequate outcomes. The true wound specialist must address all relatable factors and comorbidities to produce positive outcomes.

PWC combines advanced wound care products with a holistic 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