

HOLISTIC APPROACH TO A WOUND CARE PATIENT

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AIM

To approach a patient seeking wound care in a holistic way whereby a comprehensive care can be provided.

METHOD

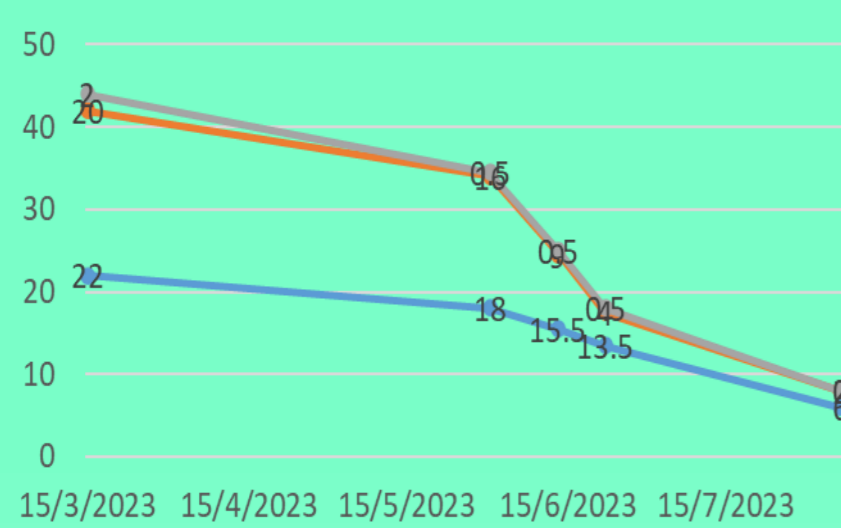
This presentation highlights a comprehensive approach to patient care for a multi-morbid individual diagnosed with diabetes mellitus, hypertension, gout, anemia and ischemic heart disease. The focus is on a diagnostic and management process, including counseling for the patient and family, medication, diet, and follow-ups.

Key Points: Diagnostic Process: A comprehensive process of obtaining a detailed medical history, conducting a thorough physical examination, performing laboratory investigations, and utilizing imaging techniques for the purpose of diagnosis and management. **Medication and Disease Management:** Addressing non-communicable diseases with appropriate medication, follow-up, and investigation. The patient has been diagnosed with diabetes mellitus, hypertension, gout, anemia and ischemic heart disease. **Swab and Culture Sensitivity:** The patient's swab and culture sensitivity (22/3/23) came as *Providencia Stuarii*, therefore covered with Ampicillin and Sulbactam 375mg twice daily. **Anemia Management:** The patient's hemoglobin levels were declining despite being on iron supplements; hence, Cosmofer injection was introduced to address this issue. **Nutritional Guidance:** Providing dietary recommendations for diabetes control, including a protein and iron-rich diet. **Wound Assessment:** Using the Triangle of Wound Assessment and TIME principle to evaluate the condition of the wounds present on both legs of the patient. **Advanced Wound Dressings:** Employing modern dressings such as Natrox Oxygen Therapy for the left leg, while using Stimulen for the right leg. **Adjunct Therapies:** Additional adjunct therapies, such as Epigranex capsules supplements, were included in the treatment regimen. **Interdisciplinary Care:** The patient referred to a pharmacist, physiotherapist, and dietitian for further support. **Dressing Materials:** Superoxidised Solution (Hydrocyn), Hydrofibre Technology containing Silver (Aquacel Ag Extra), Silicon Dioxide Optimized With Silver Ions And Chlorhexidine (Kadermin), Calcium Alginate Foam Dressing, Stimulen, Natrox Oxygen Therapy and Barrier Cream Such As Dimethicone (Cavillon) for periwound care were used.

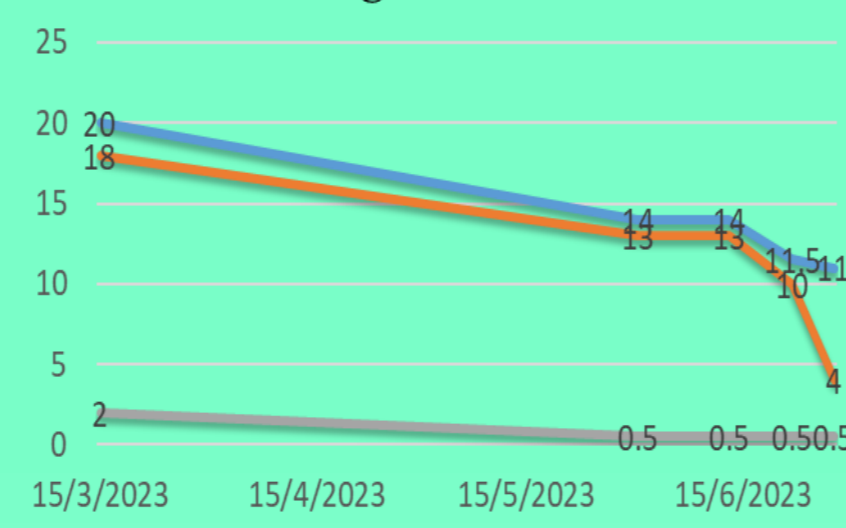
RESULTS

- Patient's severe diabetic foot ulcer first presented on 15/3/23.
- Initial wound examination using TIME principle: 85% slough, 15% necrotic tissue, redness and soreness indicating local infection, heavy moisture with macerated edges.
- Improvement within the first 2 weeks: More granulation and epithelization.
- Subsequent 1 month: Healing progress but still slow.
- Introduction of **Natrox oxygen therapy to left leg (02 / 06 / 2023)**: Rapid growth and re-epithelization, left leg wound reduced from 22x20x2 cm to 6x2x0 cm, right leg wound reduced from 20x18x2 cm to 8x3x0 cm.
- Both wounds continue to heal rapidly.

The Progress of Wound Size of Left Leg



The Progress of Wound Size of Right Leg



RESULTS

Wound presentation on Day 1



Day 18 with Hydrocyn and Aquacel Ag Extra



Day 41 – Hydrocyn, Kadermin silver spray and Calcium Alginate Foam Dressing, Pre introduction to Natrox Oxygen Therapy



Day 76 – Post 6 days of Apply Natrox Oxygen Therapy



Day 130 – (D54 Natrox Oxygen Therapy)



DISCUSSIONS

- Holistic approach is the best way to approach a wound patient.
- Wound healing can be improved with appropriate dressing material and control of non communicable disease.
- Healing requires energy, hence, protein diet or supplement is required.
- Healing stages require oxygenation, therefore, sufficient hemoglobin level and advanced dressing material such as topical oxygen therapy can be used.
- Certain limitation present such as resources of clinic, time factor of doctor, patient education and patient socio economic.



CONCLUSIONS

A patient with multiple health issues encountered obstacles in shifting her healthcare perspectives, but her adherence to treatment and the cooperation of her children played vital roles. Fostering community awareness in healthcare proves indispensable, with early diagnosis and intervention standing as pivotal measures in preserving limbs and alleviating economic burdens. Effective wound management demands a comprehensive approach rooted in empathy and understanding. While many clinics in Malaysia grapple with limited access to advanced dressings, resource-based solutions can be devised. Although advanced dressings may come at a higher cost, their ability to expedite wound healing can yield long-term economic benefits. In conclusion, a holistic approach is essential for optimal outcomes in wound care patients.

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