

Leg Ulcer in Non-Malnourished Patient Case Study



Key Findings...

- Treatment with Cubitan for 14 weeks resulted in **complete healing** of a slow to heal leg ulcer.
- Use of Cubitan in an obese patient **did not cause weight gain** over 14 weeks.
- The rate of healing of the leg ulcer **accelerated** between weeks 8 and 14 suggesting that greater than 8 weeks of Cubitan supplementation may be required to promote healing in some cases.

Patient Profile

This is the case report of a 49 year old male with a leg ulcer on his right medial malleolus. The man was fully mobile and spent a lot of time on his feet during his working day. His weight was 95.2kg and body mass index (BMI) 30.7kg/m². He had varicose veins on both legs, and arthritis of the knees which was being managed with Difene. Otherwise he had no significant past medical history.

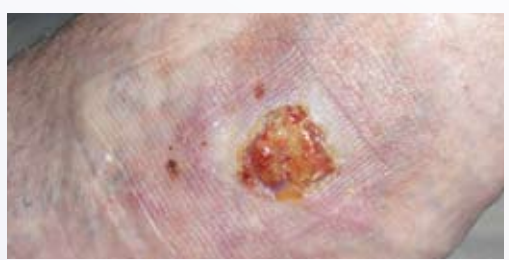
History of Leg Ulcer

The ulcer developed in February 2010. The patient started attending the clinic at the beginning of August 2010.

Initial wound management strategy
From 6th August the wound was managed with Inadine dressing and Profore 4 layer bandage. On the 18th August the patient complained of increased pain, and wound exudate and malodour increased. A wound swab was taken which returned positive for Staphylococcus aureus. This was treated with an oral antibiotic.

Despite weekly dressings and care, the ulcer was slow to heal.







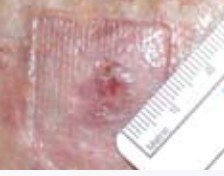

On 13th October 2010, Cubitan (a high protein oral nutritional supplement enriched with arginine and antioxidant nutrients) was commenced at a dosage of 2 x 200mls per day. Although the patient's BMI indicated that he was overweight and not at risk of malnutrition, evidence has demonstrated a positive effect of arginine and micronutrient enriched oral nutritional supplements on wound healing in non-malnourished patients¹ and therefore it was deemed appropriate to intervene with Cubitan in this case.



WEEK 1 (20/10/2010)	1 week of Cubitan treatment
Wound length: 16mm	Islands of granulation, 70% slough.
Wound width: 17mm	Improved since previous week.
Exudate level: moderate	No change in treatment plan.
	Patient's weight increased slightly (0.9kg) but may be due to clothing.

Reference:
1. van Anholt RD, Sobotka L, Meijer EP, Heyman H, Groen HW, Topinková E, van Leen M, Schols JM. Specific nutritional support accelerates pressure ulcer healing and reduces wound care intensity in non-malnourished patients. Nutrition 2010 Sep;26(9):867-72.



	WEEK 2 (26/10/2010)	2 weeks of Cubitan treatment	
	Wound length: 14mm	30% granulation tissue, 70% slough.	
	Wound width: 17mm	No change in treatment plan.	
	Exudate level: moderate		
	WEEK 3 (4/11/2010)	3 weeks of Cubitan treatment	
	Wound length: 14mm	50% granulation tissue, 50% slough.	Weight 95.2kg.
	Wound width: 15mm	Patient reports no pain or discomfort.	
	Exudate level: moderate	Patient continues to take Cubitan 2 per day.	
	WEEK 4 (10/11/2010)	4 weeks of Cubitan treatment	
	Wound length: 14mm	50% granulation tissue, 50% slough.	Weight remains stable.
	Wound width: 15mm	No change since last week.	
	Exudate level: moderate	Patient continues to take Cubitan 2 per day and tolerates well.	
	WEEK 5 (17/11/2010)	5 weeks of Cubitan treatment	
	Wound length: 12mm	70% granulation tissue, 30% slough.	Weight remains stable (95.9kg).
	Wound width: 15mm	Wound appears healthier.	
	Exudate level: low		
	WEEK 6 (24/11/2010)	6 weeks of Cubitan treatment	
	Wound length: 10mm	70% granulation tissue, 30% slough.	
	Wound width: 13mm	Patient happy with progress.	
	Exudate level: low		
	WEEK 8 (8/12/2010)	8 weeks of Cubitan treatment	
	Wound length: 8mm	70% granulation tissue, 30% slough.	Weight 94.8kg
	Wound width: 11mm	Slight overgranulation noted.	
	Exudate level: moderate	No signs of infection.	
	WEEK 12 (5/1/2011)	12 weeks of Cubitan treatment	
	Patient did not attend clinic for 4 weeks due to holidays/weather.	Significant improvement in healing observed. Weight 95.6kg	
		Weekly dressing and Cubitan 2 x 200mls per day continued at home.	
	WEEK 14 (19/1/2011)	14 weeks of Cubitan treatment	
	Wound fully healed.	A holistic approach to leg ulcer management which included wound dressing (compression bandaging), rest and nutritional treatment with Cubitan resulted in healing of the patients leg ulcer.	



Summary

Nutritional intervention with Cubitan has been shown to **enhance wound healing rate** in non-malnourished patients with pressure ulcers¹. This case study suggests that Cubitan may also enhance healing in non-malnourished patients with leg ulcers **without causing undesirable weight gain**.

Wound healing accelerated between weeks 8 and 14 suggesting that greater than 8 weeks of Cubitan supplementation may be required to promote healing in some cases.

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