

Pressure Ulcer Case Study

Irish
Case
Study

Key Findings...

Treatment with Cubitan resulted in:

- **Progressive, steady healing** of a recurring leg ulcer
- An improved nutritional status with **weight gain**
- An improvement in the **mental wellbeing** of the patient



Patient Profile

This is a case report of an 86 year old female resident of a nursing home whose medical problems included dementia, depression, osteoporosis, recurrent UTIs, falls, CCF, and recurrent leg ulcers. This lady was at high nutritional risk based on her current weight status (weight = 36.4kg, BMI = 14.6kg/m²), and the

fact that she had lost approximately 8% of her body weight in the previous 6 months. She had a low level of mobility, requiring two people to assist with transfers at all times. The resident had a Grade 4 necrotic pressure ulcer on her right heel which had developed in November 2009, three months prior to the start of this case study report.

History of Pressure Ulcer

Respiratory tract infection resulting in 2 weeks of bed rest. Weight dropped 9kg since admission. Development of a Grade 4 pressure ulcer on the right heel.



DAY 1:

18/2/2010

Grade 4 necrotic pressure ulcer on right heel for approx 3 months. Sloughy with high level of exudate. Wound diameter 20mm x 20mm. Patient had received 6 weeks treatment with Granuflex® & GranuGel®. Patient experiencing a high level of pain at change of dressing. Slough and bad odour from wound. Air mattress *in situ* for 7 months. Mobilised in wheelchair throughout the day. Weight = 36.4kg, BMI = 14.6kg/m². Cubitan (a protein and arginine enriched oral nutritional supplement, designed to support wound healing and improve nutritional status) commenced with a dosage of 2 x 200ml Cubitan bottles per day.



DAY 11:

28/2/2010

Wound bed seems clearer with granulation. Still some slough in the middle of the wound. Bleeding at change of dressings. Resident on 2 x 200ml Cubitan for 8 days and finishes all of the bottle stating "I like that drink". Air mattress *in situ*, mobilised in chair during the day.



DAY 20:

9/3/2010

Wound bed still sloughy and exuding, but wound not as deep and skin surrounding wound is a pinkish colour. Wound size = 20mm x 20mm. Granuflex® and GranuGel® ongoing with air mattress *in situ*. Patient taking 2 x 200ml Cubitan for 17 days with excellent compliance.

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Alleryn® Heel is a registered trademark of Smith & Nephew Healthcare

NUTRICIA
Cubitan

**DAY 27:**

16/3/2010

Wound bed reducing in size and depth. Wound size = 17mm x 15mm. Wound remains sloughy but level of exudate is reducing. Ongoing pain at change of dressing. Granuflex® and GranuGel® ongoing. Day 24 of Cubitan treatment, excellent compliance ongoing. Small increase in weight (36.9kg). Significant improvement in patient's mood.

**DAY 36:**

25/3/2010

Wound size = 10mm x 10mm. Exudate clear. Bleeding lightly at change of dressing. Actisorb™ is applied to wound. Weight is steady.

**DAY 43:**

1/4/2010

Wound bed is almost closed. No exudate. Wound size = 6mm x 6mm. No dressing required. Alleryn® Heel applied. Day 43 of Cubitan treatment.

**DAY 50:**

8/4/2010

Wound bed is completely closed. Crust remains on heel. Wound size = 5mm x 5mm. Cubitan treatment continued. Patient's mood continues to improve.

**DAY 56:**

14/4/2010

Wound healed. Crust remains in place. Further gains in weight; weight is now 37.8kg, BMI = 15.1kg/m². Staff report that patient is in fantastic form. Due to the patient's low BMI and history of recurrent leg ulcers, the patient will be continued on Cubitan until the skin on her heel is completely healed.

Summary

Low mobility and a poor nutritional status are well recognised factors that contribute to the development of pressure ulcers.

Cubitan, an oral nutritional supplement enriched with wound specific nutrients, formed an important part of this patient's wound treatment plan. It provided key nutrients to support the wound healing process (arginine, antioxidant nutrients, protein and energy), and additional energy, protein and a complete range of nutrients to improve the patient's nutritional status and promote weight gain.

Of particular note in this case study was the observation that the patient's general mood was much better after Cubitan was commenced, suggesting that improved nutritional status has a role to play not only in improving physical health, but also mental wellbeing.

Additional comments from clinical nurse manager

- “**Resident loved Cubitan** and compliance to her dosage was excellent”
- “Cubitan is very effective and results in **excellent wound healing**”
- “Cubitan will continue to be part of my wound care protocol”

Documented by Vanessa Feenstra CNM, St. John's House, Merrion Road, Dublin 4, Ireland. Date of preparation: June 2010.



For further information, samples and patient information call our customer care team on Freephone (ROI) 1800 923 404 or (NI) 0800 783 4379

Nutricia Medical, Block 1, Deansgrange Business Park, Deansgrange, Co. Dublin.
Email: support.ireland@nutricia.com

Visit our website

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