

A Multidisciplinary Approach To Debridement Using a Hydro-Responsive Wound Dressing (HRWD®) on a Heel Pressure Ulcer.

By Kristy Jaggard District Nurse Team Lead, Essex Partnership University NHS Foundation Trust
and Wendy Twinn Podiatrist Essex Partnership University NHS Foundation Trust

Introduction

A female patient aged 73 presented with an unclassified pressure ulcer with unstable eschar to her heel. This patient was admitted to acute care following a fall due to unstable diabetes mellitus and developed a pressure ulcer whilst an inpatient. This patient lives alone in a warden controlled complex, she has some mobility issues and her general health is fragile. She has capacity. Her family are not involved with her personal care however she has a small network of friends she relies on to help her with shopping and social interaction.

Since being discharged from hospital her mood has been low due to the wound on her heel, she has previously had an acquired pressure ulcer which took a very long time to heal, therefore she was disappointed to have another one and expressed concerns about the length of time it would take to heal. She felt anxious about the malodour from the wound and was concerned what little social interaction she has will demise due to friends not visiting because of the smell, she was also in pain and was fearful that the longer she had the wound the longer she would be in pain. She ordinarily enjoys television quiz books and reading however due to the amount of pain she was experiencing she was finding it difficult to concentrate.

Method

Working in collaboration the podiatry team and the district nursing team adopted a cohesive treatment plan. Due to the unstable eschar the wound required debridement. Other debridement methods had been previously used however the results were not satisfactory. A discussion with podiatry and the district nursing team led to trying a HRWD for debridement. The patient was largely managed by the district nursing team together with follow up from the podiatry team. The relationship between the podiatry team and the district nursing team is very good, patients regularly receive a cohesive approach to problematic lower limb wounds.

Results

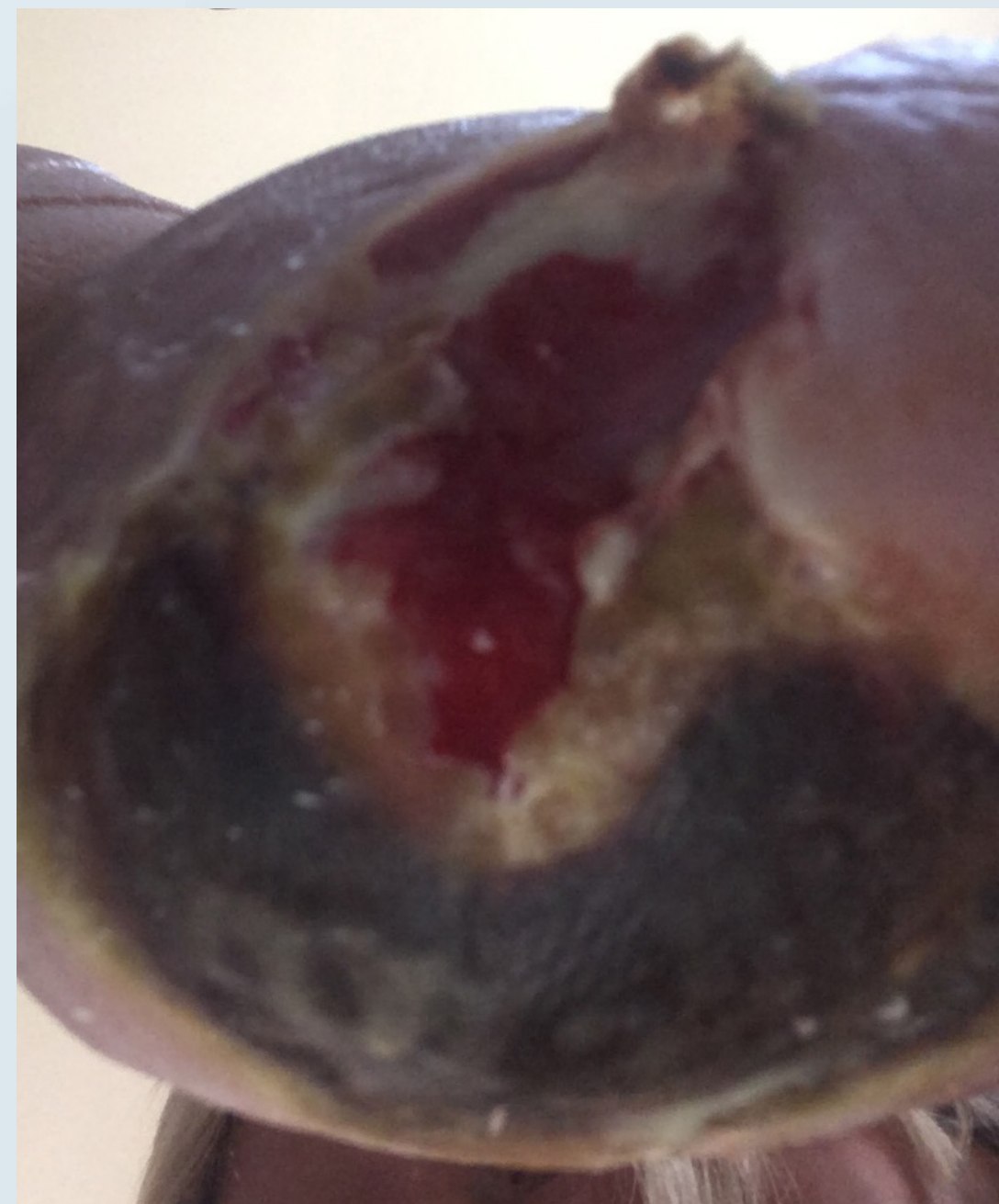
The wound was successfully debrided. Following successful debridement of the eschar healthy granulation tissue rapidly increased, slough decreased and wound dimensions decreased. Significant reduction in pain was experienced by the patient, she was therefore able to carry out her normal daily activities, which in turn led to improved mood.

Discussion

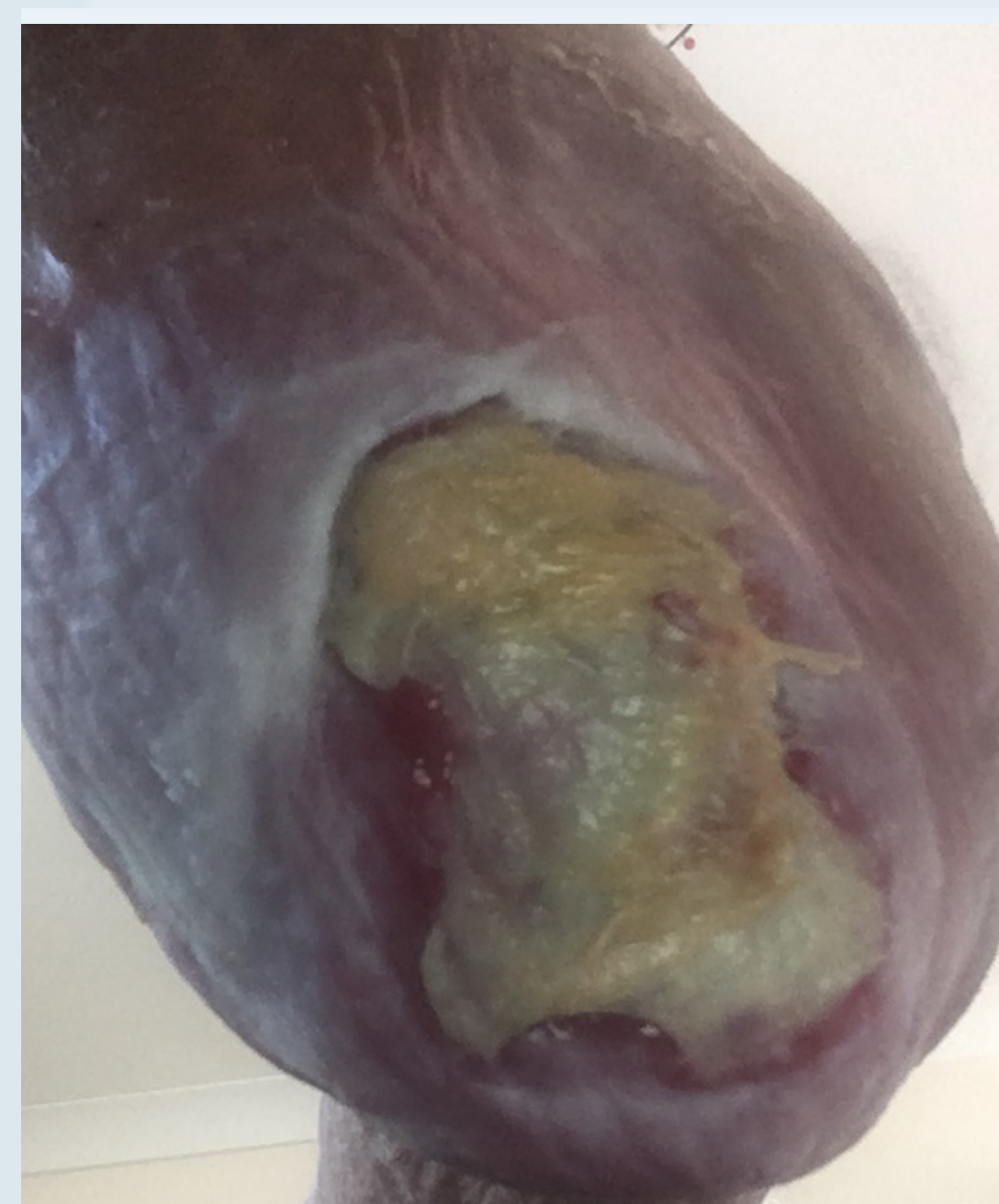
The negative impact wounds have on patient's quality of life is well documented, some methods of debridement are not easily accessible, therefore there can often be a delay treating wounds that require debridement, leading to unwanted symptoms such as pain, odour, and delayed healing. HRWD are easy to use and accessible they are a valuable resource for everyday wound care.



Prior to starting HRWD®



After 2 weeks



After 4 weeks



After 5 weeks