

Clinical Nursing Intervention for Venous Leg Ulcer

Wannipa Sayla RN,ET .

Siriraj Hospital, Mahidol University, Thailand

Venous leg ulcers are wounds that are thought to occur due to improper functioning of venous valves, usually of the legs. They are the major occurrence of chronic wounds, occurring in 70% to 90% of leg ulcer cases. Venous ulcers develop mostly along the medial distal leg, and can be very painful.

Case Report

63 years old male patient, a history of hypertension, and was diagnosed venous ulcers 3 months later. The venous ulcer on the upper external malleolus of the left leg, irregular shape, red wound bed, wound edge had maceration, excessive exudates, no odour, surrounding skin had hyperpigment around, mild swelling on the lower leg and pain score 2.

Intervention

Management venous leg ulcer was advance wound dressing, compression therapy and prevent recurrence. Treatment procedures are mentioned below.

1. Cleansing wound bed and surrounding skin with 0.9% normal saline and scrub on the whole leg with remoist cleanser
2. Protect surrounding skin with skin barrier film, and keep moisture for leg with skin barrier cream.
3. Wound dressing. Applied hydrofiber foam which offers comfort , skin-friendliness ,maintains a moist environment and promote wound healing.
4. Compression therapy. By putting the 2 layer compression systems are stiff systems developed to provide high working pressures and low tolerable resting pressures. Peak amplitudes are approximately 45 mmHg. And cohere to create a rigid sleeve that can be left in place for 7 days.
5. Advised the patient put the leg elevation requires raising lower extremities above the level of the heart for 30 minutes, 3-4 times per day, with the aim of reducing edema, pain, and improving microcirculation, oxygen delivery. And wear stockings for reducing the risk of ulcer recurring.



Result

The venous leg ulcer was completely epithelialised, edema and pain decreased. The patient became more comfortable. About 4 weeks after starting wound care. The Venous leg ulcer was successfully accomplished. Conclusion



Conclusion

Intervention for leg ulcer is Hydrofiber Foam which promote wound healing. And The 2 Layer Compression offers the lower limb in order to improve venous return and to reduce edema.

Reference

1. Armstrong SH, Ruckley CV. Use of fibrous dressing in exuding leg ulcers. J Wound Care. 1997; 6 (7): 322–324.
2. Okan D, Woo K, Ayello EA, Sibbald RG. The role of moisture balance in wound healing. Adv Skin Wound Care. 2007; 20: 39–53; quiz 54– 55.
3. Robinson BJ. The use of a hydrofiber dressing in wound management. J Wound Care. 2000; 9 (1): 32–34.
3. Waring et al. A new wound care treatment for the 90.s
4. World Union of Wound Healing Societies (WUWHS). Principles of best practice: Compression in venous leg ulcers: A consensus document. London: MEP Ltd, 2008.