

# THE SUCCESSFUL MANAGEMENT OF A PATIENT WITH A VENOUS LEG ULCER TREATED WITH A HYDROBALANCE\* DRESSING

**BOUAICHA M-Y**

Physician, home for the elderly, Régnier, France

## Introduction:

Venous ulcers is a common condition that affects 1% of the Western population and mainly elderly people. The healing time is often very long, up to several years and recurrences are common. Complications and decreased quality of life are a public health problem. The clinical case presented concerns a patient with a venous ulcer treated with a HydroBalance\* dressing.

## Material and methods:

The HydroBalance\* dressing is comprised of biocellulose and water. The dressing is able to absorb exudate, to donate fluid and to maintain a moist environment.

This case reports on a 92 years-old patient with a persistent venous leg ulcer. Although in relative good physical condition for her age, she has a long history of cardiovascular disease (myocardial infarction, acute pulmonary oedema, high blood pressure, sequelae monoplegia and retraction the left leg as a result of a CVA. On this same leg, the patient has a large, very painful venous ulcer, which has been present for the past 6 months. The ulcer is formed by two ulcers that draw a figure of 8. Its size is 7 x 6 cm at the upper part and 6 x 6 cm for the bottom lesion. (fig.1)

There was no significant improvement of the ulcer after 6 months of treatment with various dressings and long stretch compression bandages.

In early March 2008, a month after her admission to our institution, we have introduced, a new treatment protocol, using a HydroBalance\* dressing covered with a foam dressing. Dressing changes took place twice a week, depending on the production of exudate. For compression short stretch\*\* bandages were used.

## Results:

In one month of treatment, the lower part of the ulcer is closed and the top lesion is smaller. (fig. 3) In two months there was only a small ulcer left of 1 x 0.5 cm. (fig. 4) Immediately after the start of the treatment the pain upon dressing changes was reported to have gone. Further the pain in between dressing changes had decreased. After two months of treatment with the HydroBalance\* dressing the ulcer had completely closed.

## Conclusion:

The dressing\* was demonstrated to be successful and was reported by the patient to reduce the pain.

The benefits for caregivers are ease of use and application. For the patient, the benefits of the HydroBalance\* dressing are rapid healing and reduced pain and improved comfort.

**Fig. 1: March 7 – day 1**



The ulcer is partly covered with slough and granulation tissue. Ulcer area is 7 x 6 cm and 6 x 6 cm, with moderate exudate production. The patient reported moderate pain (5 on a 10 point (VAS) scale).

**Fig. 2: March 28 – day 21**



The ulcer is covered with mostly granulation tissue, with some sloughy areas in the center of the ulcer. The ulcer area is 6 x 3 cm, and has reduced with >50% of the surface. There is moderate exudate production. The patient reported to have less pain (3 on a 10 point (VAS) scale).

**Fig. 3: April 14 – day 37**



Part of the ulcer is now covered with epithelium. Ulcer area is 3 x 2 cm, a decrease of >80% compared to the initial area size. The exudation is low. The patient reported the pain had again reduced (2 on a 10 point (VAS) scale).

**Fig.4: May 2 – day 55**



There is only a small ulcer of 1 x 0.5 cm left. The patient reported slight pain (1 on a 10 point (VAS) scale).

**May 23 – day 76**

The ulcer had completely closed.