

**SAFETY AND EFFICACY OF EARLY INTERVENTION WITH A PHOSPHOLIPID WOUND CLEANSING SOLUTION IN PATIENTS WITH CHRONIC WOUNDS**

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**Background:** Wound cleansing represents a fundamental step in chronic wound management. Several investigations in recent years have led to a refinement of the wound cleansing protocol in order to obtain a better control of bacterial burden during wound bed preparation and to avoid further cell and tissue damage.

**Objective:** To evaluate the therapeutic efficacy and tolerability of a phospholipid wound cleansing solution compared to standard treatment in patients with chronic wounds.

**Methods:** This was a prospective, single center, randomized, double blind, 4-week treatment period involving 40 patients with chronic wounds (20 with venous leg ulcers, 20 with pressure ulcers grade 2 and 3) divided into two groups and treated every other day with: A) phospholipid wound cleansing solution and standard treatment, and B) standard treatment alone. Assessment included wound size by planimetric evaluation, wound bed pH, surrounding skin trans epidermal water loss (TEWL), the severity of scaling, erythema, itching and wound odour.

**Results:** 36 patients concluded the study. The median wound bed pH was significantly lower in group A (mean 6.7) compared to group B (mean 8.5) at the end of treatment ( $p < 0.05$ ). Assessment of erythema, itching and scaling was significantly in favour of group A over group B after 4 weeks of treatment. Significantly more group A patients (52%) showed TEWL reduction compared to group B patients (34%;  $p = 0.007$ ). Additionally, there was earlier odour improvement (median, day 9 vs day 14;  $p = 0.034$ ) in the group A compared to group B. There were no differences about wound size reduction between the two groups.

**Conclusions:** The results of this study indicate that the phospholipid wound cleansing solution is an effective and safe alternative in the management of venous leg ulcers and pressure ulcers