

WHAT MADE THE DIFFERENCE? – MULTIFOCUSSED TREATMENT APPROACH LEADS TO HEALING OF COMPLEX WOUNDS IN A COMPLEX PATIENT WITH AUTOIMMUNE DISEASE

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Aim: The aim of this case report was to demonstrate that a multifocussed treatment approach can lead to healing of complex wounds in a complex patient with multiple concurrent somatic and psycho-social conditions.

Method: A 41 year-old single female (smoker) develops leg ulcers in 2005. Several concurrent conditions are associated (handeczema, salpingo oophorectomy and hysterectomy (2004), coagulation disorder and psychological disturbances). She was diagnosed with mixed connective tissue disease (MCTD) in 2003, venous insufficiency and vasculitis in 2005. Previous treatments include moist wound healing, topical negative pressure, compression, vein surgery, immune suppressants and pain medication. However, the patient was non-compliant and no healing was observed. Therefore, the patient was admitted to the department of dermatology in order to apply a multifocussed treatment approach including the following: moist wound healing, debridement, compression, intermittent pneumatic compression (IPC), intensified pain medication, immune suppressants (prednisone and cyclosporine), heparin, psychological support and motivation.

Results: After 12 weeks of admittance marked healing occurred and at follow-up 6 months later only minor ulceration was observed. Pain was markedly reduced and the quality of life of the patient improved markedly.

Conclusions: The present case illustrates that a multifocussed treatment approach can lead to healing and indicates that treatment should not only focus wound management. In addition it is of great importance also to include management of somatic diseases and psycho-social conditions of the patient.