

**HOLISTIC WOUND MANAGEMENT WITH A GELLING FOAM DRESSING\***

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**Introduction:** The overall knowledge about wound management is continually growing and technologic improvement is unstoppable; however, we can often meet people who have been living together with their „hard-to-heal” or not at all healing ulcers for long years or even decades. The life quality of these people is decading permanently, they get isolated from society and their care is eating up a whole lot of financial and other sources. During the search for the reasons, the attention of wound managing carers was drawn to the realization of the *complexity of wound management and the importance of holistic care for patients*.

**Aim:** To present the possibility and effectiveness of wound management through case studies in the case of patients treated with a foam dressing.

**Method:** Our patients (one male, two female) were treated with an ionic silver-impregnated hydrofiber- and a gelling foam dressing, without any result. Afterwards, we switched to the use of solely the gelling foam dressing. Firstly the dressing changes were carried out 3 times a week, then they were followed by a weekly-twice regime.

**Result:** The formerly existing heavy pain at dressing changes decreased after the second dressing change, then it ceased completely.

Owing to the effective wound exudate control of the dressing, there was no occurrence of the maceration of wound edges or leaking from the dressing, not even with rarer dressing changes and with application of compression. One of our patients with diabetic leg ulcer became able to go to work again in his orthopedic shoes – he used the gelling foam dressing. The reason of this improvement was the good pressure-spreading and cushioning ability of the dressing. The increased loading of the feet did not have a negative effect on the healing of the ulcer at the sole-side. As a result of the treatment, all our three patients showed an increase in the sizes of both their long-existing and the previously not reacting ulcers. The pain was swept away, their life quality improved a lot.

**Conclusions:** The above described cases prove that in the case of these „hard-to-heal” wounds, recognizing of wound complexity and its integrating into treatment has an important role in turning wound healing processes into a positive direction, in the improvement of the life quality of patients and last but not least in the reduction of costs at a remarkable measure.

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