

**AN ARGININE- AND MICRONUTRIENT-ENRICHED NUTRITIONAL SUPPLEMENT ACCELERATES PRESSURE ULCER HEALING AND REDUCES WOUND CARE IN NON-MALNOURISHED PATIENTS**

Rogier D Van Anholt<sup>1</sup>, Lubos Sobotka<sup>2</sup>, Erwin P Meijer<sup>1</sup>, **Jos Mga Schols**<sup>3</sup>.

<sup>1</sup>*Danone Research, Centre of Specialized Nutrition (Wageningen, Netherlands)*

<sup>2</sup>*Department of Gerontology and Metabolic Care, Charles University (Hradec Kralove, Czech Republic)*

<sup>3</sup>*Department of General Practice/CAPHRI, Maastricht University (Maastricht, Netherlands)*

**Aim:** The potential of a specific oral nutritional supplement (ONS) to improve healing of pressure ulcers and reduce the intensity of wound care was assessed in non-malnourished patients with severe pressure ulcers in a multi-country, double-blind, randomized, and controlled trial.

**Methods:** Non-malnourished patients (based on BMI and Malnutrition Universal Screening Tool (MUST)) with stage III or IV pressure ulcers were recruited from 8 health care institutes in 4 countries (Czech Republic, Belgium, The Netherlands, Curacao). Patients were randomized to receive 3x200 ml/day of a specific ONS\* enriched with protein, arginine, and micronutrients, or a non-caloric control product for a maximum of 8 weeks.

**Results:** 43 Subjects were included (22 ONS/21 control). Supplementation with the specific ONS resulted in a significantly faster reduction of ulcer surface area, as well as a significant reduction in severity score (Pressure Ulcer Scale for Healing) compared to the control product. Moreover, significantly fewer dressings were required per week than in the with the control product during the study period and significantly less time was spent on changing the dressings.

**Conclusions/discussion:** These results suggest that the effect of the specific ONS can reach beyond restoring caloric and protein deficiencies and that it has the potential to reduce health care costs. Supplementation with specific ONS seems warranted for non-malnourished patients, who would usually not be considered for nutritional support.

\* Cubitan<sup>®</sup>, Nutricia, The Netherlands.