

## P 2

### A CLINICAL EVALUATION ON THE TREATMENT OF YOUNG CHILDREN WITH HEEL INJURIES USING A HYDROBALANCE DRESSING

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**Aim:** This paper presents the results of a clinical evaluation conducted in 20 young children (average age was 5 years old) that suffered from spoke wheel accidents. In the Netherlands parents use the bicycle for transport and take their toddlers with them. Accidents happen frequently causing very painful heel flap injuries, which often become infected.

**Methods:** Conventional dressings and Moist Wound Healing dressings (MWH) are in use. Although most of the injuries heal, dressing changes cause a lot of anxiety and distress for both the children and their parents. For the study wound treatment existed of cleansing with iodine\*\* and rinsing with saline. A HydroBalance\* + PHMB dressing was applied, covered with a foam\*\*\* and fixed with a retention bandage. The primary dressing was left in place until epithelialization. Wound inspection was every three days for 14 days. During visits the reduction in wound size, wound bed status, epithelialization, pain during dressing changes and occurrence of an infection, was evaluated.

**Results:** In N = 20 complete epithelialization occurred in an average of 7.2 days. There were no infections noted. The children were less anxious as during the clinic visits they did not experience pain.

**Conclusion:** Wound healing was fast and child and parent friendly. The treatment was effective, reducing dressing changes and visits.

\*Suprasorb® X + PHMB and \*\*Suprasorp P are products of Lohmann & Rauscher GmbH

\*\*\*Betadine® is a product of BBraun