

NURSING MADE THE DIFFERENCE

HOLISTIC DIABETIC FOOT ULCER CARE SAVED A POTENTIAL AMPUTEE

ELIZABETH BABALOLA, BSN, RN

Obafemi Awolowo University Teaching Hospital, Ile-Ife, Osun State Nigeria

DEMILADE OMOTOYINBO, BSN, RN

Obafemi Awolowo University Teaching Hospital, Ile-Ife, Osun State Nigeria

No conflict of interest to disclose

BACKGROUND

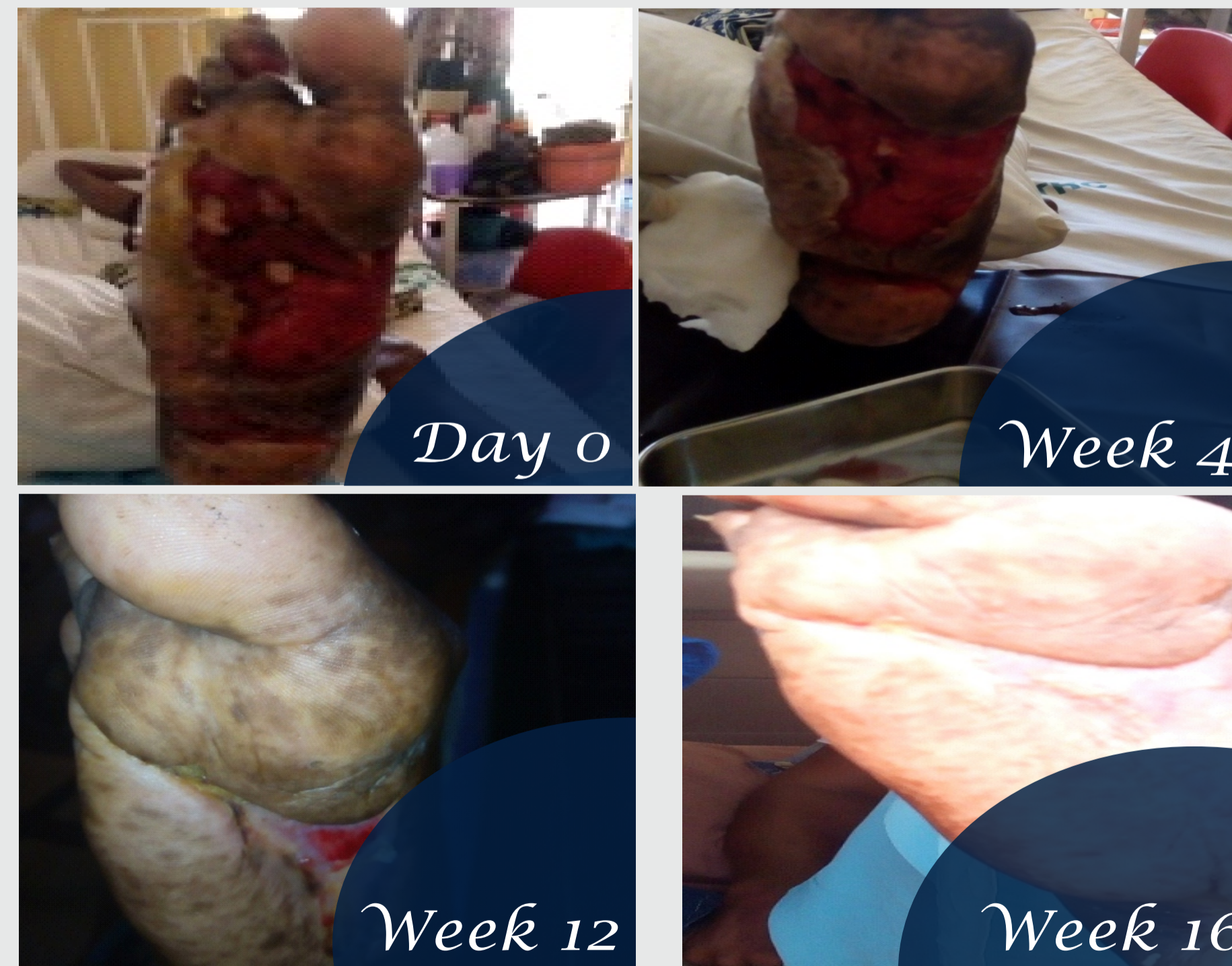
Diabetic Foot Ulcer (DFU) is one of the most recalcitrant chronic wounds often complicated with amputation or death when poorly managed. This case report highlights the wound care rendered integrating the emotional, spiritual, relationship and environmental component of care beyond looking at the wound of the patient. The patient reported is a 49-year-old woman who presented in the hospital (for 5 months) as a result of exuding and offensive chronic foot ulcers and high grade fever. Based on the characteristics of the appearance of the wound, a diagnosis of DFU was made. Prior coming into the facility, she was poorly managed and 16 weeks later, one of the feet was considered for amputation which was salvaged by holistic nursing care.

METHODS

Wound care commenced with wound culture which indicated a significant growth of staphylococcus aureus Klebsiella and E. coli. She was placed on antibiotics and commenced on daily, then alternate days wound care till discharge.

Furthermore, personal and environmental hygiene, protein and vitamins rich diet, psychosocial health and a hopeful atmosphere which fostered healing and recovery.

The products that were used for dressing the wound include: Normal saline, Drez lotion, Protosan irrigating fluid, Protosan



RESULT

Reduction in wound size with new epithelial tissue was gradually observed with no signs of maceration or excoriation to the surrounding skin. Hence, the skin grafting initially considered wasn't performed due to rapid closure.

CONCLUSION

Optimal management of wounds goes beyond just looking at the wound, the integration of psychosocial, environmental and nutritional dimension of care facilitates healing and recovery. Thus, the management of chronic wounds (DFU) should be given a holistic approach to achieve an improved outcome.