



# A case report to demonstrate the effectiveness of an SAP containing silicone dressing to improve outcomes for a patient with chronic venous leg ulceration.

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## Introduction

Chronic wounds can significantly impact an individual's quality of life with symptoms such as leakage and pain limiting their ability to perform activities of daily living.<sup>[1]</sup> Lower limb wounds are among some of the most common chronic wounds which present a significant burden not only to healthcare systems but to those individuals affected.<sup>[2]</sup> There are various types of lower limb wounds, including arterial leg ulcers, venous leg ulcers and diabetic foot ulcers. The case report presented focuses on venous leg ulceration which can be defined as "ulcers on the leg that are caused by venous insufficiency."<sup>[3]</sup>

## Method

The patient in this case report has been known to the vascular service for 2 years and has a history of lymphoedema, diabetes and chronic venous leg ulcers.

Following a new episode of venous leg ulceration, the patient was reviewed in the vascular clinic, and a holistic assessment was completed. During initial assessment (18/10/23) the ulcer was found to be highly exuding, leading to maceration and excoriation of the surrounding skin, which the patient found extremely painful (picture 1). After completing a full lower limb assessment, the patient commenced daily dressings of an SAP-containing silicone dressing and a compression bandage system. The dressing of choice in this clinic was RespoSorb® Silicone – formerly known as Zetuvit® Plus Silicone.

The patient was reviewed in clinic on 01/11/23, three weeks following commencement of the treatment and a significant improvement was noted in the reduction of maceration. The lower limb remained congested, so compression therapy continued. RespoSorb® Silicone was managing the exudate well so dressing changes were reduced to alternate days.

Upon review 4 weeks later (29/11/23), a significant improvement was seen; the wound was showing signs of healing with 100% granulation tissue, and dressing changes were reduced further to three times per week.

## Results

A final review was conducted on 8th March 2024; the surrounding skin appeared healthy, and the wound was almost healed. The patient was transitioned to a compression wrap system, which can be safely used alongside RespoSorb® Silicone until the wound fully closes. This approach ensured continuity of care, as the same dressing was applied both under compression bandaging and within the wrap system.

This wound has since fully healed with the aforementioned care plan. Throughout the treatment, the patient reported how comfortable they found the dressing and how effective it was at managing the exudate and reducing maceration.

## Discussion

Lower limb wounds can have a significant impact on a patient's quality of life, with pain and high exudate levels being highlighted as distressing and problematic for patients suffering from chronic leg ulcers.<sup>[4]</sup> Dressings are recognised as the mainstay treatment for managing exudate<sup>[4]</sup>, and this study highlights the versatility of RespoSorb® Silicone when used under various forms of compression whilst effectively managing exudate. This dressing is ideal for managing varying levels of exudate as it is not only able to absorb but also retain fluid due to the super-absorbent polymers found within the dressing core. Moreover, the dressing has the ability to distribute fluid throughout, which supports a reduction in maceration. This not only reduced unpleasant side effects such as leakage onto outer bandages but also meant that as the maceration improved, the patient's pain was reduced. The patient also consistently reported high levels of comfort with the dressing.

## Conclusion

This study has demonstrated the importance of implementing effective treatment for chronic venous leg ulcers in line with the National Wound Care Strategy Programme Guidelines – to apply a low-adherent dressing with sufficient absorbency alongside compression therapy. Applying evidence-based practice provides the opportunity for positive healing outcomes. In this case the patient's quality of life improved significantly by reducing the painful side effect of maceration by managing exudate levels with the SAP-containing silicone dressing RespoSorb® Silicone.

18th October 2023



1st November 2023



29th November 2023



8th March 2024



## References

[1] - Wounds International (2023) Wound balance: achieving wound healing with confidence. Wounds International, London. Available to download from [www.woundsinternational.com](http://www.woundsinternational.com). [2] - Guest et al (2020) Cohort study evaluating the burden of wounds to the UK's National Health Service in 2017/2018: update from 2012/2013. BMJ Open 10(12):e045253. [3] - National Wound Care Strategy Programme (2024) Recommendations for Leg Ulcers. Available from: <https://www.nationalwoundcarestrategy.net/wp-content/uploads/2024/07/NWCSP-Leg-Ulcer-Recommendations-final-version-15.07.2024.pdf>. [4] - Cunha N, Campos S, Cabete J (2017) Chronic leg ulcers disrupt patients' lives: A study of leg ulcer-related life changes and quality of life. Published Online:1Sep2017 <https://doi.org/10.12968/bjcn.2017.22.Sup9.S30>. [5] - World Union of Wound Healing Societies (WUWHS) Consensus Document. Wound exudate: effective assessment and management Wounds International, 2019. Available to download from: [www.woundsinternational.com](http://www.woundsinternational.com) WM-0095/24-GB