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**Introduction**

A 58 year old female was attending the Complex Wound Clinic (CWC) at Doncaster and Bassetlaw Teaching Hospitals NHS Trust (DBTH) for lower leg wound management from the Skin Integrity Team (SIT). On one of her reviews it was noted she was itching at her hands and on closer inspection it was confirmed she had very dry, cracked and sore skin to both hands. She was receiving treatment for pruritus to this area from the Dermatology unit of a hydrocortisone cream and antiseptic cream, with little improvement. Linovera Oil was discussed with the patient and a decision was made to stop using the hydrocortisone and antiseptic cream and replace it with Linovera Oil.

**History**

The patient had a past medical history of Chronic obstructive pulmonary disease, Osteoarthritis, Diverticular Disease, Depression, Fibromyalgia, Smoker, Right iliac stent, Leg ulcers, Allergies to copper and Elastoplast, 10- 15 years history of Urticaria (Hives) and Pruritus (Itching). Previous treatment used to the hands with the aim to improve the skin integrity includes: Fungal cream, urea based moisturiser, anti-itch cream and antiseptic cream. She had an average of 1 flare up a year which last several. She uses crutches to help with her mobility but due to the poor skin integrity to her hands she was limiting her mobility as it was affecting her grip and causing her pain. Her ability to shower or bath was also affected as she was unable to use her hand fully due to reduced dexterity caused by skin cracking and pain. She rated her pain at 8 (out of a 0-10 score with 10 being the worst pain) and her overall quality of life at 50 (out of a 0-100 score with 0 being the worst).

**Treatment**

Linovera Oil, a hyper-oxygenated fatty acids (HOFA) with a high level of linoleic acid oil was applied to both hands twice daily for 4 weeks. 3 pumps of the oil was used on each application per hand for this period (168 pumps). This was self-applied by the patient.

**Follow up**

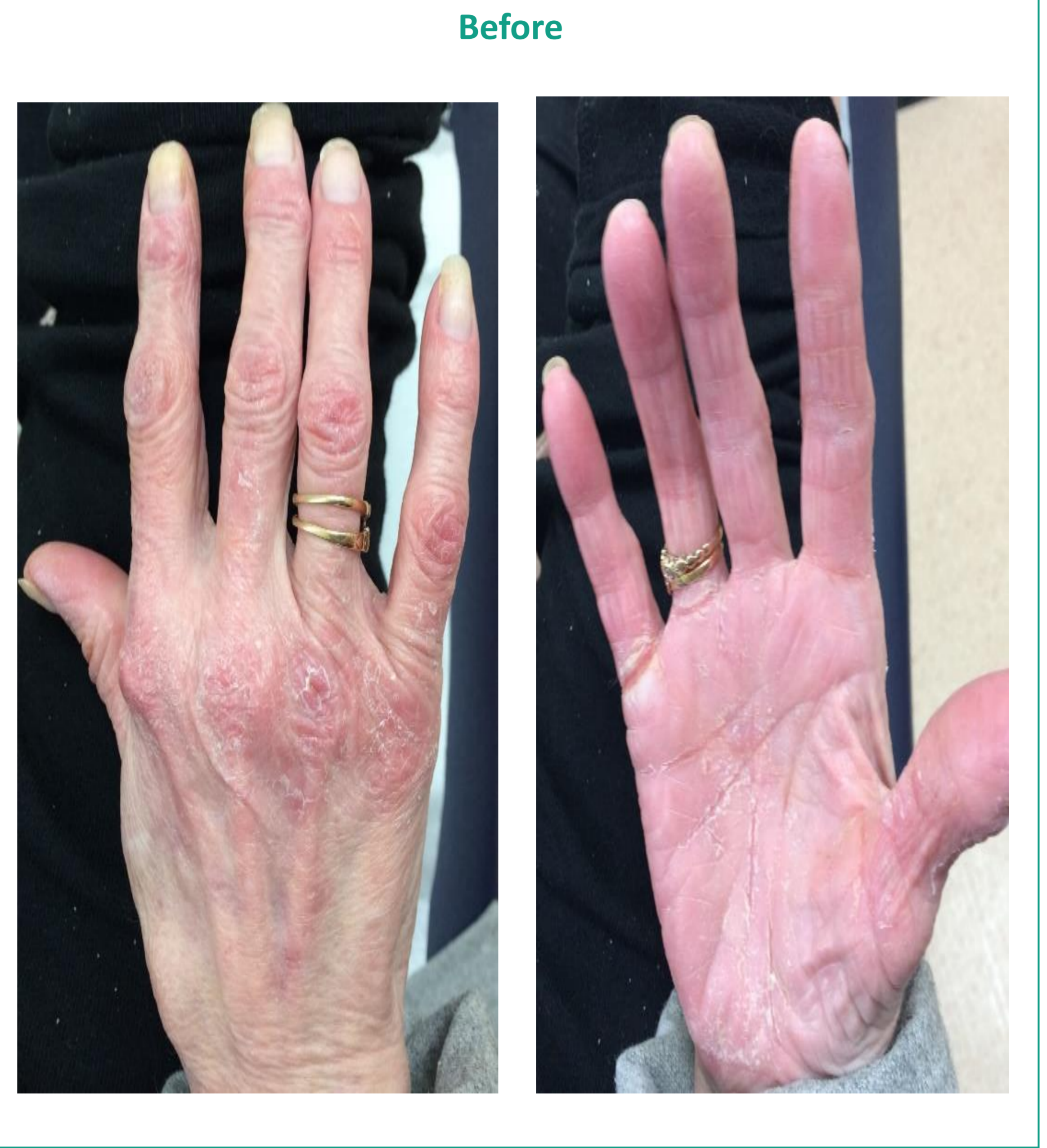
She was reviewed by SIT fortnightly throughout the treatment where an assessment of the skin to both hands were undertaken (0 - 5 worst) along with quality of life questions.

**Patient Perspective**

Quality of life questions along with her perception on the Linovera Oil were asked throughout. The last assessment on 21.5.24 showed:

- Pain had improved from 8 (out of a 0-10 score with 10 being the worst pain) to 5.
- Mobility had improved as a result of receiving the treatment. She stated she could not use her crutches much easier.
- The ability to go out as a result of the treatment has improved.
- The ability to shower or bath had improved as a result of the treatment
- The ability to wear clothes she wanted has slightly improved.
- There were no changes to her ability to sleep as a result of the treatment.
- Overall Linovera performance was excellent
- Overall quality of life improved from 50 (out of a 0-100 score with 0 being the worst) to 80.

**“I can now use my crutches to help me mobiles and shower much easier due to less pain and better skin condition and dexterity. My itching has completely resolved”**



Date	Excoriation	Erythema	Thickening	Itching	Comfort	Skin moisture appearance
24.4.24	3	1	3	5	Very poor	Poor
7.5.24	2	1	1	2	Good	Ok
21.5.24	1	0	0	0	Excellent	Excellent

**Discussion**

Patients with compromised skin integrity face an increased likelihood of skin damage or developing wounds, potentially leading to a challenging cycle of slow-healing when underlying factors are present (Beeckman et al, 2020). Emollients are a fundamental component of daily skincare, especially for individuals with delicate, aging skin, or those prone to, or at an elevated risk of, developing wounds (Beeckman et al, 2020). Hyper-oxygenated fatty acids (HOFA) with a high level of linoleic acid have shown promising results around improving the skin hydration, sensation and reducing the possibility of creating microtrauma linked to itching (Federici et al 2014), while improving skin condition and increasing transcutaneous oxygen pressure (Lazaro-Matilla et al 2011). This case study on Linovera Oil shows that HOFA containing products are a suitable alternative to standard practice, resulting in many improvements to skin integrity and patient quality of life. Linovera Oil allows patients to meet their treatment objectives and improve any skin conditions present.

**Conclusion**

This case study on Linovera Oil shows that HOFA containing products are a suitable alternative to standard practice, resulting in many improvements to skin integrity and patient quality of life. In this case pruritus was completely resolved despite anti itch cream and hydrocortisone cream being suspended. Linovera Oil allows patients to meet their treatment objectives and improve over skin conditions.

