

**RESKIN ACADEMY****PRESSURE SORE STAGE 2 IN THE SACRAL REGION****LUC GRYSON**

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**INTRODUCTION**

Pressure sores are a significant healthcare concern, especially among the elderly and non-mobile population. Older people very often are less mobile, have an impaired nutrition status and have poor general conditions. A good prevention and adequate treatment is necessary to keep the skin healthy and to avoid pressure lesions which easily can infect and which can sometimes cause the death of the patient. Silicone dressings can support wound healing and avoid further skin damage or other problems related to the wound.

**CASE REPORT****PATIENT SITUATION**

A 85 year (° 16/05/1915) old woman has a small stage 2 pressure ulcer in the sacral area; 2.5cm by 1.5 cm large and 1 mm deep. The 8th of July the pressure ulcer is diagnosed (Picture 1). The patient is well nourished and is not dehydrated. The patient scores 10 on the scale of Norton. She is confused, has a moderate mobility problem and is incontinent for faeces and urine.



Picture 1



Picture 2



Picture 3



Picture 4

**USED TREATMENT AND RESULTS**

On July 8th a pressure ulcer is diagnosed in the sacral area. The dermal tissue is visible. The wound is moderate exuding and painful. A RESKIN® silicone dressing – size large enough to cover the wound and the erythema – is applied after cleansing and drying of the wound and the surrounding skin. The surrounding skin is slightly irritated and red. The patient is put on an alternating mattress. The dressing stays on the wound till July 12th (Picture 2).

On July 12th, the dressing is removed; wound progression is already visible. The wound measures 2cm by 1.5 cm and is 1mm deep. On July 15th the dressing is removed once again. (Picture 3). The wound is now 1.5cm by 1 cm large and 0.5mm deep. The wound still causes some pain but less than before. However, the patient has no pain sensation during the dressing change.

A new RESKIN® silicone dressing is applied on the cleansed and dried wound. On July 17th, the wound is almost closed and measures 1 cm by 0.3 mm (Picture 4).

On July 20th, the dressing is removed once more; the wound is healed.

**DISCUSSION**

RESKIN® silicone dressings are very helpful to take care of superficial wounds and are easy to use / to apply. Despite the fact that dressings, applied in the sacral area, very often cause problems (rolling up of the dressing, dressing does not stick enough, ...), RESKIN® silicone dressings easily stay in place. The possibility to reposition the dressing is a unique feature. The dressing is easy to apply. The adhesive of the dressing is sufficient to guarantee a perfect care of the wounds and causes no irritation.

**CONCLUSION**

RESKIN® silicone dressing is a economic, easy to use and skin friendly dressing. The dressing supports wound healing. Dressing changes are a-traumatic and painless.