

Debridement and wound bed preparation using Debrisoft® in a large lower limb haematoma

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Introduction

- Elderly female patient admitted to hospital following a traumatic fall at home resulting in the formation of a large haematoma (Figure 1)
- Due to the nature of ageing skin, older people become more vulnerable to minor injuries, which may involve haematoma formation (Beldon 2011)
- The normal management for a haematoma similar to this one would have been invasive surgical management in theatre (Beldon 2011)
- The patient had multiple co-morbidities and was therefore unsuitable for theatre and general anaesthetic

Method

- Using the structured assessment method of **TIMES** (Wounds UK 2016) rapid debridement, prevention of wound infection and ongoing wound bed preparation were the goals of treatment
- Debrisoft® was selected as the treatment of choice
- The knowledge that the treatment had received positive NICE guidance (NICE 2014) was also reassuring

Results

- Over a period of three weeks, Debrisoft® was used four times (first use and then 3 more) to gently remove the soft, friable haematoma
- The use of consented wound photographs supports the rapid wound bed preparation and progress during the three week treatment period (Figures 2-4)
- An immediate visible difference was noted with continued improvement
- The patient was able to view the wound management and progress at each dressing change and the treatment with Debrisoft®
- She found the treatment to be pain free and commented that she was pleased to see the speedy progress of the wound
- Patient involvement in participating and seeing good progress is very beneficial to a positive patient outcome and experience

Discussion and conclusions

- Debridement and wound bed preparation in the management of a haematoma should more often include the use of Debrisoft®, not just in patients who are not suitable for theatre and anaesthetic but to prevent where possible unnecessary, time consuming and expensive theatre and surgical time.
- The use of Debrisoft® is well supported by evidence and NICE guidance
- It provides a safe, pain free and rapid method of debridement and ongoing wound bed preparation in the management of chronic wounds including traumatic haematoma wounds



Figure 1 - Prior to treatment – on presentation



Figure 2 - During first use of Debrisoft®

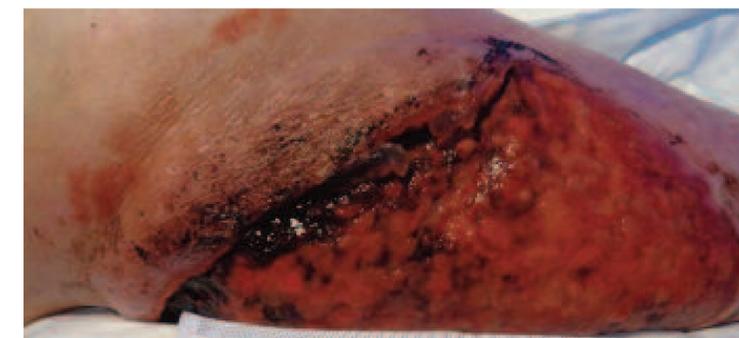


Figure 3 - Week 2 after 3 debridement sessions



Figure 4 - Discharge back to the community

References

- Beldon P (2011) Haematoma: assessment, treatment and management. Wound Essentials. Vol 6 36-39
- Wounds UK (2016) Best Practice Statement: Holistic Management of Venous Leg Ulceration. London: Wounds UK. www.wounds-uk.com
- NICE (2014) the Debrisoft® monofilament debridement pad for the use in acute and chronic wounds (MTG17). NICE, London. www.nice.org.uk/MTG17