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Venous ulcer in the elderly: Clinical Case Report

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Introduction: Venous ulcers have a prevalence of 85% of vascular ulcers, appearing more frequently in the female sex and increasing their incidence after 65 years old.

Case Description : 90-year-old woman with a history of high blood pressure, rigid acinetic syndrome (RAS), circulatory problems and venous ulcers in the lower limbs, low weight and poor nutrition (BMI = 15.88).

She has been coming for a year to the nursing consultation to make the cures and follow up on ulcers. A fentanyl patch for the control of pain caused by ulcers is put.

General And Injury Assessment: The evaluation carried out on the patient according to Virginia Henderson's needs, it was found that the not satisfied needs were: Eat and Drink Adequately because she didn't have much **appetite and had iron and vitamin D deficient**. She needed to supplement your diet with Ensure®. The need of Movement and maintain desirable postures and the need of Keep and the body clean and well-groomed and protect the integument were unsatisfied because she had a rigid acinetic syndrome (RAS), **circulatory problems** and the vascular ulcers in lower limbs.

Regarding vascular ulcers, in the right lower limb he had an ulcer. in the internal malleolus. All of them with a grade III stage and signs of infection. The care and follow-up were performed twice a week in the nursing consultation of the Health Center.

Case Evolution: The ulcers evolution were poor, despite the changes in their carry out and after using different products, for that reason she was recommended to go to the vascular surgery consultation to assess a surgical debridement.

Conclusions: Despite of varicose ulcers usually become **chronic**, it is important to have a good diet and good control of risk factors to contribute to their healing. Health education for families and patients is essential for the prevention, cure and relapse of this pathology.

Biography

M^a Teresa García-Rodríguez has completed her Doctorate in Health Sciences from the University of La Coruña, with the qualification of Outstanding Cum Laude.

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