

SKIN CARE IN THE ELDERLY - EVALUATION OF A NEW GEL IN PATIENTS UNDERGOING COMPRESSION THERAPY FOR PROLONGED PERIODS

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Skin fragility and risk of injury are a problem in nursing of patients undergoing prolonged compression therapy, especially in the elderly, partly because the compression therapy should be applied daily. A new gel made of hyaluronic acid, allantoin and carnitine was tested in a group of patients in which the bandage was changed every week.

METHODS

43 patients (17 males and 26 females) suffering from oedema of the lower limbs and / or ulcers, of various origin and aged between 70 and 83 years (mean age 73.6 years), receiving compression therapy (high stiffness bandages) were selected in this observational study. Criteria: bandages changed every 6-7 days for four weeks. Before applying the bandage evaluation of dryness of the skin, erythema, itching, presence of lesions caused by scratching using a scale from 1 to 5 (1 = absence, 5 = presence). The application of the first layer of the bandage (cotton padding) was applied after the absorption of the gel (about 3-5 minutes).

RESULTS

The application of the gel significantly reduced the dryness from the first week (-57%). At the same time, about half of the patients reported the disappearance of itching after the first week. In subjects with ulcers the itching was reduced significantly (-49,1%). Even the signs of inflammation (erythema) were drastically reduced after the first application until they disappeared in all patients after the third week. In patients suffering from itching (42% of patients) the results were dramatically reduced in 14 days.

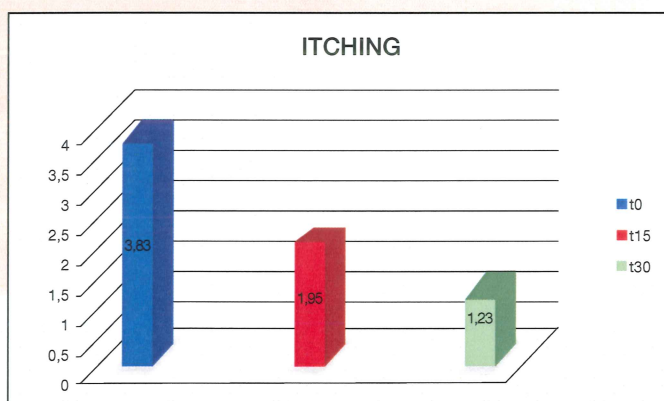
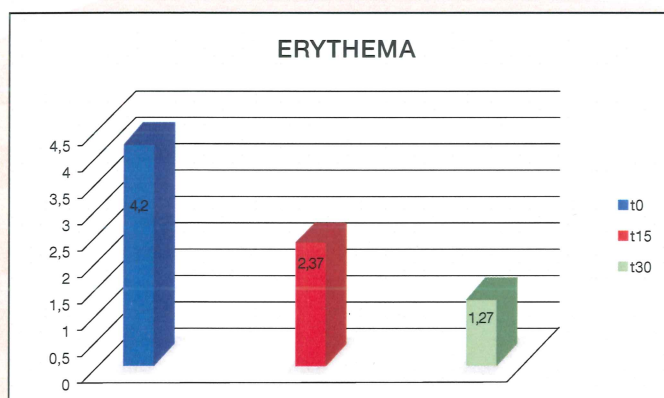
CONCLUSIONS

This study highlights the ability of the gel to act quickly on the skin in the presence of one of the conditions of stress such as prolonged bandaging. Hyaluronic acid plays an important role in the hydration of the skin tissue by acting directly on the basal layer and on the dermis. The

possibility of reducing the gel to one application per week also helps to reduce costs and saves time whilst reducing the appearance of secondary reactions to prolonged occlusion of the skin.

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