

Nutrition in chronic wound management: a practical guide



Nutritional support to promote wound healing

Assessment:
<ul style="list-style-type: none">Nutritional assessment with validated screening tool e.g. Malnutrition Screening Tool, Mini Nutritional Assessment (www.mna-elderly.com)Regular weighing – Aim for weight maintenance during wound healing (i.e. if underweight increase to normal, if overweight maintain current weight)Skin assessmentBaseline healing score e.g. measured using the PUSH tool (Pressure Ulcer Scale for Healing – www.npuap.org/PDF/push3.pdf)Energy expenditure. e.g. activity levelCo-morbidities e.g. diabetesDocumentation of food and fluid intake
Intervention:
<ul style="list-style-type: none">Improve intake of food and fluidsImprove nutritional quality of the foodRemove barriers to food consumptionSupplementation where requirements cannot be met by diet alone
Evaluation:
<ul style="list-style-type: none">Regular ongoing assessment and evaluation of nutritional intakeMeasure success by improvements in measures (e.g. weight, skin condition, PUSH score) compared to initial assessmentsSuccess can also be indicated by subjective assessment of wound healing and lack of development of new woundsBiochemistry

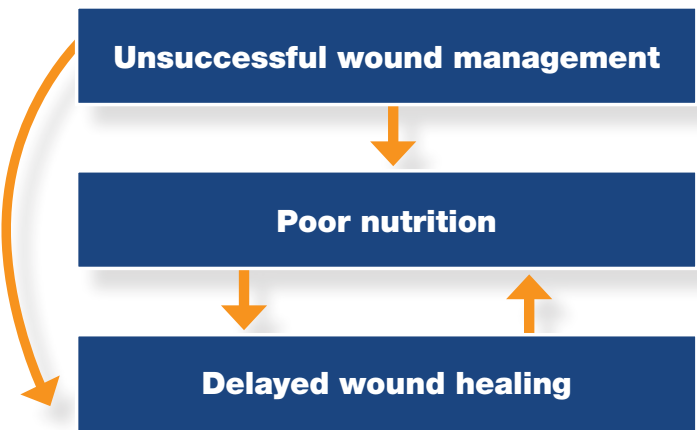
Malnutrition screening tool¹

1. Has the resident lost weight recently without trying?	
No	0
Unsure	2
Yes, how much (kg)?	
1-5	1
6-10	2
11-15	3
>15	4
unsure	2
2. Has the resident been eating poorly (for example less than ¾ of usual intake) because of a decreased appetite?	
No	0
Yes	1
If the total score is 2 or more the individual is likely to be underweight and/or at risk of malnutrition and should be assessed by a dietitian.	

Nutrients to promote wound healing

Nutrient	Recommended intake	Rich sources
Energy	30-35 kcal/kg	Carbohydrate & fats such as dairy & cereal products
Protein	1.5-3g/kg/day	Red & white meats, fish, eggs, liver, dairy products (milk, cheese, yoghurt), soy beans, legumes, seeds, nuts & grains
L-Arginine	9g/day	Arginine supplements
Vitamin C	60-200mg/day	Fruits & vegetables, especially oranges, grapefruit, tomatoes & leafy vegetables
Vitamin A	700-3000IU	Milk, cheese, eggs, fish, dark green vegetables, oranges, red fruits & vegetables
Zinc	15-50mg/day	Red meat, fish & shellfish, milk products, poultry & eggs
Iron	8-18mg	Red meat, offal, fish, eggs, wholemeal bread, dark leafy vegetables, dried fruits, nuts & yeast extracts
Fluids	30-35mL/kg/day (min 1500mL or 6-8 cups/day)	

Nutrition in wound healing



Tips to improve nutritional status

<ul style="list-style-type: none">Offer assistance and allow sufficient time for mealsProvide encouragement, without forcingOffer varietyEncourage frequent drinking of fluidsProvide foods that patients likePosition upright when eatingIf the individual has dentures ensure that these are well fittedProvide assistance with the opening of containers, lids
--