

[EP538] A CASE STUDY OF THE USE OF DERMATONICS ONCE HEEL BALM IN A PATIENT WITH LYMPHOEDEMA

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Friday, May 15, 2015

E-poster session: Case Studies

Aim: To assess whether a balm* is an effective treatment for dry cracked heels in the care of patients with Lymphoedema.

Method: A 34 year old female primary Lymphoedema patient with a history of asthma, personality disorder and self-harm was seen in the Lymphoedema clinic. Current medication included Sodium Valoprate and Duloxetine. On examination both heels were extremely dry with cracks noted. Using the Young Townson (2014) FootSkin Hydration Scale she was a level 4. The patient was currently using a balm** twice daily. The balm* was recommended to be used once a day to the dry cracked areas which her carers would assist her to apply.

Results / Discussion: Patient and Carer Feedback:

- “Absolutely fantastic”
- “Like a miracle cream”
- “Easy to apply, no redness or skin reactions occurred”
- “Left heel no cracks present just slight dryness”
- “Right heel – which was worse than the left now has a lot less cracks and dryness”

Patient went from FootSkin Hydration Scale level 4 to level 2 in 3 weeks

Conclusion: The balm* is an effective treatment for dry cracked heels and not only is it useful for the care of patients with Diabetes, but also can be used as part of a skincare regime for Lymphoedema patients. Further research would be needed to make this single case study representative.

*Dermatonics Once Heel Balm

**Flexitol heel balm

(Paper published as an E paper at EWMA 2015 25th Conference of the European Wound Management Association London)