**CASE STUDY SERIES EVALUATING THE USE OF NEW ADHESIVE MINI FOAM DRESSINGS* IN PODIATRY PATIENTS**

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**Introduction**

Dressing management of moisture in podiatry patients with low to high exuding wounds is critical for optimal wound health. For a low exuding wound, poor dressing performance can result in the wound bed drying out; in a highly exuding wound there is the risk of peri-wound maceration. In addition, the position of the wounds can make the application and durability of the dressing a particular challenge. Tegaderm Adhesive HP Mini Foam dressings are designed for easy application on digits as well as atraumatic removal, whilst providing lower adherence to the wound bed and a bacterial barrier. Current post-operative dressings of Inadine and Melolin tube gauze and Micropore are bulky and can require the additional cost of a dressing sandal in some cases. Patients are encouraged to change their own dressings in between clinic visits and to partake actively in their own wound care, however many find the current dressing regime difficult to manage, in which a case a District Nurse visit is organised.

**Method**

Clinical evaluations of the new high performance adhesive foam dressing were carried out on 12 patients undergoing toe nail surgery. The evaluating clinician as asked to apply the foam dressing for a six week period of time and conduct at least 2 to 3 dressing changes per patient. The objective the evaluation included two end points: overall dressing wear time in comparison to the current dressing in use and the reduction of peri-wound maceration on removal of the dressing. In addition patient comfort whilst wearing the dressing and pain on dressing removal and to this end participating patients were offered the opportunity to complete a questionnaire on their views regarding the dressing. Inclusion criteria included those patients who in the clinician’s judgement required a foam dressing for the care of their wounds and who were capable of managing their own dressing changes if necessary. Data was collected for each patient recording clinical factors such as wound dimensions, peri-wound maceration and peri-wound skin condition. Clinician’s views on the performance of the dressing were recorded at the end of the evaluation period.

**Results**

These three patients enrolled on to the evaluation, all underwent toe nail surgery and were self caring with their wound care. Clinician feedback has shown that the design of the dressings allows for easier applications, which is much quicker and saves for clinical time as well as ensuring Aseptic Non Touch Technique to a very vulnerable and exposed area. Patients find the dressings easier to apply and this has encouraged active patient involvement in their own wound care, all of the patients were delighted to be able to wear their own footwear with comfort. Two patients were able to return to work comfortably as dressing took up less room in shoes.

**Conclusion**

Current dressings used tend to be difficult to apply both for clinicians and patients, often become displaced due to the position of the wound and the size of the digits. The dressings often require a high degree of manual dexterity which many patients do not have, the easy one step application of mini-foam dressings has proved popular, the slim profile has resulted participating patients being able to use their own footwear instead of a dressing sandal. Overall, clinician feedback has shown that the dressing is easy to apply, is "neat" and has been easy to teach application to the patient having the added benefit of reducing the need for district nurse visits to carry out these dressing changes.

*3M Tegaderm Foam HP Mini Adhesive dressings*, 3M Health Care, Loughborough, UK

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"the dressing was really easy to use and comfortable to wear"

"easy to use, comfortable to wear"

"the best dressing ever"

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Day 1 post surgery

Close of evaluation

Patient 1 – RH: partial nail avulsion to treat in-growing toe nails

Patient 2 – CW: removal of in-growing toe nail

Patient 3 – RR: partial nail avulsion to treat in-growing toe nails

Previous surgery and found this dressing much better than previous dressing used. Preferred Mini wrap but mini oval equally easy to use. Film dressing first, wrap applied second. Receptionist – on feet most of day.

3 years old with a bad back with trouble bending down. The dressing was really easy for him to apply on his own. A District nurse was not required, saving time and money.

Liked the fact there was no need to change the dressing every day. A support worker, on feet all day wearing duty shoes. Able to return work comfortably as dressing took up less room in shoes.

"the best dressing ever"