

PUSH

Pressure Ulcer Supplement for Healing

Bruise & Wound Trial 2017

Study was performed in a 450 bed long-term care facility in Upstate NY



Trial Overview

Bruises

The purpose of this study was to see if the PUSH supplement would decrease the amount of bruising and the heal time of bruises on high risk patients. These patients were on medications such as Coumadin, Warfarin or Aspirin that increased the severity and chance of bruises. The study was done over an 8 week period on a single unit in a 450 bed facility. Each patient was given PUSH BID and the location, size and heal times of each bruise was recorded.

At the conclusion of the 8 weeks we were able to see that most existing bruises healed in on 1 to 3 weeks. Any new bruises that developed after the start of the trial also were seen to heal in a few weeks. Nursing commented that these patients consistently would take much longer to heal before the start of the trial.

Wounds

During this same trial we also selected a few chronic wound patients in the same facility and started them on PUSH QID during the same 8 weeks. These patients all had existing wounds ranging from Stage 2,3 and 4 pressure ulcers and also a sever burn. During the trial we looked at each wounds assessment and measurements to track its progress. Most wounds were resolved before the end of the 8 weeks and those that had not yet resolved were healing rapidly and nursing was planning on healing them in the next week or 2. One patient had chronic persistent wounds that had started 6 months to 2 years prior to the start of the PUSH trial, 3 of the 4 wounds were resolved in the 8 weeks and the last was close to being resolved. Nursing commented that wounds were seen to begin healing after the first week and a patient with a sever burn saw a rapid increase in healing.

Bruise Tracking (these patients were on blood thinners)

Patient 1	Bruise Site	Week	Length (cm)	W (cm)	Area
		1			0
		2			0
		3			0
		4			0
	Not Given	5	0.5	0.5	0.25
		6	0.2	0.2	0.04
		7	0.1	0.1	0.01
	Resolved	8	0	0	0

Patient 2	Bruise Site	Week	Length (cm)	Width (cm)	Area
	Right Shin	1	2.1	0.5	1.05
	Resolved	2	0	0	0
		3			0
		4			0
		5			0
		6			0
		7			0
		8			0

Patient 3	Bruise Site	Week	Length (cm)	Width (cm)	Area
	Right Knee	1			0
	Resolved	2			0
		3			0
		4			0
		5			0
		6			0
		7			0
		8			0

Patient 4	Bruise Site	Week	Length (cm)	Width (cm)	Area
	Left Elbow	1	4	3	12
	Resolved	2	0	0	0
		3			0
		4			0
		5			0
		6			0
		7			0
		8			0
	Bruise Site	Week	Length (cm)	Width (cm)	Area
		1			0
	Right Lower Back	2	3.4	8	27.2
		3	2.2	5	11
		4	2	3.5	7
	Resolved	5	0	0	0
		6			
		7			
		8			

Patient 5	Bruise Site	Week	Length (cm)	Width (cm)	Area
		1			0
	Top of Right Hand	2	4	2	8
		3	2	2	4
	Resolved	4	0	0	0
		5			0
		6			0
		7			0
		8			0
	Bruise Site	Week	Length (cm)	Width (cm)	Area
	Skin Tear Right Hand	1	1	1	1
	Resolved	2			0
		3			0
		4			0
		5			0
		6			0
		7			0
		8			0

Patient 6	Bruise Site	Week	Length (cm)	Width (cm)	Area
	Left Arm	1	4	4	16
		2	6	3	18
		3	5	3	15
		4	3	2	6
	Resolved	5	0	0	0
		6			0
		7			0
		8			0

Patient 7	Bruise Site	Week	Length (cm)	Width (cm)	Area
	No Skin Issues	1			0
		2			0
		3			0
		4			0
		5			0
		6			0
		7			0
		8			0

Patient 8	Bruise Site	Week	Length (cm)	Width (cm)	Area
		1			0
		2			0
		3			0
		4			0
		5			0
		6	1	1	1
		7	1	1	1
		8	0	0	0
	Bruise Site	Week	Length (cm)	Width (cm)	Area
		1			0
	Right Lower Back	2			0
		3			0
		4			7
		5			0
	Right Wrist	6	3	3	9
		7	3	3	9
	Resolved	8	0	0	0

Wound Tracking

Patient 1	Wound Site	Start Date	Stage	Week	Length (cm)	Width(cm)	Depth (cm)
	Buttock Left	2/22/2017	Stage 2	1	3	0.5	0
			Resolved	2	0	0	0
				3			
				4			
				5			
				6			
				7			
				8			
	Wound Site	Start Date	Stage	Week	Length (cm)	Width(cm)	Depth (cm)
	Buttock Right	2/9/2017	Stage 3	1	1	0.5	0
			Resolved	2	0	0	0
				3			
				4			
				5			
				6			
				7			
				8			
	Wound Site	Start Date	Stage	Week	Length (cm)	Width (cm)	Depth (cm)
	Buttock Right	2/22/2017		1			
			Stage 2	2	0.5	0.5	0.01
				3	1.2	1	0.01
			Resolved	4	0	0	0
				5			
				6			
				7			
				8			
	Wound Site	Start Date	Stage	Week	Length (cm)	Width (cm)	Depth (cm)
	Coccyx	2/22/2017	Stage 2	1	0.3	0.2	0
			Resolved	2	0	0	0
				3			
				4			
				5			
				6			
				7			
				8			

Patient 3	Wound Site	Start Date	Stage	Week	Length (cm)	Width (cm)	Depth (cm)
	Coccyx	2/6/2017	Stage 2	1	0.5	0.5	0
				2	0.3	0.3	0
				3	0.3	0.3	0
				4	0.7	0.3	0
				5	0.8	0.2	0
			Resolved	6	0	0	0
				7			
				8			
	Wound Site	Start Date	Stage	Week	Length (cm)	Width (cm)	Depth (cm)
	Ischium Left		Stage 3	1	0.7	0.8	0.01
				2	0.7	0.8	0.01
				3	0.7	1.2	0.01
				4	0.5	1	0
				5	1	1.2	0
				6	1.2	1.2	0.3
				7	1.8	1.5	0.5
			Resolved	8	0	0	0
	Wound Site	Start Date	Stage	Week	Length (cm)	Width (cm)	Depth (cm)
	Ischium Right		Stage 4	1	0.3	1.1	1
				2	0.2	0.5	0.6
				3	0.1	0.7	0.5
				4	0.7	0.2	0.4
				5	0.5	0.2	0
			Resolved	6	0	0	0
				7			
				8			
	Wound Site	Start Date	Stage	Week	Length (cm)	Width (cm)	Depth (cm)
	Ishium Right	3/30/2016	Stage 3	1	0.4	1	0
				2	0.1	0.8	0
				3	0.2	0.7	0
				4	0.2	0.7	0
				5	0.2	0.7	0
				6	0.2	0.3	0
				7	0.1	0.1	0
				8	0.1	0.3	0

Patient 4	Wound Site	Start Date	Stage	Week	Length (cm)	Width (cm)	Depth (cm)
	Back Upper	8/16/2016	Stage 4	1	2.2	2.1	1
				2	2.5	1.5	1
				3	1.5	1.5	0.7
				4	1.5	1.5	0.7
				5	3.5	2.5	0.5
				6	3.2	3	0.5
				7	1.5	1	0
				8	1.4	1.5	0

Patient 5	Wound Site	Start Date	Stage	Week	Length (cm)	Width (cm)	Depth (cm)
	Hip Left	2/1/2017	Stage 4	1	1	1.5	0.6
				2	1	1	0.5
				3	0.7	0.7	0.5
				4	0.8	0.9	0.8
				5	1	1.1	0.7
				6	0.5	1	1
				7	1	0.5	1
				8	0.4	0.8	1

Average Number of Days to Heal (PUSH Trial Period Dates: 2/15-4/15)

