

# A Case Series Assessing the Efficacy of ActivHeal® Foam

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## Introduction:

The Department of Health (DH) document NHS 2010-2015: from good to great. Preventative, people centred, productive (DH 2009) clearly states that getting more for the public from the NHS needs to be a priority, and sets the cost effective agenda. This therefore presents a challenge to reduce both hospital and community dressing budgets by using lower cost advanced wound care products whilst also maintaining the best possible patient care.

There are a wide range of wound dressings available in the market place. However, there is still no evidence that any one moist healing dressing is better than another in relation to wound healing (Horkan et al, 2009). Nelson and Bradley (2003) review of the Cochrane database supports that 'there is no evidence to allow any recommendations to be made on the choice of dressing type or topical agent.' A case series was performed to analyse the efficacy of one of the foam dressings available on the market. The study was done to clarify and assess the performance of the dressing to demonstrate that the product does not compromise patient care in any way and that clinicians are satisfied with the performance of the dressing and the wound outcomes. ActivHeal® Foam is available in both a Non-adhesive and Adhesive, and is indicated for moderate to highly exuding wounds. As ActivHeal® Foam is significantly less expensive than the leading foams on the market, it was felt that if its performance was equivalent to other foams that are available, then it would offer cost savings without compromising patient care.

## Method:

11 Patients' wounds were managed with ActivHeal® Foam. Patients were entered into the evaluation once a holistic assessment had been completed and ActivHeal® Foam was selected as the most appropriate dressing for the wound. ActivHeal® Foam was selected with the treatment objective of maintaining a moist wound environment which could aid autolysis and promote wound healing. The efficacy of the dressings were assessed for their ability to manage exudate, to stay in place, to maintain a moist wound environment, conformability when in place and the overall rating of the dressing. At least four dressing changes were undertaken on each patient, and at each dressing change an assessment was carried out on how the dressing had performed and assessment of the wound progress was documented.

## Results:

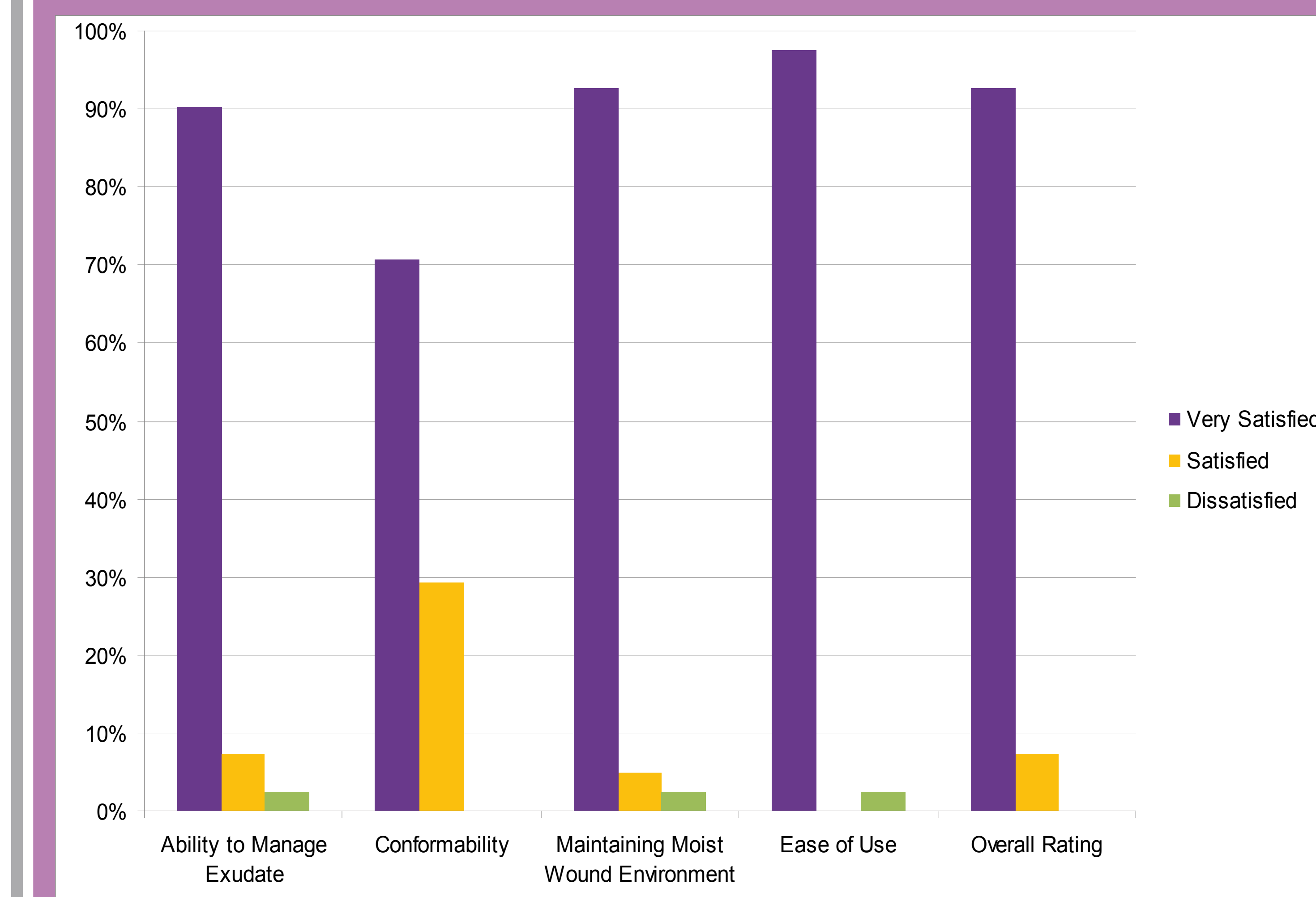
The results gained from the dressing performance were collated and analysed. Patient progress was monitored, and photos and descriptions were taken illustrating how the wounds had progressed using the ActivHeal® Foam. The data was analysed and is shown in graph 1.

The evaluations of the data showed that in the case of ActivHeal® Foam's ability to manage exudate, 90% of the responses were very satisfied, 7% satisfied and only 2% dissatisfied.

In maintaining a moist environment 93% were very satisfied, 5% satisfied and again only 2% dissatisfied.

In regards to ActivHeal® Foam's conformability, 71% were very satisfied and 29% were satisfied.

Anecdotally, the patients also reported that the dressings were comfortable when in place and were removed with ease and without discomfort. The product was also assessed for ease of use, 98% were very satisfied and 2% dissatisfied. Again it was documented on the assessment forms that the Activheal® Foam was both easy to apply and remove and did not cause any underlying trauma to either the surrounding skin of the wound, or through maceration to the periwound area.



Graph 1: Results of the dressing evaluation.

## Discussion:

There is a lot of focus currently on driving down costs within the NHS, as clinicians it is our responsibility to ensure that if we see an opportunity to save money without compromising patient care, then we should take that opportunity.

The ActivHeal® range offers significant savings over "branded" dressings, by switching to ActivHeal® Foam a typical saving of 40% can be made. But this is not enough justification to switch by itself, we must ensure that the dressings perform to a high enough standard that doesn't negatively impact the patient, or ourselves as clinicians. The performance of ActivHeal® Foam demonstrated by the results and the case study enclosed are encouraging. The evaluation showed that ActivHeal® Foam is an effective wound care choice that has shown effective management of exudate and creates the right environment for healing, as all the patients within the study showed signs of healing and wound progression. An overall rating of 93% of respondents were very satisfied with the product, which supports that the product is acceptable for wounds and varying exudate levels which can enhance patient care and support the concept of a cost effective option in foam dressings.

## Conclusion:

The outcome of the study supports that the ActivHeal® Foam demonstrates the required attributes of a foam dressing for usage on a range of chronic wounds.

ActivHeal® Foam is a good choice of foam for trusts that are looking to save money without compromising patient care.

## Case study:

Mrs H was a 78 year old woman with a history of diabetes and was admitted following a fracture of her left ankle. On admission she underwent surgery and had internal plates and fixation and was left with a wound (Picture 1). The previous treatment regime was a capillary dressing. The wound measured 5cm in length and was 2cm wide, it was 90% granulating and 10% epithelial tissue.

On review of the wound ActivHeal® Foam was chosen as the dressing of choice. The dressing was chosen to manage exudate, and create a moist, but not wet environment for the promotion of granulation tissue for wound healing to take place. Initially the wound was redressed every 2 days until day 10 (Picture 2) where the wound had continued to progress and exudate levels had reduced. The wound had visible new epithelial tissue and had reduced in size. The wound continued to progress until full healing had been achieved.



Picture 1: Illustrates wound after surgery.



Picture 2: Illustrates wound following wound care management with ActivHeal® Foam.

**References**  
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