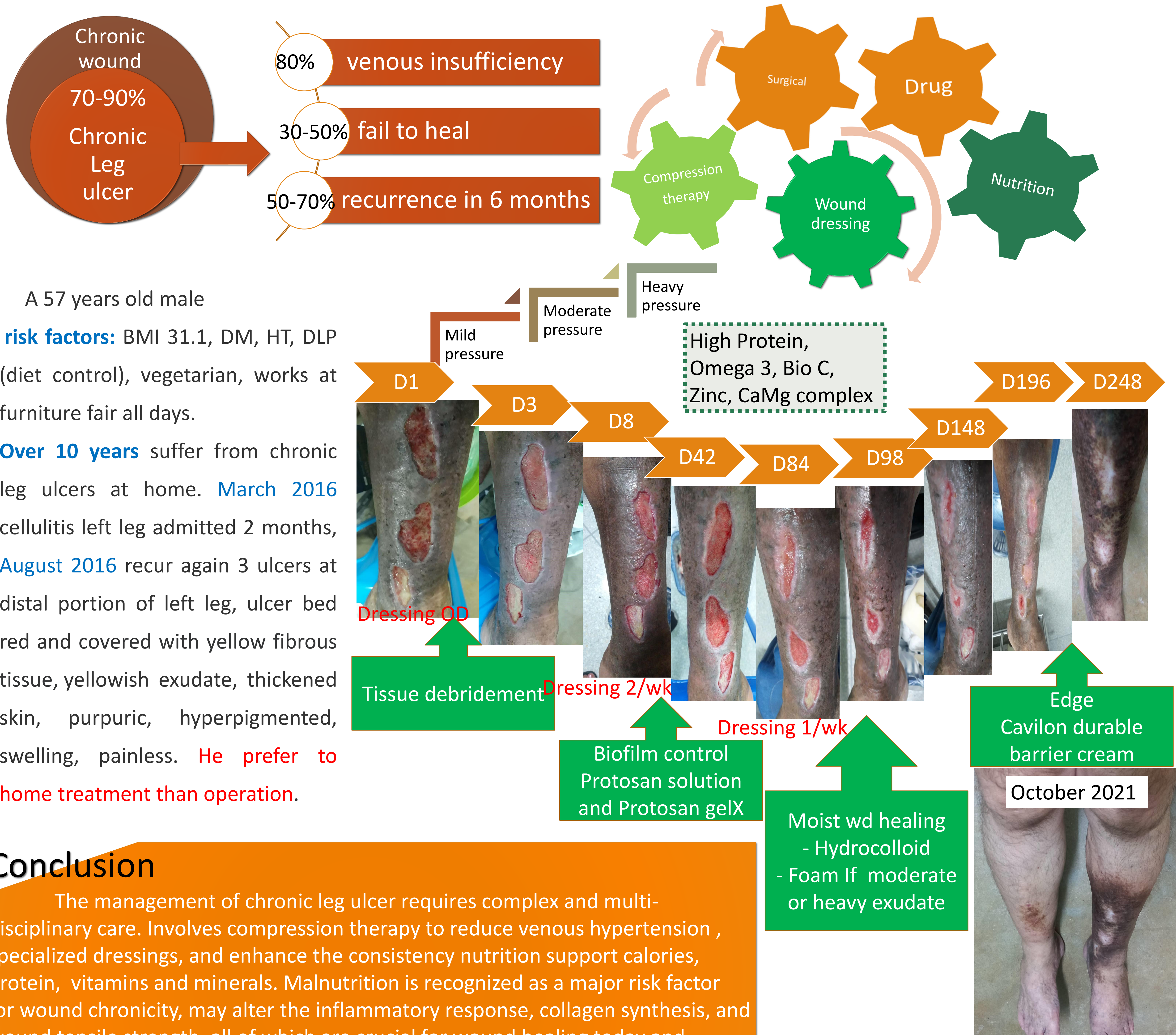




# Optimize Chronic Leg Ulcers Healing The Complex Care of Patient at Home Setting

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A 57 years old male

**risk factors:** BMI 31.1, DM, HT, DLP (diet control), vegetarian, works at furniture fair all days.

**Over 10 years** suffer from chronic leg ulcers at home. **March 2016** cellulitis left leg admitted 2 months, **August 2016** recur again 3 ulcers at distal portion of left leg, ulcer bed red and covered with yellow fibrous tissue, yellowish exudate, thickened skin, purpuric, hyperpigmented, swelling, painless. **He prefer to home treatment than operation.**

## Conclusion

The management of chronic leg ulcer requires complex and multi-disciplinary care. Involves compression therapy to reduce venous hypertension, specialized dressings, and enhance the consistency nutrition support calories, protein, vitamins and minerals. Malnutrition is recognized as a major risk factor for wound chronicity, may alter the inflammatory response, collagen synthesis, and wound tensile strength, all of which are crucial for wound healing today and beyond.

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