Argie™ Wound Care

Support Wound Healing from the Inside Out

Case Study 1

Pressure Injury Stage 2

After 16 months of a non-healing pressure ulcer over the left lateral knee (head of fibula), the introduction of Argie Wound Care once daily led to rapid progression through the wound healing phases, with full wound closure achieved within 8 weeks. Prior to nutritional intervention, no significant improvement was observed despite consistent wound care.

PATIENT DETAILS

Name: Mr. P

Age: 69

Place of Residence: Private home

Consultation with: Clinical Nurse Specialist (CNS) – Wound Care, Port Macquarie Wound Care Clinic



Figure 1: Baseline Wound Assessment prior to commencing Argie Wound Care

PATIENT HISTORY

Mr P is a 69-year-old male with a T9 spinal cord injury and a medical history of hypertension, ischaemic heart disease, Abdominal Aortic Aneurysm (AAA), Spondylosis, impaired circulation and recurrent non-healing pressure injuries.

He is wheelchair bound, non-ambulating and lives at home with his wife. Despite his physical limitations, he remains highly independent, continues to work remotely, drives a car and has a good social and home support.

Mr P has a history of poor adherence to pressure offloading recommendations, which has contributed to multiple chronic, non-healing pressure injuries over the years.

WOUND HISTORY

Duration: 16 months prior to nutrition intervention

Location: Left lateral knee (head of fibula)

Size: 22mm (L) x 17mm (W)

Stage: Proliferation

Infection status: No clinical signs of infection; monthly swabs and bloods negative.

Argie™ Wound Care

Support Wound Healing from the Inside Out

WOUND CARE MANAGEMENT

- Daily wound dressings provided by community wound care nurse
- Managed under Port Macquarie Wound Care Team
- Standard wound care protocols implemented without improvement
- Patient non-compliance with pressure offloading contributed to delayed healing
- No prior nutritional intervention or supplementation provided

NUTRITION OVERVIEW

Diet History:

- Good oral intake reported; no concerns with appetite or eating
- Nil nutritional supplement use reported prior to intervention

Anthropometry:
No weight changes reported.

Impact of Wound on Quality of Life:
Nil concerns from Mr P reported.

NUTRITION INTERVENTION

Following discussion with the Clinical Nurse Specialist and GP, Mr P consented to trial Argie Wound Care beverage, with the goal of enhancing wound healing via nutritional support.

Commenced: 26 March 2025

Nutrition Intervention Recommended:

1. Commence Argie Wound Care once daily to provide:
    - 4.5g of L-Arginine
    - 15g Protein
    - 1270 kJ (305 cal),
    - 250mg Vitamin C and
    - 9mg Zinc
2. High protein diet encouraged
3. Education provided on the role of nutrition in wound healing
4. Education provided on Argie Wound Care beverage and its key nutrients
5. Argie Wound Care information flyer provided
6. GP consulted prior to commencing Argie Wound Care beverage for monitoring of blood pressure and overall suitability



PROGRESS

2 WEEK FOLLOW-UP

Date: 09 April 2025
Wound Stage: Proliferation

Clinical Review Summary:

- Significant improvement observed: wound margins reduced, and depth decreased
- No changes made to wound dressing regime
- Mr P reported daily consumption of Argie Wound Care beverage. He found it easy to consume, well tolerated and reported no adverse effects.
- Mr P reported nil significant change to his diet.

Nutrition Intervention:

Continue Argie Wound Care beverage once daily



Figure 2: Week 2 Wound Review

4 WEEK FOLLOW-UP

Date: 23 April 2025
Wound Size: 9mm (L) x 6mm (W)
Clinical Review Summary:

- Continued signs of wound healing
- Dressing regime remained unchanged
- Patient adherence to Argie Wound Care beverage remained consistent at once daily

Nutrition Intervention: Continue Argie Wound Care beverage once daily



Figure 3: Week 4 Wound Review

6 WEEK FOLLOW-UP

Date: 06 May 2025
Wound Stage: Near closure
Wound Size: 4mm (L) x 3mm (W)
Clinical Review Summary:

- Wound nearing full epithelialisation
- Patient continues to report excellent adherence and tolerance of Argie Wound Care beverage

Nutrition Intervention:

Continue Argie Wound Care beverage once daily



Figure 4: Week 6 Wound Review



8 WEEK FOLLOW-UP

Date: 16 May 2025
Wound Stage: Complete wound closure
Time to Closure: 8 weeks from commencement of Argie Wound Care beverage.



Figure 5: Week 8 Wound Review

ONGOING RECOMMENDATION

Continue 1 x Argie Wound Care beverage every 1-2 days to support ongoing skin integrity and healing of other wounds. High-protein diet also encouraged.

PROVIDED BY MELISSA FREEMAN



Director I Clinical Nurse Specialist I FACN
Wounds Australia Chair – Clinical Expert Advisory Panel
2024 APNA Nurse of the Year