

Case Study 2

Pressure Injury Stage 2

Following 2 months of standard wound care to the right heel in Mr S, the pressure injury progressed to Stage 2. With no prior targeted nutrition intervention, Argie Wound Care beverage was introduced twice daily, with full wound closure within 14 days.

PATIENT DETAILS

Name: Mr. S

Age: 92

Place of Residence: Residential Aged Care Home, QLD

Wound Care Team:

- Patricia Kellner, Residential Services Manager, Sundale
- Dr. Michelle Gibb, Founder and Director of Wound Specialist Services
- Yvette Morris, Accredited Practising Dietitian, Food Solutions



Figure 1: Baseline wound assessment: left heel

PATIENT HISTORY

Mr S is a 92-year-old male living with advanced dementia and heart disease, with no prior documented pressure injuries.

At baseline (20 September 2025), he presented with Stage 1 pressure injuries to both the left and right heels. Dietary intake remained stable, with no significant weight changes and only minor fluctuations the past 6 weeks.

He was ambulant within his residential aged care home, with walking identified as a potential contributing factor to heel pressure.

He was managed by the wound specialist from baseline.



Figure 2: Baseline wound assessment: right heel prior to commencing Argie Wound Care

WOUND CARE MANAGEMENT

01 - 08 WEEK FOLLOW-UP

- Managed under Dr. Michelle Gibb, Wound Specialist
- Standard wound care protocols implemented
- Progressive worsening on right heel pressure injury
- Left heel pressure injury fully closed at week 2.
- Continued minor weight fluctuations, however no nutritional intervention or supplementation provided.
- Nil concerns from Mr S reported

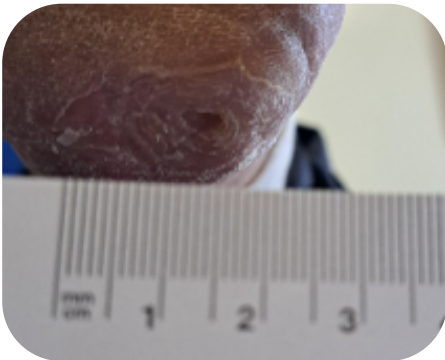


Figure 3: Week 8 wound review: right heel prior to commencing Argie Wound Care

09 WEEK FOLLOW-UP

Date: 20 November 2025

Clinical Review Summary:

- Progressive deterioration of right heel pressure injury over preceding 2 months
- Increase in wound margins and depth
- No changes to wound dressing regimen
- No significant changes to dietary intake
- Sustained 5 large skin tears to upper and lower limbs on 14 November 2025



Figure 4: Week 9 wound review: right heel prior to commencing Argie Wound Care



Figure 5: Baseline skin tear, right arm, 14 November 2025.

NUTRITION OVERVIEW

Diet History:

- Managed under Yvette Morris, Accredited Practising Dietitian
- Good oral intake reported; no concerns with appetite or eating
- Nil nutritional supplement use reported prior to intervention

Anthropometry:

BMI: 23.44 kg/m² (4 Sept 2025)

History of weight fluctuation in August to October. Weights stable in November.

NUTRITION INTERVENTION

Following nutrition review and assessment by an Accredited Practising Dietitian, Mr S consented to commence Argie Wound Care beverage twice daily to support nutritional intake for wound healing.

Commenced: 20 November 2025

Nutrition Intervention Recommended:

1. Argie Wound Care twice daily providing:
 - 9g L-Arginine
 - 30g Protein
 - 2,540kJ (610 kcal) Energy
 - 500mg Vitamin C
 - 18mg Zinc
2. Education provided on the role of nutrition in wound healing and Argie Wound Care

10 WEEK FOLLOW-UP

Date: 27 November 2025

Wound Stage:

Clinical Review Summary:

- Significant improvement observed: wound margins reduced, and depth decreased
- No changes made to wound dressing regimen.
- Mr S reported twice daily consumption of Argie Wound Care beverage. He enjoyed the taste, found them easy to consume, and well tolerated.
- Nil significant change to Mr S diet.

Nutrition Intervention:

Continue Argie Wound Care beverage twice daily.



Figure 6: Week 10 wound review: right heel



11 WEEK FOLLOW-UP

Date: 04 December 2025

Wound Stage:

- Complete closure of right heel pressure injury
- Significant improvement observed in skin tear healing

Time to Closure: 2 weeks from commencement of Argie Wound Care beverage.

Nutrition Intervention:

Continue 2 x Argie Wound Care beverage daily for 1 week to support ongoing skin integrity and healing of skin tears.



Figure 7: Week 11 Wound review: Right heel



Figure 8: Week 11 wound review: right arm skin tear

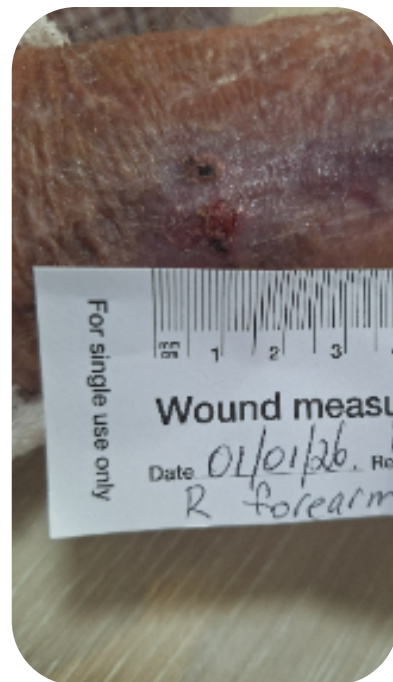


Figure 9: Week 15 wound review: right arm skin tear



PROVIDED BY PATRICIA KELLNER

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