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Nutritional state in context of healing process of non-healing wounds

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Aim: The article is aiming to inform about the results of the research focusing on clarification of correlation between nutritional state and the healing process of non-healing wounds.

Method: In the research was applied standardized MNA (Mini Nutritional Assessment) questionnaire, retrospective and prospective assessment of the healing process of non-healing wounds. Results were analysed by statistical procedures.

File: The file included 104 respondents (47 men and 57 women) suffering non-healing wound. As a consequence of non-healing wound, 54 respondents have undergone limb amputation.

Results: None of the respondents scored the upper limit on the nutritional state assessment scale (scale 24-30 points) representing a very good nutritional state. Average gained score of the whole file was 1751 points, which can be defined as moderate malnutrition (scale from 17-23,5 points). Very good, respectively good nutritional state gained only 5% (481) of respondents. Male respondents gained average score of 1798 points, average score for female was 1713 points. The difference between the sexes and the nutritional state did not confirm statistical dependence $p=1,1900>0,005$. Considering the age, the best assessment was gained by the respondents in the lowest age category under 60 years (20,8 points). The age group over 81 gained average values of 13,62 points. Differences in age and nutritional state were statistically significant $p=0,1513<1,8665$. Pearson's correlation coefficient has proven high statistical dependence of nutritional state expressed in the number of MNA points and the healing of non-healing wounds in its worst consequences – limb amputation ($p=-0,2039<0,005$).

Conclusion: The results of the analysis show that among the nutritional state and the healing of non-healing wounds exist dependence. The results confirm the claims of the experts pointing to the effect of correct nutrition composition on healing of non-healing wounds. Nutrition is the crucial part in treatment of the various diseases, but plays a special role in healing non-healing wounds.

Biography

Mária Šupínová is Jesenius Medical Faculty in Martin graduate, where she completed her bachelor studies in the field of Nursing and the Faculty of Health and Social Affairs in Trnava graduate, where she completed masters in the field of Nursing. In 2006 she conducted rigorous exam in the field of Nursing on SZU in Bratislava. Defended dissertation thesis on Nursing care for the chosen groups of individuals, in the field of Nursing in VŠZaSP St. Elizabeth in Bratislava in 2011. Graduated some specialized studies; specialized nursing care in pediatry, post-gradual specialized studies in the field of revision nursing and specialized studies in the field of community nursing care. She has worked as a pediatric nurse at the ward, later as leading nurse on pediatry. She is also works as an assistant professor and the head of the Department of Nursing in FZ SZU seated in Banská Bystrica. Her focuses on the issues of community nursing, multicultural nursing and pediatric nursing.

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