

Pro-Stat®

Real People, Real Results...

Healing of Pressure Ulcers, Improvement in Nutrition Found with Pro-Stat® Supplementation

An observational study conducted to assess effects of Pro-Stat supplementation on the healing of pressure ulcers and the nutritional status of long term care residents (as measured by albumin levels) showed a 57% reduction in pressure ulcer sites, and a 0.43 g/dL improvement in albumin levels.

STUDY SIGNIFICANCE

This study showed the benefits of a fortified liquid protein supplement on long-term residents with Stage I, II, III, or IV pressure ulcers, as well as the effects on residents with malnutrition as indicated by low albumin levels (<3.5 g/dL). (Study Abstract appears on other side.)

THE CHALLENGE OF PRESSURE ULCERS AND MALNUTRITION

Pressure ulcers and malnutrition are two of the most serious and daunting challenges faced by the long-term care industry. Consider that:

- 24% of all long-term care residents may develop pressure ulcers ¹
- 1.8 million Americans are annually afflicted at a treatment cost of \$1.3 billion.²
- 17,000 lawsuits are related annually to pressure ulcers. ³
- The government's goal is to reduce the proportion of nursing home residents with pressure ulcers by 50% by the year 2010. ⁴
- Involuntary weight loss frequently leads to protein-energy malnutrition, a pathologic state characterized by an inadequate intake of proteins and calories to meet the body's physiologic needs ⁵
- 85% of all older adults have chronic diseases and conditions that are nutrition-related, and up to 50% have identifiable clinical nutrition disorders ⁶
- 54% of newly admitted residents to a long-term care setting were found to be malnourished ⁷

References

1. The Agency for Health Care Policy and Research
2. National Pressure Ulcer Advisory Panel
3. National Pressure Ulcer Advisory Panel
4. Healthy People 2010 Initiative
5. *Malnutrition and Dehydration in Nursing Homes: Key Issues in Prevention and Treatment*
6. *Medication Use and Nutritional Status in Elderly Patients Receiving Home Care; Aging and Malnutrition: Treatment Guidelines*
7. *A Prospective Study of Outcome from Protein-Energy Malnutrition in Nursing Home Residents*

Medical Nutrition USA™

Positive Clinical Outcomes Through Evidence-Based Research

Call 1-800-221-0308 for sampling and information on Pro-Stat®

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An Observational Study Assessing the Effect of Pro-Stat Supplementation on Pressure Ulcer Healing and Malnutrition in Long-Term Care Residents

STUDY ABSTRACT

OBJECTIVE:

To assess the effect of Pro-Stat supplementation on: a) the healing of pressure ulcers, and b) the nutritional status of the malnourished among long-term care residents.

MATERIALS AND METHODS:

Eighteen residents with stage I, II, III or IV pressure ulcers, and eight residents with malnutrition as indicated by low albumin levels, (<3.5 g/dL) at a single long-term care facility in Jamaica, New York, were enrolled in the study. Subjects received 30 ml of Pro-Stat, a highly concentrated liquid protein supplement, – OD, BID, or TID as determined by clinical staff based on individual assessments.

The 18 pressure ulcer residents were monitored for 28 pressure ulcer sites during Pro-Stat supplementation. The eight malnourished residents with sub-optimal albumins were monitored as well. Length of Pro-Stat supplementation for both groups varied from 21-120 days.

RESULTS:

Following the Pro-Stat supplementation, 50% of the residents had no signs of pressure ulcers. Of the 28 pressure ulcer sites, 57% (16 out of 28) were completely healed. Of those eight residents with low albumins, all showed improvement following Pro-Stat supplementation.

CONCLUSIONS:

The study reached the following conclusions:

- Pro-Stat offers significant benefits to residents of long-term care facilities who suffer from pressure ulcers.
- Pro-Stat has a positive effect on long-term care residents with malnutrition (in terms of increased albumin levels).

Figure A . Healed Pressure Ulcer Sites

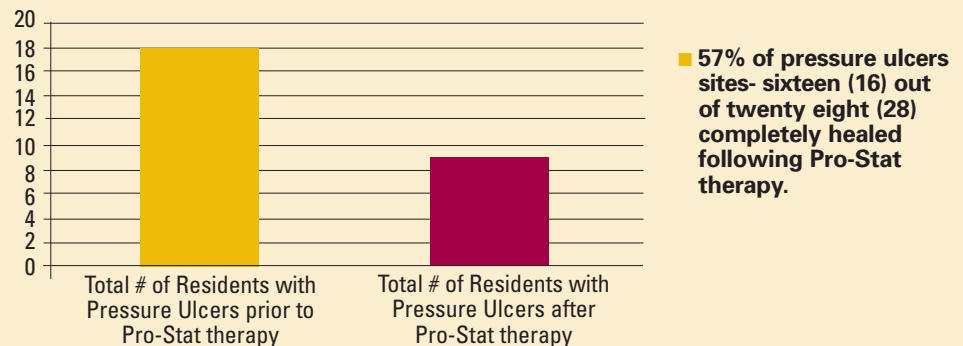
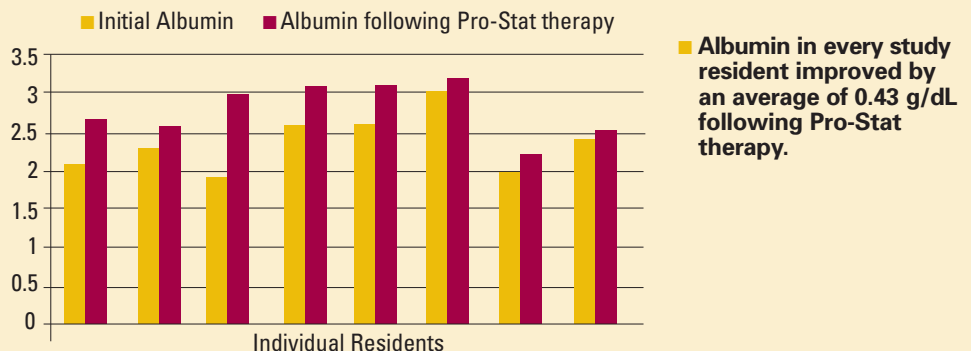


Figure B. Residents with Malnutrition



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Key Finding:
Pro-Stat proved effective in both healing pressure ulcers and improving the nutritional status of long-term care residents.