



Prevalence of ostomy-related complications identified

One or more complications occur in 35% of patients by 1 year after ostomy surgery, according to a study in *Ostomy Wound Management*.

“**The prevalence of ostomy-related complications 1 year after ostomy surgery: A prospective, descriptive, clinical study^A**” reports that the most common surgical complication is a colostomy hernia. The use of convexity is more common among patients with a stoma height ≤ 5 mm than in patients with a stoma height > 5 mm and among patients who have emergency, as opposed to elective, surgery.



Braden Scale in long-term care

“**A meta-analysis to evaluate the predictive validity of the Braden Scale for pressure ulcer risk assessment in long-term care^B**,” published in *Ostomy Wound Management*, concludes that the scale has only moderate predictive validity and low predictive specificity for pressure injuries in long-term care residents.

The researchers examined eight studies with 1,489 residents meeting the criteria to be included in the analysis.



TMA as an option for diabetic foot gangrene

Transmetatarsal amputation (TMA) is often a valuable option for patients with diabetic foot gangrene who need an amputation, concludes a study in *International Wound Journal*.

The authors of “**The care of transmetatarsal amputation in diabetic foot gangrene^C**” reviewed 51 articles and note that TMA can prevent “major limb loss and minimise loss of function.”



CNA education improves pressure injury care

A 1-hour education program for certified

nursing assistants (CNAs) reduces pressure injury and increases reporting of skin breakdown, according to **“Exploring the effect of educating certified nursing assistants on pressure ulcer knowledge and incidence in a nursing home setting^d,”** published in *Ostomy Wound Management*.

The program, completed by 33 CNAs in a care facility for residents age 55 years and older, included early identification, treatment, and prevention. From 3 months before the intervention to 3 months after, the number of pressure ulcers decreased 12.3%, from 5 to 0, while CNA reports of skin breakdown increased by 68%, from 8 to 17.



Exercise and diabetes

Exercise interventions can improve static balance, lower-limb strength, and gait in older adults with diabetes, reports a study in the *Journal of Diabetes and Its Complications*.

“Exercise interventions for the improvement of falls-related outcomes among older adults with diabetes mellitus: A systematic review and meta-analyses^e” included 10 randomized clinical trials.

Depressive symptoms common in patients with chronic wounds

Symptoms of depression are common in patients with wounds, particularly those with wounds of 90 days or longer in dura-



tion and with pain related to the wounds at initial examination, according to a study in *Wound Repair and Regeneration*.

“Depressive symptoms in patients with wounds: A cross-sectional study^f” reports that 81.5% of the 260 patients had minimal to severe depressive symptoms, with 22.1% having moderate to severe symptoms.



Pioglitazone and diabetes prevention

“Pioglitazone prevents diabetes in patients with insulin resistance and cerebrovascular disease^g” examined 3,876 patients with recent ischemic stroke or transient ischemic attack (TIA), no history of diabetes, fasting plasma glucose < 126 mg/dL, and insulin resistance by homeostasis model assessment of insulin resistance score > 3.0. Patients were randomly assigned to pioglitazone or placebo.

The study in *Diabetes Care* concludes that in patients with insulin resistance but without diabetes who have had a recent ischemic stroke or TIA, pioglitazone decreases both the risk of diabetes and the risk of subsequent ischemic events.

Identifying risk of lymphedema

According to a study presented at the American Society for Radiation Oncology 2016 Annual Meeting, among patients who have undergone radiation therapy after breast cancer, the risk for lymphedema is highest 2 to 3 years after treatment.

Results from the study, **reported** by Medscape, could affect when clinicians have patients return for lymphedema monitoring.

Multidisciplinary team improves venous ulcer care

A multidisciplinary team approach to managing chronic venous ulcers increases wound healing, according to an article in the *International Journal of Surgery*.



“Management of venous ulcers: State of the art” also concludes that a multidisciplinary team helps reduce wound-associated pain and required daily wound treatments. ■

Online Resources

- o-wm.com/article/prevalence-ostomy-related-complications-1-year-after-ostomy-surgery-prospective-descriptive
- o-wm.com/article/meta-analysis-evaluate-predictive-validity-braden-scale-pressure-ulcer-risk-assessment-long
- onlinelibrary.wiley.com/doi/10.1111/iwj.12682/full
- o-wm.com/article/exploring-effect-educating-certified-nursing-assistants-pressure-ulcer-knowledge-and
- jdjournal.com/article/S1056-8727(16)30637-7/fulltext
- onlinelibrary.wiley.com/doi/10.1111/wrr.12484/full
- care.diabetesjournals.org/content/39/10/1684
- sciencedirect.com/science/article/pii/S174391911630173X
- medscape.com/viewarticle/869873

Present Your Wound Care Credentials With Distinction.



National Alliance of Wound Care
and Ostomy™

The **NAWCO online Print Shop** offers custom business materials that you can order online. Each piece is professionally designed to visually promote you and all your active NAWCO credentials.

- Business Cards
- Note Cards
- Post Cards

[CLICK HERE](#)

To browse the print shop and order 24 hours a day, 7 days a week.

