

## Management for Venous Leg Ulcer\*

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### Abstract

Venous Leg Ulcers are the most common type of skin ulcer. They mainly occur just above the ankle<sup>1</sup>. The primary risk factors for venous ulcer development are older age, obesity, previous leg injuries, deep venous thrombosis, and phlebitis. Most are painless but some are painful. Without treatment, an ulcer may become larger and cause problems in the leg. Venous Leg Ulcers are often recurrent and open ulcers can persist from weeks to many year.<sup>2</sup> Evidence-based treatment options for venous ulcers include leg elevation, compression therapy and dressings.<sup>2</sup> Goals of venous leg ulcers are wound healing, reduction of pain and edema and prevention of recurrent.

**Keywords:** Venous Leg Ulcer, Compression Therapy

### Introduction

Venous Leg Ulcer is common in older people the root of the problem is increased pressure of blood in the vein of the lower leg. This causes fluid to ooze out of the veins beneath the skin. This causes swelling, thickening and damage to the skin. The damage skin may eventually break down to form an ulcer.<sup>1</sup> The important treatment is to include leg elevation, compression therapy, wound management, and prevention recurrent.

### Case report

This case 65 years old male patient have underlying of Diabetes, Hypertension, Obesity, and was diagnosed venous ulcers 2 years later. He is Thai Massage, it's cause he has stood all the time. Obesity results in difficult to used stocking. This time He presents to recurrent the venous

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