

# “Tell me, so I understand”: A nurse-led nutritional intervention to improve wound healing in patients with leg ulcers – A feasibility study



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## PATIENTS WITH LEG ULCER

- At high risk of amputation.
- Are often malnourished.
- Protein is essential for wound healing.
- We need concrete tools.

## THE INTERVENTION

- Dialogue: Illustrative A3 poster with keywords.
- Written information: Easy-to-read pamphlet.
- Protein: Protein drinks in the clinic and at home.

## AIM

To examine the feasibility and acceptability of the proposed nurse-led nutritional intervention.

## METHODS

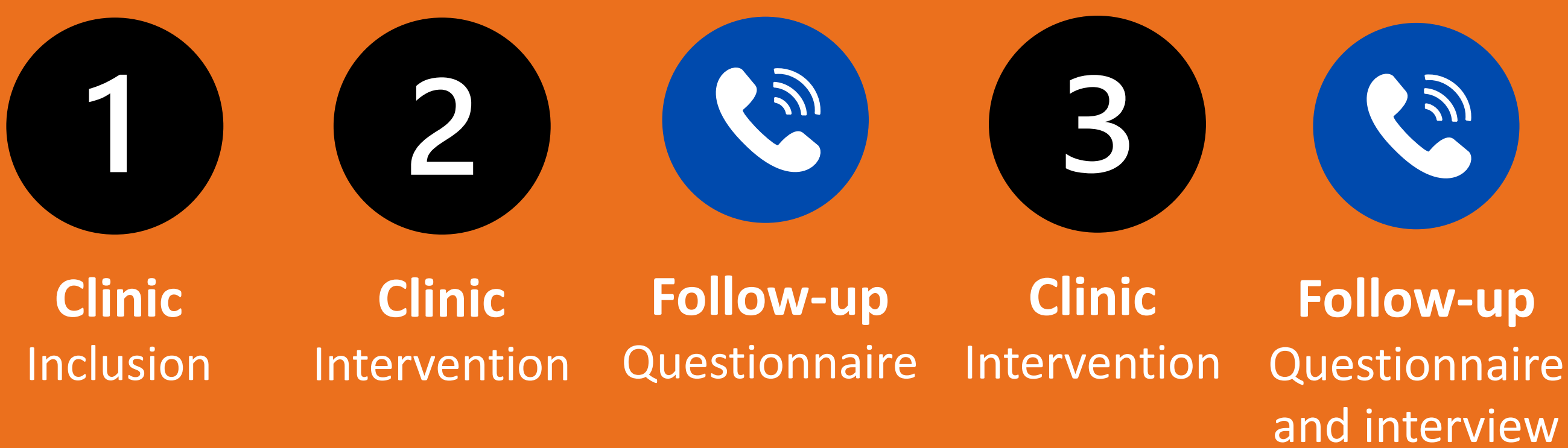
Outpatient wound clinic for 18 weeks.

Patient follow-up:

- First-time referrals or amputation wounds (n = 13).
- Three clinic visits.
- Two follow-up phone calls.

Nurse follow-up:

- Monthly meetings during the inclusion period.
- Focus group interview at the end of the inclusion period.



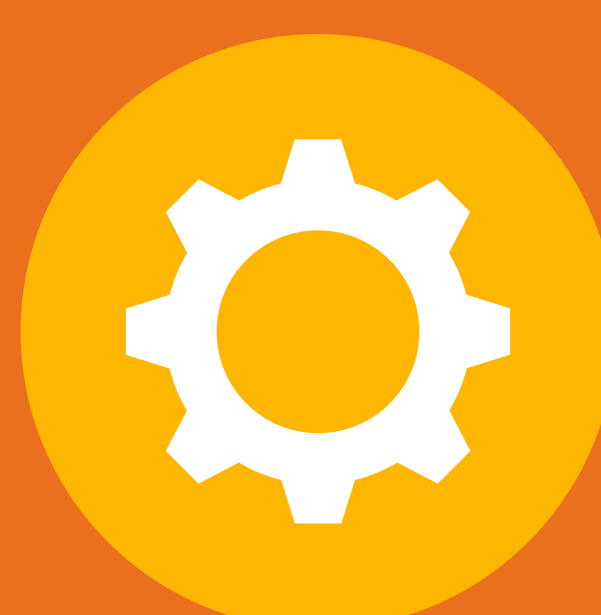
## Feasibility requirements for the questionnaire

Did you receive the intervention?

Did you find the intervention relevant and acceptable?



< 30 %  
Stop



30 - 80 %  
Modification



> 80 %  
Go

## CONCLUSION

- Feasible and acceptable.
- Easily incorporated during clinic visits.
- Meaningful for patients and nurses.
- The next step is a large clinical study.
- Implementation in primary care.

## RESULTS

- The dialogue and protein elements were feasible.
- The pamphlet was feasible with modifications.
- Overall, the patients could include it in their daily lives.
- The intervention took < 2 min during each clinic visits.



Dialogue  
83 -100 %



Pamphlet  
50 -100 %



Protein  
83 -100 %



Overall  
80 %

"I am full and content and have regained my joy for life... just because of the diet."

**Before**  
"We do not have the time"

**Now**  
"It is a win-win"

2 min



novo nordisk fonden



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