

Wound Care Clinic 2A  
TTSH Medical Centre, Level 2  
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Department of  
**NURSING**

## Venous Leg Ulcer (VLU)

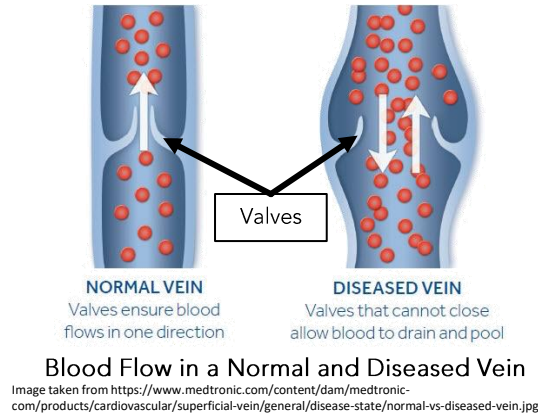


## What is the Normal Function of Venous System?

The normal function of venous system is dependent on the patency of the veins (the degree which the veins are not blocked or obstructed), condition of the one-way valves, and the muscle pumps in the foot and calf (Eberhardt & Raffetto, 2014).

## What is Chronic Venous Insufficiency (CVI)?

- Valves in healthy veins move the blood in one direction and keep the blood pressure in the veins normal to prevent the blood from flowing backwards.
- In CVI, the diseased valves causes blood to move in both directions, increasing the blood pressure in the veins when walking.



## What is Venous Leg Ulcer (VLU)?

VLU is generally present in individuals with CVI. It is a shallow open wound on the surface of your skin that is usually wet and weepy with heavy discharge. It can occur between your knee and ankle and takes a long time to heal.

VLU can be caused by skin infection, penetrating injury, rapid onset of leg swelling, burns, dry skin with itching/scratching, and insect bites (Kelechi et al., 2015).



Image retrieved from <https://www.evidentcochrane.net/wp-content/uploads/2017/10/venous-leg-ulcers-e1508833041133.jpg>



Image retrieved from <https://www.eo2.com/wp-content/uploads/2017/03/foot-ulcer1.jpg>

Example of Venous Leg Ulcers (VLU)

## What are the Risk Factors of VLU?

1. Smoking
2. Obesity
3. Previous leg injuries
4. Varicose (swollen) veins
5. Prolonged standing
6. Poor blood circulation that results in blood clots and swollen veins

## How to Prevent VLU?

1. Quit smoking
2. Lose weight if you are overweight
3. Follow your doctor's advice to manage chronic diseases, such as high blood pressure and diabetes
4. Maintain a balanced diet
5. Exercise regularly
6. Replace support stockings every 3 to 6 monthly
7. Leg elevation above level of the heart when lying down
8. Skin care

## What are the Treatments for VLU?

1. Ankle Brachial Pressure Index (ABPI) test will be done to check the blood flow in your legs and guides treatment options.
2. Appropriate wound care using a compression bandage

## How Do I Care for My VLU After Recovery?

Your goal is to minimise the risk of developing VLU again.

Continue to wear medical compression stockings prescribed by your healthcare professional.

