

Novel Approach to Management of Heel Fissures

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ABSTRACT

PROBLEM STATEMENT

Treating painful, cracked and bleeding open areas on the heels known as heel fissures can be challenging due to the limited resources and options with long term healing results. Many of these patients suffer from a loss of sweat gland function in the stratum corneum and intercellular matrix layers the plantar surface of the foot. This causes dryness, cracks and sometime painful bleeding heels. Evidence shows that over 75% of these patients with diabetes had dryness, cracks or fissures on their heels. In addition, this may lead to additional complications such as foot ulcerations and/or cellulitis in the future.

Preventogen is a promising novel approach treatment option for managing heel fissures. The present clinical study examines the efficacy of Preventogen as a strategy in healing acute and chronic heel fissures. Therefore, improving patient compliance, outcomes and quality of care.

PURPOSE

Identifying new treatment protocols and quality outcomes for management of heel fissures.

BACKGROUND

Currently the only treatment modalities available are moisturizers which may contain lactic acid and urea and/or silicone socks which require hand washing and air drying.

METHODS

A retrospective office-setting chart review of patients presenting with heel fissures. Patient consents received regarding involvement of case studies, photograph, healing outcomes, pain management and patient satisfaction. Protocols implemented included pre/post care and daily treatment recommendations.

RESULTS

Of the 4 patients with heel fissures identified; 100% achieved complete healing of the fissures. Healing times varied from 4 to 12 weeks.

CONCLUSION

Preventogen is effective in promoting healing of complex heel fissures. This technology contains a microbicidal protective barrier to promote healing. These encouraging retrospective results warrant further investigation with prospective, randomized controlled trials to better understand the clinical and economic implication of the novel approach to heel fissures