Nina Linnitt

Nina is the Clinical manager for medi UK and international clinical expert for circaid. She has been a Registered Nurse for 24 years spending much of that time working within lymphology. Having witnessed the clinical and patient benefits of using medi products, she started working for medi nine years ago, initially in sales and five years ago moved into the clinical role.

Apart from a busy schedule with medi, she maintains her practice and registration by holding an honorary contract with Oxfordshire Hospitals in a complex leg ulcer service.

Nina is currently the Chair of the British Lymphology Society whose aims are to promote the awareness of lymphoedema to the public, healthcare professionals and relevant authorities within the Department of Health.

Utilising the range from medi UK from cleaning, healing and preventing rebound

In the UK, we have recently introduced UCS into our portfolio. UCS is a debridement cloth that can be used to clean the ulcer bed, and is also used to clean the area around the ulcer (perilesional) thereby helping to improve the overall condition of the limb.

Including UCS into the treatment plan for a leg ulcer patient and using circaid juxtacures in place of traditional bandaging results in better skin condition, faster healing wounds and happy patients.

I would like to share some case studies of the immediate improvements to the skin and wounds using UCS and a circaid juxtacures case study relating to problems with traditional bandaging and how circaid range can reverse the problems created, and lead to improved healing.

UCS

Unique, convenient and safe (Ulcer Cleansing System), the UCS comes as a sterile, pre-moistened cloth – the cloth has the ability clean, moisturise and debride, leaving skin feeling and looking much improved.

One cloth is enough to clean one leg.

The results we have seen have been very impressive on hyperkeratosis, flaky skin, and thoroughly cleaning an ulcer which then optimises the healing potential.

Figure 1 shows a leg just out of traditional bandaging – where the bandage is left on for a week at a time, just one application of UCS and two to three minutes later the leg is much improved (figure 2). The old, dry skin has been removed and the leg is moisturised – it is also much easier to be able to effectively assess the limb as the skin is so much clearer.
One of the great benefits to UCS is that there is no need for therapists to carry heavy buckets of water – a packet is all that is required.

**Circaid Juxtacures**

Once the skin has been cleaned and debrided effectively (and painlessly), we are able to use the circaid juxtacures to improve quality of life and heal leg ulcers. The circaid juxtacures is effective even on long standing ulcers.

The patient in figure 3 and 4 had problems with a non healing wound for six months prior to being placed into circaid juxtacures. Within six weeks, the circaid juxtacures had not only healed the wound, but had significantly improved the skin and the shape of the limb.

Circaid juxtacures helps to promote independence – as the patient no longer has to rely on bandage slippers, or other inappropriate footwear, they can instead improve their mobility by wearing their own shoes and improving the foot pump as well as the calf pump – both of which become hard to influence when they have spent months or even years in traditional bandaging.

**Wounds created by traditional bandaging**

This patient had developed an ulcerated area where bandaging tension had been inappropriately high (figure 5), on 27 June he had a fairly deep wound, he was placed into circaid juxtacures and pacband – the compression was able to be adjusted to the amount recommended for him (figure 6).

And by 1 July (figure 7) his wound was almost completely healed. By 5 July – continuing with the treatment in figure 6 – he was completely healed.

This gentleman is now maintained – to prevent a recurrence in his condition – in mediven hosiery.

The ability to offer such an extensive range of products to our clinicians in the UK, helps them fulfil a truly holistic approach to caring for their patients.