

ST. ANN'S - COMPTON DOWNS:CLINICAL TRIAL REPORT

A randomized control trial using OptiDerma® Moisturising Skin Support for promoting skin integrity, peripheral circulation and wound care outcomes.

- Objective:** To determine the efficacy of using OptiDerma® Moisturising Skin Support for promoting skin integrity, peripheral circulation and wound care outcomes compared to a generic cream or emollient such as Sorbolene.
- Design:** Randomized control trial, 3 month period across 2012 & 2013.
- Setting:** Residential Aged Care facility, Tasmania, Australia.
- Participants:** 103 randomized residents, 20 participants selected (10 for trial using OptiDerma®, 10 as control subjects). Participants were between 56 and 104 years of age. All participants had diagnoses or documented evidence of decreased skin integrity and / or chronic wounds with symptoms presenting for >12 months.
- Intervention:** All participants were consulted and consent obtained prior to the commencement of the trial. Due to the small participant sample space, the trial was more specifically directed at only evaluating the outcomes of products being applied bilaterally to either legs or arms. Both OptiDerma® Moisturising Skin Support and the generic Sorbolene were applied twice per day and as per product recommendations. A skin assessment and photo of each participant's limbs (legs or arms) were taken prior to, and after the trial for evaluation.
- Method:** For the purpose of the trial, skin assessment results were compared in terms of 6 qualities; colour, integrity, irritation, moisture, turgor and temperature (where integrity evaluated the condition and prevalence of wounds, rashes and lesions). Each quality within the skin assessment was then graded as either, declined (-1), maintained (0) or improved (+1). Both individual and overall results were marked in terms of total scores where each participant's score started at 0.
- Main results:** Over the 3 month period of the trial, OptiDerma® participants displayed a +9 relative grade score across all qualities in the skin assessments (as tabled below). This equates to a 15% overall improvement in participants using OptiDerma® compared to generic Sorbolene. Across all scores collected for the 20 trial participants, 83/120 (70%) maintained their condition in the 6 qualities chosen between their initial and final skin assessments. OptiDerma® participants displayed greater results across 5/6 skin assessment qualities. 9/20 participants had wounds, rashes or lesions, with OptiDerma® participants displaying a +2 relative score improvement, with no OptiDerma® participants showing a decline in this category. The greatest relative improvement was seen in skin colour which scored +3 in

OptiDerma® participants. Overall, qualities associated with improved peripheral circulation scored +5 with the use of OptiDerma®.

CONTROL GROUP (SORBOLENE)				
QUALITY	DECLINED	MAINTAINED	IMPROVED	GRADED SCORE
COLOUR	2	7	1	-1
INTEGRITY	1	7	2	+1
IRRITATION	1	8	1	0
MOISTURE	2	5	3	+1
TURGOR	2	5	3	+1
TEMPERATURE	1	9	0	-1
TOTAL SCORES	9	41	10	+1

TRIAL GROUP (OPTIDERMA)				
QUALITY	DECLINED	MAINTAINED	IMPROVED	GRADED SCORE
COLOUR	1	6	3	+2
INTEGRITY	0	7	3	+3
IRRITATION	1	8	1	0
MOISTURE	1	6	3	+2
TURGOR	1	6	3	+2
TEMPERATURE	0	9	1	+1
TOTAL SCORES	4	42	14	+10

OptiDerma® Moisturising Skin Support impact on some chronic wounds...

BEFORE

AFTER



Conclusion: Across all qualities, both OptiDerma® participants and control group participants experienced generalised improvements over the 3 month period with twice daily applications. Overall, participants using OptiDerma® either maintained or improved skin quality and displayed the greatest improvements in skin colour, temperature and resolving wounds. The use of OptiDerma® Moisturising Skin Support has clearly shown positive results in promoting skin integrity, peripheral circulation and wound care outcomes. The use of creams and emollients are intrinsically associated with improved peripheral circulation due to the therapeutic massage during application. Ideally, the trial's sample space and duration would have been much broader but given the time constraints, the results still managed to identify improvements across many qualities when comparing OptiDerma® to a generic Sorbolene. It is important to acknowledge that the use of emollients and creams is just one of the many strategies such as nutrition, hydration, exercise, hygiene and medication, for promoting and maintaining healthy skin integrity.

Testimonial: As a Registered Nurse with a strong background in wound care and working in the Residential Aged Care sector, I understand the importance of promoting and maintaining healthy skin. A key strategy in ensuring clients maintain skin integrity is through the application of creams and emollients which by their very nature soothe and moisturise. Having seen the results first hand in comparing the use of a generic product and OptiDerma® Moisturising Skin Support, I would strongly recommend its use for all clinical settings, ages and skin types. Compared to generic Sorbolene, OptiDerma® clearly showed a greater capacity for encouraging wound healing and the qualities associated with improved peripheral circulation. I would anticipate that this product could also be used as a prophylactic for reducing the prevalence of wounds such as skin tears and pressure sores. As a facility, we are looking forward to rolling out the use of OptiDerma® Moisturising Skin Support for all residents.

Matt Fone
Registered Nurse

