

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

My Journey Towards a New Vascular Research Nurse

Sue Lee

Previously...



Leg Ulcers

- ▶ Huge cost to patient and society
- ▶ About 1 % of patient have a leg ulcer
- ▶ Limited help available to cure
- ▶ We need more research to find out what is helpful!



Research Projects

- LFUD

Low
Frequency
Ultrasound
Debridement

- Aspirin4VLU
- Keratin4VLU



Aspirin4VLU Trial

A Randomised Double Blind Controlled Trial

- Aspirin (Antiplatelet agent) could improve VLU healing by interrupting platelet aggregation

150 mg aspirin **vs** **Placebo**

- ▶ Low dose: Fewer side effects & Safer for very old
- ▶ Manufactured in NZ
- ▶ Identical bottles
- ▶ Take until ulcer healing or 24 weeks, whichever is sooner.

Keratin4VLU

- A randomized controlled trial of wool-derived keratin dressings for venous leg ulcers



First to Randomize, Twice!



Roles & Responsibilities

- ▶ Patient screening & recruitment:

Vascular In-patient & out-patient clinics, Wound care nurse clinics, community (rest homes & District nurse & GPs), out of town clinics & community referrals (Otago & Southland).

- ▶ Organise appointments / transportation/ Follow ups

- ▶ Data collection & management

- ▶ Wound care management & treatment plan in consultation with medical team and Emil, Wound Care Specialist

- ▶ Communication & Education for family & carers & district nurses

- ▶ Attend meetings for research nurses/ Participated in qualitative study on the experience of being a research nurse

Professional & Interpersonal Relationship Case Study



Highlights & Challenges

- ▶ No Uniform
- ▶ Co-ordinating multiple studies and Time management
- ▶ Balance between Clinical vs Clerical
- ▶ 6month to 1 year continuity of care
- ▶ Long term interpersonal relationship
- ▶ Independence (self directed) vs Team work
- ▶ Exploring unknown to evolve and find better solutions for patients

Aspirin4VLU Team



Keratin4VLU Team



What Else?



Thank
you!

