

## Abstract

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# Pragmatic intervention using milk fortified with whey protein concentrate to increase protein intake to promote wound healing – initial case series

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As many as 1 in 12 people in residential care are likely to have a pressure injury at any time<sup>(1)</sup>. Our pragmatic intervention, consented by both patients and their Enduring Power of Attorney, provided 20g whey protein concentrate (WPC) in 200ml whole milk to be consumed by the resident in the morning with breakfast or morning tea, to compensate for the likely lowest protein meal of the day<sup>(2)</sup>, and increase total protein intake. WPC has a number of beneficial substances that support wound healing, such as arginine, and glutamine<sup>(3)</sup>, plus the branch chain amino acids<sup>(4)</sup>. The intervention was uncomplicated, well tolerated and resulted in wound healing, as evidenced by the pictures of the three initial cases. We need further trials to show that this is better than usual interventions. However, we believe this is a useful protocol to address a recognised problem of poor protein intake for those who need extra to heal wounds

**Keywords:** wound-healing; protein-intake; older-people; case-studies

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## References

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