

# The impact of moist wound dressings on quality of life in patients with Hidradenitis Suppurativa

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## INTRODUCTION

Hidradenitis Suppurativa (HS) is a chronic, painful, and debilitating condition that severely impacts patients' quality of life. Recent evidence suggests that moist wound dressings may play a pivotal role in alleviating symptoms and improving overall well-being of post-surgical HS lesions [1]. The aim of this study was to evaluate the effectiveness of moist wound dressings in reducing pain and improving quality of life parameters, including psychological well-being, in patients with active HS lesions.

## METHODS

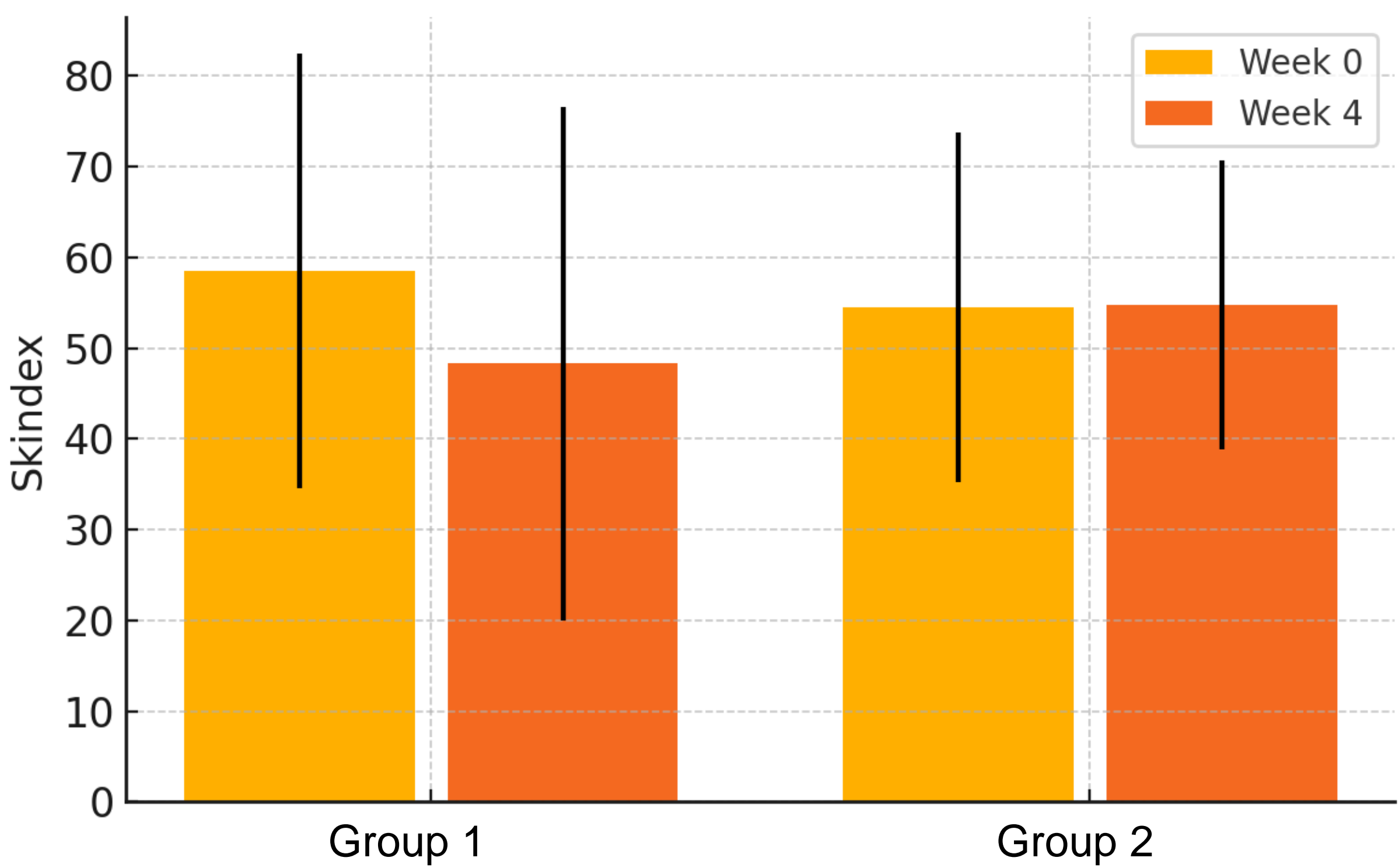
A cohort of 20 patients affected by active and draining HS lesions was divided into two groups: group 1 was treated with moist wound dressings over a four-week period according to the principle of HS-TIME [2], while group 2 didn't receive local wound care management. Key parameters assessed included quality of life using the Skindex-16 [3], and psychological distress using the Hospital Anxiety and Depression Scale (HADS) [4]. We performed a paired t-test to compare scores within each group (week 0 vs week 4) and an independent samples t-test to compare score changes between the groups (week 4 - week 0).

## RESULTS

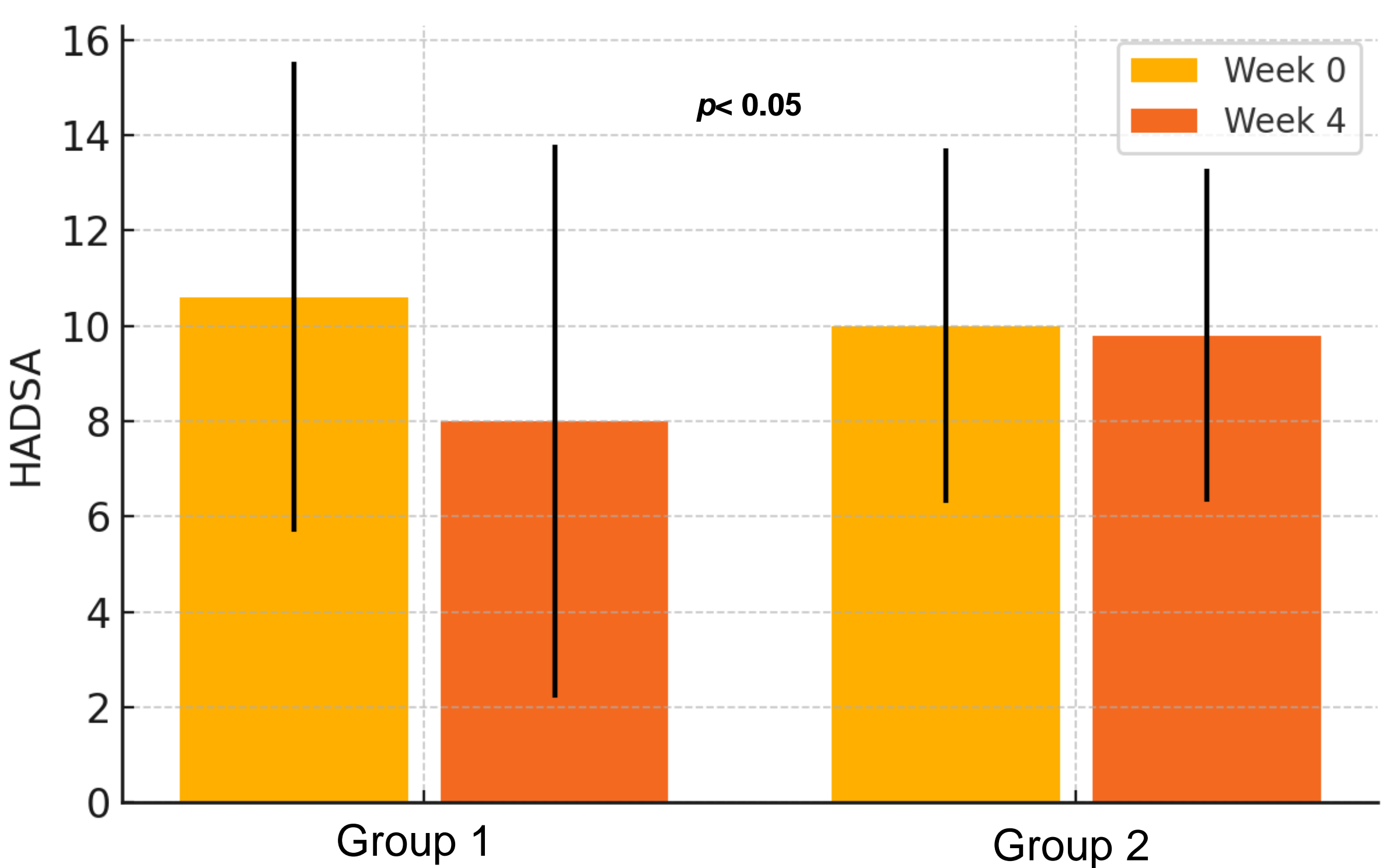
The population consisted in 14 female and 6 males, with a mean age of 33.5 years, a mean disease duration of 7.4 years and a mean BMI of 27.3 Kg/m<sup>2</sup>. Our findings demonstrated a reduction in Skindex scores, indicating enhanced quality of life, in group 1 (baseline: 58.5 vs W4: 48.3), compared to group 2 (baseline: 54.5 vs W4: 54.8) (Fig.1). Psychological distress, assessed through HADS, also decreased, with notable reductions in both anxiety and depression scores in group 1 (HADS-A baseline: 10.6 vs HADS -A W4: 8; HADS-D baseline: 8.2 vs HADS-D W4: 7.1) (Fig.2, Fig.3). However, only HADS-A showed a significant variation in group 1 and a significant difference between the two groups (group 2= HADS-A baseline: 10 vs HADS -A W4: 9.8) ( $p < 0.05$ ). The other scores did not show statistically relevant variations, although Skindex approached significance.

## DISCUSSION

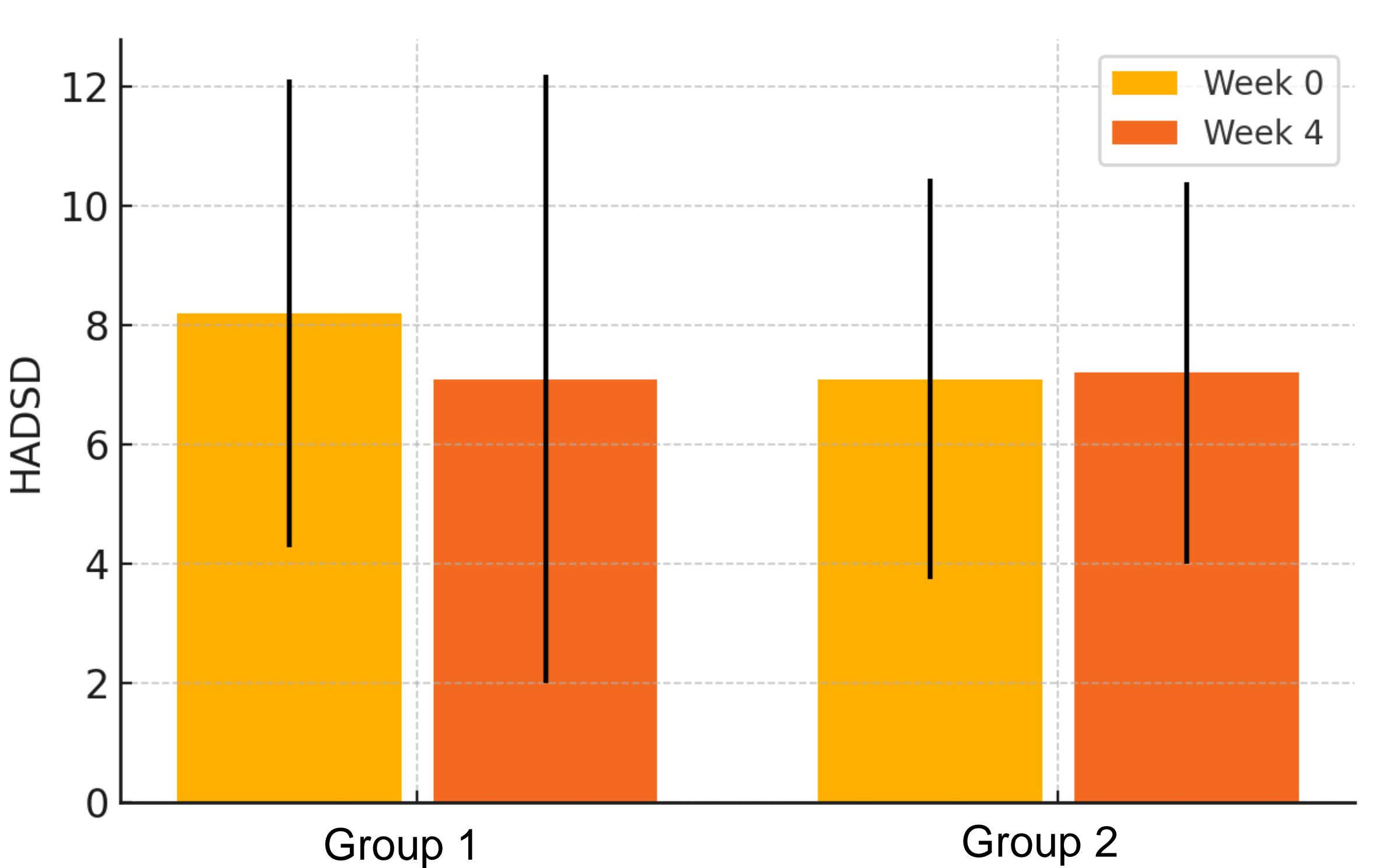
Our findings suggested that moist wound dressings for the treatment of HS may have a positive impact on patients' quality of life, reducing pain, improving psychological well-being, and contributing to better management of wound exudate and pain. Patients in the group treated with moist wound dressings (group 1) showed significant improvement in both the Skindex--16 score, reflecting quality of life, and in anxiety and depression measures, compared to the control group (group 2), which did not receive local wound care.



**Figure 1:** Comparison between Skindex-16 evaluated at Week 0 and Week 4 in Group 1 and Group 2



**Figure 2:** Comparison between HADS-A evaluated at Week 0 and Week 4 in Group 1 and Group 2



**Figure 3:** Comparison between HADS-D evaluated at Week 0 and Week 4 in Group 1 and Group 2

### References

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