

Kliiniline küsimus nr 12

Kas kõikidel kroonilise venoosse haavandiga patsientidel kasutada parema ravitulemuse saavutamiseks mikroelementide (tsink, koobalt) ja vitamiinide manustamist vs mitte?

Kriitilised tulemusnäitajad: ravisoostumus, ravi tulemuslikkus, haavandi paranemine, haavandi retsidiivi teke, patsiendi elukvaliteet, patsiendi rahulolu, hospitaliseerimine, elulemus, üldsoremuse vähenemine

Süsteematilised ülevaated

Cochrane süsteaatiline ülevaade aastast 2014 – tsingi manustamine vs platseebo – venoosse ja arteriaalse haavandi paranemises ei ole olulist erinevust. Koobalti kasutamise kohta süsteematilisi ülevaateid ei leidunud. Vitamiinide kasutamise kohta kroonilise venoosse haavandi ravis süsteematilisi ülevaateid ei leidunud.

Viited

Objectives

To assess the effectiveness of oral zinc in healing arterial or venous leg ulcers.

Search methods

For this seventh update we searched The Cochrane Wounds Group Specialised Register (searched 02 September 2014) and The Cochrane Central Register of Controlled Trials (CENTRAL) (*The Cochrane Library* 2014, Issue 8). In the original version of the review a company manufacturing zinc sulphate tablets was asked for references to relevant trials.

Selection criteria

Randomised controlled trials comparing oral zinc sulphate with placebo or no treatment in people with arterial or venous leg ulcers were eligible for inclusion. There were no restrictions on date or language of publication. The main outcome measure used was complete healing of the ulcers. Trials were eligible for inclusion if they measured ulcer healing objectively by documenting time to complete healing, proportion of ulcers healed during the study, or healing rates of ulcers.

Data collection and analysis

All data extraction and assessment of trial quality was done by both authors independently.

Main results

Six small trials (183 participants) were eligible for inclusion. Four trials considered people with venous ulcers, one trial involved people with arterial ulcers and one people with mixed aetiology

Wilkinson EAJ. Oral zinc for arterial and venous leg ulcers. *Cochrane Database of Systematic Reviews* 2014, Issue 9. Art. No.: CD001273. DOI: 10.1002/14651858.CD001273.pub3.

ulcers. Serum zinc was measured in four trials and four trials compared oral zinc sulphate with placebo in people with venous ulcers; pooling these trials indicated no statistically significant difference between the two groups for healing (RR 1.22, 95% CI 0.88 to 1.68). Overall, there is no evidence that oral zinc increases the healing of arterial or venous leg ulcers.

Authors' conclusions
Oral zinc sulphate does not appear to aid the healing of arterial and venous leg ulcers, however all included studies were small and at unclear risk of bias (due to poor reporting).

Ravijuhendid

Kokkuvõtte ravijuhendites leiduvast

SIGN: Ei ole piisavat tõendusmaterjali andmaks soovitus tšingi kasutamise kohta.

AWMA: Soovitus mitte kasutada suukaudset tsinki, kui ei ole tõestatud selle defitsiiti.

SVS_AVF: Ilma tõestatud defitsiidita haigetele lisamikrotoitainete andmisel ei ole efekti.

RNAO: Täpne vajadus ei ole selge.

"varicose ulcer"[MeSH Terms] AND ("zinc"[MeSH Terms] OR "zinc"[All Fields]) AND ((systematic[sb] OR Randomized Controlled Trial[ptyp] OR Meta-Analysis[ptyp]) AND ("2005/01/01"[PDAT] : "2015/03/31"[PDAT]))

Leitud 6

"varicose ulcer"[MeSH Terms] AND "microelement"[All Fields] AND ((systematic[sb] OR Randomized Controlled Trial[ptyp] OR Meta-Analysis[ptyp]) AND ("2005/01/01"[PDAT] : "2015/03/31"[PDAT]))

Ühtegi tulemust

"varicose ulcer"[MeSH Terms] AND "vitamines"[All Fields] AND ((systematic[sb] OR Randomized Controlled Trial[ptyp] OR Meta-Analysis[ptyp]) AND ("2005/01/01"[PDAT] : "2015/03/31"[PDAT]))

Ühtegi tulemust

