Effect of extracorporeal shock wave therapy on post burn scars

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Background: Hypertrophic scarring is a difficult problem for burn patients, and scar management is an essential aspect of outpatient burn therapy. Post burn pathologic scars involve functional and aesthetic limitations that have a dramatic influence on the patient’s quality of life.

Aim: The aim was to investigate the use of extracorporeal shock wave therapy (ESWT), which targets the fibroblasts in scar tissue, as an effective modality for scar treatment in burn patients.

Subjects & Methods: Forty patients with post burn scars were assigned randomly into 2 equal groups; their ages ranged from 20-45 years. The study group received ESWT and traditional physical therapy program (deep friction massage, stretching exercises). Control group received traditional physical therapy program (deep friction massage, stretching exercises). All groups received 2 sessions per week for 6 successful weeks. The data were collected before and after the same period of treatment for both groups. Evaluation procedures were carried out to measure scar thickness using ultrasonography and Vancouver Scar Scale (VSS) was completed before and after treatment.

Results: Post treatment results showed that there was a significant improvement difference in scar thickness in both groups in favor of the study group. Percentage of improvement of scar thickness in the study group was 42.55%, while it was 12.15% in the control group. There was also a significant improvement in difference between results obtained using VSS in both groups in favor of the study group.

Conclusion: ESWT is effective in management of pathologic post burn scars.

Beware! Can chronic alcoholism lead to cognitive decline?

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Chronic alcoholics suffer from cognitive impairment, thereby affecting their ADL and work performance. The objective was to screen chronic alcoholics for cognitive impairment and assessing affections in various components of MoCA and early screening to help them from further deterioration in ADL and work. In this case control study, 50 chronic alcoholics, males, age group 30-50 years, abstaining for more than two months, referred to outpatient De-addiction Occupational Therapy Department of K E M Hospital, Mumbai were screened using MoCA (Hindi) and compared with their age matched control group. As a result, all patients showed mild cognitive impairment on MoCA; irrespective of pattern and frequency of drinking. Their average mean score in MoCA in test and control group was 21.02 and 26.03 respectively. The domains more affected were language, abstraction and memory; thus affect their performance in ADL and work. Results were analysed using Unpaired t-test and were statistically significant at the level of P<0.05 and 95% confidence level. Thus, it can be concluded that screening of chronic alcoholics using MoCA showed mild cognitive impairment with varying degree of affectations in the sub components of the test in the study population.