

عنوان مقاله:

The Investigation of The Efficacy and Safety of Aloe Vera Gel in Treatment of Pressure Ulcer: A Systematic Review

محل انتشار:

چهارمین کنگره بین المللی و ششمین کنگره ملی زخم و ترمیم بافت (سال: 1398)

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خلاصه مقاله:

Objectives: Chronic ulcers of soft tissues can't be treated in some cases of conventional treatment. Common treatments include antibiotic treatment and wound cleaning, and sometimes debridement, surgery, and skin grafts are the fastest and most effective ways to treat diabetic and bed wounds. One of the methods that have been suggested in recent years as an effective alternative to the treatment of this ulcer is the use of aloe vera gel. So this study aims to evaluate the efficacy and safety of aloe vera gel in the treatment of patients with pressure ulcers. **Methods and Materials:** The present study was conducted in databases including Pubmed, Web of Science, and Embase and with the keywords Aloe Vera, Wound, and Aloe Vera until 2019 without any age and gender restriction. **Findings:** Studies showed that wound healing in groups receiving aloe vera gel was significantly higher than the control group. In one of the studies, the samples received anti-inflammatory and antibiotic drugs for almost 50 days, but no ulcer healing was done, whereas, after initiation of Aloe Vera treatment, 84.2% of them achieved complete recovery within 30 days. Also, it's been shown in a recent RCT study that the application of Aloe Vera could prevent the occurrence of pressure ulcer grade one significantly. **Conclusion:** Aloe vera seems to be more cost-benefit and much more effective in preventing and healing pressure ulcers compared to current treatments, and it also speeds up the recovery rate. Since the side effects of this drug have been proven to be trivial over the years, it seems that the application of this gel is recommended because it can be an alternative drug from an economic standpoint in treating pressure ulcers and even it can be used as a complementary method for prevention of pressure ulcers.

کلمات کلیدی:

Pressure, Ulcer, Pressure ulcer, Aloe Vera, Safety, Efficacy

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