



Wound Stories

Venous
Leg Ulcer

Karen & Albert

#WoundStories



Karen
Nurse

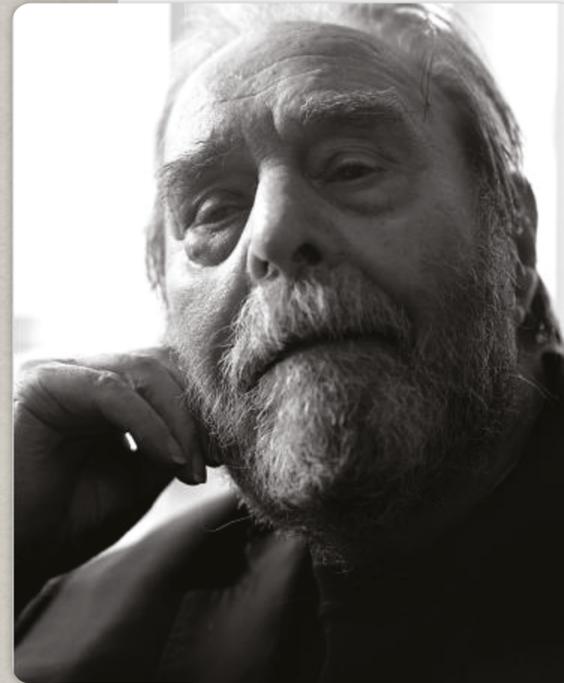


With some patients there's almost like a sense of embarrassment sometimes. Maybe a feeling of isolation. They think they're the only one that has this. So. When they come to **Leg club**. They realise that they're not on their own with this. **It's almost like a relaxation for the patient, which is very nice to see.**

Sometimes, you can have a really good outcome for a patient because they've had a good day. That you've managed their pain, for example. They don't necessarily have to be healed. For people with long-term wounds, you might never cure that wound, but you can make their lives better. And that's the big thing really.

During Covid, nurses were described as angels. Like some sort of selfless beings that do this completely altruistically. There is a certain amount of that. I guess. But **we're highly educated individuals that have a lot of theory, knowledge, and education behind what we do.** And I think we. As nurses, need to appreciate that about ourselves. **It's not just something we do out of the kindness of our hearts. It's also our job and we're very good at it."**

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Albert
Patient



My GP referred me to the Leg Club, and I've been coming for a few weeks now. They really know what they're doing and what's best for me in the long run.

I have an ulcer on my leg. I've had it for a few years now and it's really affecting my mobility and my balance. I can't walk so far anymore without having to sit down for a few minutes. And I can't dance. That's a major factor. I used to go regularly on a Saturday night, but I can't anymore.

Before all this broke out, I used to be very active in various railway preservation groups. I helped with repairs and worked as a fireman on a steam engine. Now, I've been invited to go on the footplate of locomotive, which obviously used to be my job. But ironically, the thought of going frightens me a bit. I'm afraid that when it starts moving. I won't be able to do anything but hold on.

Usually, I change the dressings myself. But the arthritis in my hands makes it difficult to grip. My GP referred me to the Leg Club, and I've been coming for a few weeks now. They really know what they're doing and what's best for me in the long run. I mean, I have no idea. I just change my dressings. And I have probably done it too often. Since coming here, my leg has slowly started to get better."