

| Author Year Country Research Design PEDro Score Sample Size | Methods | Outcome |
|---|---|---|
| Bauman et al. 2013 USA RCT PEDro=5 N=212 | <p>Population: Inpatients with SCI and stage III or IV target pressure injuries (TPUs).</p> <p>Intervention: Oxandrolone, 20 mg/d (n=108), or placebo (n=104) until the TPU healed or 24 wk.</p> <p>Outcome Measures: The primary outcome was healed TPUs. The secondary outcome was the percentage of TPUs that remained healed at 8-wk follow-up.</p> | 1. Oxandrolone showed no benefit over placebo for improving healing or the percentage of TPUs that remained closed after 8 wk of treatment. |
| Spungen et al. 2001 USA Case Series N=9 | <p>Population: Mean age=24-73 yr; Gender: males=9; Total number of pressure injuries since SCI=1 to 7. Intervention: Subjects with stage III and IV pressure injuries were treated with 20 mg of oxandrolone daily with 20 g of glutamine dissolved in orange juice. Pressure injury care and support surfaces remained consistent.</p> <p>Outcome Measures: Number of pressure injuries healed.</p> | 1. After oxandrolone and glutamine treatment, 8/9 subjects were completely healed, the majority within 3-6 mo. Two subjects required 12 mo of treatment for complete healing. |