

# Calling on healthcare professionals and the public to be instruments for change



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It has been a busy year for the Legs Matter coalition as we continue to work together to increase awareness, understanding and action on lower leg and foot conditions among the public and healthcare professionals. Legs Matter operates under the governance of the Society of Tissue Viability, a registered charity.

The Legs Matter campaign website – now an internationally accessed resource stretching across the UK and further afield, to America and other countries – maintains a wealth of information and resources for healthcare professionals and the public. There is also "The Legs Matter Lounge", a fantastic library of videos to support people taking charge of their leg and foot health; including everything from real-life stories on what it's like to live with and overcome leg ulceration and lymphoedema, to Fitness and Movement Videos and exercises for healthier legs. The website is a resource that can be revisited time and time again and is continuously updated with relevant content.

After three years of a hugely successful Legs Matter awareness week, 2022 was the year the Legs Matter awareness week took stock and reflected on our focus and purpose. We had a hugely successful first face-to-face meeting in early August in London, where we discussed recent research survey results and focused plans to inform our campaign in 2023. Thank you to everyone who took the time to complete the survey in June, which helped shape our important discussions.

Legs Matter and the European Wound Management Association (EWMA) recently held a webinar in connection with the Compression Therapy Campaign. The 'Power of Compression Therapy for Leg Ulcer Management' webinar was hugely successful, with high attendance, which highlighted the importance of compression therapy as a key subject area for healthcare

professionals. Clinicians were keen to be informed, ask questions and be involved in the conversation about compression therapy, demonstrating passion and commitment to compression therapy, and to working with and caring for people living with leg ulceration.

## What can you expect from Legs Matter in 2023?

As a coalition comprising of clinicians, academics, and researchers working together with patient partners, we have a passion for improving the lives of people living with lower limb and foot conditions. We are acutely aware of the "bigger picture" of lower limb services, and care for people including patients, family and frontline clinicians.

These are worrying times: we live in a real socioeconomic storm, with the growing cost of living and implications for daily life including rise in inflation, increase in electric and gas bills and housing, not to mention the continued pressure and shortages in our healthcare professions and service provision. These issues are not detached from each other and all impact on the wider problem of social and health inequality and deprivation. If you have not already, read the Marmot Review 10 Years On (2020), led by Professor Sir Michael Marmot, Professor of Epidemiology at University College London, Director of the UCL Institute of Health Equity, and his team. This document highlights that, over the last decade, health inequalities have widened, and the amount of time people spend in poor health has increased since 2010.

What can be done to address issues of such enormity? There is no magic solution; however, we can individually make a difference with the contacts we make, the people we know and the patients we care for.



For more information on the Legs Matter campaign and to view the available resources go to

[HTTPS://LEGSMATTER.ORG/](https://legsmatter.org/)

Make a commitment today to be an instrument for change and to ensure the people you encounter, friends, family and neighbours know about the Legs Matter campaign. Make sure every patient you see has the website address and is aware of the resources. If there isn't time to explore the website together, the information can be discussed in person and accessed later.

We cannot underestimate the impact we can have at an individual level. Change, even in the smallest of circles, will have a ripple effect. For me, it's about what I can do here and now, who I can help and what difference can be made in my family and by the people I know and work with. As Nelson Mandela famously remarked:

*“As I have said, the first thing is to be honest with yourself. You can never have an impact on society if you have not changed yourself.”*

We each have a responsibility to look at the bigger picture that affects people living with lower limb and foot conditions, and a duty to our healthcare professional colleagues who work tirelessly on the frontline. Together, legs and feet do matter, we do care, and we can be instruments of change! **WUK**

#### REFERENCES

Marmot M, Allen J, Boyce T et al (2020) The Marmot Review 10 Years On. London: Institute of Health Equity. <https://tinyurl.com/mr47s6t6> (accessed 20 August 2022)

Dear healthcare professionals



Thank you  
for the amazing  
work you do