



# **QUICK**GUIDE



Hosiery prescribing made  
simpler with the Hosiery  
Hunter<sup>®</sup> selection tool:  
**A Clinical Guide**

Wounds<sub>UK</sub>

## Hosiery Hunter® & Wrap Hunter®

CLINICAL SYMPTOMS SCORE	
Ankle flare / spider veins	1
Varicose veins	2
Oedema	5
Hemosiderin staining (brown stained appearance)	2
Varicose eczema	2
Lipodermatosclerosis (inverted champagne bottle shape)	2
Atrophe blanche (small white scarring)	2
Healed venous leg ulcers	5
Active venous leg ulcers	40
Lymphoedema / chronic oedema diagnosis	10

More than one clinical symptom can be selected

BMI SCORE	
Below 18.5 (below average)	0
18.5 - 24.9 (average)	0
25 - 29.9 (above average)	5
30+ (obese)	10

This is to be used as a guide only to support your full assessment and decision-making.

## LIMB DESCRIPTION SCORE



Straight leg  
Muscle wasting

0



Normal shape  
Defined graduation


0



Skin folds  
Leg is not a graduated shape

10

**ACTION: Add up scores to see hosiery or wrap recommendations**

 <b>HOSIERY SCORE</b>	
Below 5	<ul style="list-style-type: none"><li>➤ duomed® soft</li><li>➤ juxtalite®</li></ul>
5-10	<ul style="list-style-type: none"><li>➤ mediven elegance®</li><li>➤ mediven® for men</li><li>➤ mediven active®</li><li>➤ mediven plus®</li><li>➤ juxtalite®</li></ul>
10-15	<ul style="list-style-type: none"><li>➤ mediven plus®</li><li>➤ juxtalite®</li></ul>
15-40	<ul style="list-style-type: none"><li>➤ mediven mondi® m2m</li><li>➤ juxtafit®</li></ul>
40-60	<ul style="list-style-type: none"><li>➤ mediven ulcer kit®</li><li>➤ juxtalite® or juxtacures®</li></ul>
60+	<ul style="list-style-type: none"><li>➤ juxtafit®</li></ul>

# Introduction to Compression Therapy

Compression therapy is a lifelong intervention, essential for use on patients with venous ulceration and lymphatic disorders<sup>1</sup>. Prescribing compression garments can often be both difficult and overwhelming for clinicians in practice, as many factors need to be taken into consideration.

## Prescribing of compression garments

Medical compression prescribed inaccurately, can lead to tissue trauma/pressure damage, particularly if the fabric rolls during wear or is too tight and digs into the skin<sup>2</sup>. These experiences result in patients not wanting to comply to treatment options. They lose confidence in the compression treatment and can continue to live with an uncontrolled condition for years. Choosing the correct style and fabric is essential for the comfort and long term concordance for patients.

### Factors to consider when prescribing

- Compression classes
- Compression standard
- Fabric stiffness
- Knitting style
- Donning and doffing of garments
- Styles/lengths/foot options
- Colours
- Supply route/procurement method
- Patient preference

## Simplifying the process

A new patient assessment tool was created to help simplify the decision process focussing on:

- Disease progression and clinical symptoms
- Patient body mass index (BMI)
- Limb shape and description.

All three of these areas are easy to assess, and are used in a new, simple scoring tool to help suggest hosiery fabrics for compression based on the individual factors of the patient. In terms of compression class, no recommendation is made as it is believed that the level of compression will be based on a full holistic assessment and resilience of the patient.

## Hosiery Hunter® & Wrap Hunter® in practice

The new tool, named the Hosiery Hunter®, was recently developed by Clinical Trainer Megan Hunter from medi UK to simplify and assist in the selection of hosiery fabrics for use in clinical practice.

The tool was introduced into a tissue viability community clinic to evaluate its success on a sample of patients who required compression hosiery following a full holistic assessment. Patient scores were calculated on clinical presentation at initial assessment and suitability of the selected garment was reviewed on follow-up.

Overall, clinicians found that the Hosiery Hunter® tool was easy to use, giving them the confidence to select appropriate garments, whilst meeting the individual clinical needs of patients. Suitability of the garments was ultimately judged by the clinicians' ability to manage the condition, along with patient-led feedback<sup>1</sup>.

## Evaluation

The tool has been successful in:

- Simplifying hosiery selection in a complex arena of compression
- Increasing nurse confidence in relation to compression hosiery decision-making
- Providing patient comfort and support in facilitating self-care and allowing patients to manage their own conditions
- Reducing clinician time and overall cost of care<sup>3</sup>.

### References

1. York K, Freeman N (2019) Simplifying hosiery prescribing with the Hosiery Hunter selection tool. *Wounds UK*15(1): 96-103
2. Robertson BF, Thomson CH, Siddiqui H (2014) Side effects of compression stockings: a case report. *Br J Gen Pract.* 64(623): 316-7
3. Tickle J (2015) Managing venous leg ulcers and oedema using compression therapy. *Nurs Stand.* 30(8): 57-63