

QUICK GUIDE

COMPRESSION & CONCORDANCE



PATIENT CHOICE —
COMPRESSION BANDAGES
OR LEG ULCER HOSIERY KITS?

Wounds UK

➤ TREATING THE PATIENT WITH A VLU AND CHRONIC OEDEMA

When a patient presents with a venous leg ulcer and chronic oedema, the clinician must address 3 factors to ensure effective treatment:

- Assessing the patient, wound and oedema status
- Choosing the appropriate compression therapy and wound care regimen
- Facilitating concordance

A one-size-fits-all approach no longer suits practice. Using a holistic approach to treat the patient helps address the issues that impede optimised outcomes and cost minimisation. This Quick Guide provides a practical tool for selecting the most appropriate leg ulcer treatment choice for both the patient and clinician.

➤ 4-STEP HOLISTIC ASSESSMENT

- 1 Assess the patient's health status, comorbidities and possible underlying conditions causing ulceration and/or oedema. This should include a full vascular assessment to establish suitability for compression
- 2 Assess the presence of oedema (to identify correct compression system)
- 3 Assess the wound status (e.g. size, exudate level, infection)
- 4 Assess patient lifestyle factors (e.g. self-caring, mobility level)

➤ COMPRESSION SELECTION MATRIX FOR SHARED DECISION-MAKING

Use or modify this table to work through with the patient to establish transparency in the decision-making process and afford the time for discussion and patient involvement.

Lifestyle considerations	Actico 2C	Activa/ Actilymph Hosiery Kit	Actico	4-component bandaging system
Footwear: Will I be able to wear my regular shoes?	✓	✓	✓	✗
Hygiene: Will I have the flexibility to shower or bathe?	✓ If patient can self-apply	✓	✗	✗
Comfort: Is there a cotton-backed layer against the skin?	✓	✗	✗	✗
Daily routine: Will I have the ability to self-manage/care?	✓	✓	✗	✗
Cost: Is it reusable?	✗	✓	✗	✗
Clinical considerations				
Allergies/sensitivity: Is it latex-free?	✓	✓	Low-sensitivity latex	Some — important to check
Sizing: Is it appropriate for ankle circumference less than 18cm?	✗	✗	✓	✓
Sizing: Is it appropriate for ankle circumference greater than 32cm?	✗	✓	✓	✓
Exudate: Can it be used in conjunction with a primary dressing in instances of low to moderate exudate?	✓	✓	✓	✓
Exudate: Can it be used in conjunction with a primary dressing in instances of heavy exudate?	✓	✗ Low to moderate exudate levels	✓	✓
Mobility: Can it be used on an immobile patient?	✓	✓ May require assistance to apply	✓	✓ May be inappropriate due to sustained high pressures

WHEN EXUDATE LEVELS ARE HIGH ...

Use of a two-component inelastic bandage system is indicated:

➤ SAFE AND EFFECTIVE

Applying Actico 2C at full stretch (Safe-Loc® System) with 50% overlap is safer and easier compared to more-complex systems or those with more components.¹

The standardised application technique encourages consistency of correct compression and streamlines training. Nurses report the kit is easy to use, effective and suitable for venous and mixed-aetiology leg ulcers and mild uncomplicated oedema.²

➤ EASE OF APPLICATION

Kits containing the exact components needed to apply compression make choosing the right compression treatment easier, and help eliminate variance in application practice. Actico 2C's two components, designed to work specifically together, are packaged together for convenience and consistency of application.²

➤ GAINING CONCORDANCE

Inelastic compression systems provide therapeutic compression, while being more comfortable and safe for mobile patients when they are supine. All patients in a recent study reported Actico 2C as 'very comfortable' and had no issues with concordance over the 6-week study period. The system encourages use of a step-down approach by facilitating effective oedema reduction as well as leg ulcer healing.²

1. Knowles A, Charles H, Hampton S, et al (2013) Evaluation of a new two component inelastic compression bandage kit. *J Community Nurs* 27(3):10-13.

2. *Two-component compression: concordance evidence and clinical use* (2014) London: Wounds UK. Accessed 17.10.2014 at: <http://wounds-uk.com/supplements/two-component-compression-concordance-evidence-and-clinical-use>

... WHEN EXUDATE LEVELS HAVE BEEN REDUCED

Use of a leg ulcer hosiery kit is indicated:

➤ HEALING AND PREVENTION

Hosiery kits are a safe, effective alternative to four-component compression bandaging for the treatment of venous leg ulcers, achieving equivalent healing rates and lower recurrence rates.³

➤ COST-EFFECTIVENESS

Potential savings were seen, as hosiery kits enhance self-care: "Costs in the hosiery group were, on average, £302.40 less per patient."³

➤ PATIENT CONCORDANCE

Hosiery kits were popular with patients, due to being less bulky than four-component bandages and being worn more easily with shoes, which may enhance ankle or leg mobility.³

➤ PATIENT PREPARATION

Using leg ulcer hosiery kits may prepare patients for maintenance therapy, to reduce recurrence risk over the long term.³

➤ CLINICAL CHOICE

ActiLymph Hosiery Kit (for patients with oedema) and Activa Leg Ulcer Hosiery Kit (for patients without oedema) are available.

3. Ashby RL, Ghabre R, Ali S, et al (2014) Clinical and cost-effectiveness of compression hosiery versus compression bandages in treatment of venous leg ulcers (Venous leg Ulcer Study IV, VENUS IV): a randomised controlled trial. *Lancet* 383(9920):871-9

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For more information about Activa's compression options and to download the hosiery sizing app, visit: www.activahealthcare.co.uk/hosiery-selector-sizer

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