

QUICKGUIDE



PERSONALISING BEST PRACTICE COMPRESSION OPTIONS

READYWRAP®
THE SOLUTION
FOR SIMPLE
COMPRESSION

WOUNDS | UK

SELF-CARE COMPRESSION SOLUTIONS

Compression therapy promotes the healing of venous leg ulcers (Ousey et al, 2021) and helps alleviate pain during the initial phase of treatment. Self-care solutions garments include:

- › Hosiery
- › Hosiery kits
- › Adjustable compression wrap systems.

Self-management and initial compression

Self-care solutions enable patients to be more involved in the treatment of their leg ulcer and/or underlying disease. If a patient is hesitant or finds it challenging to apply their compression garment, it's important to understand the reasons why and ensure they are informed about alternative solutions and garments. To encourage engagement in self-care, it's imperative that each patient is provided with ongoing support and appropriate knowledge of their compression solutions.

Do's and Don'ts for talking to patients about compression therapy

Do...

...address the potential initial discomfort associated with compression therapy, emphasising its long-term effectiveness and benefits

...collaborate with the patient to identify solutions that ensure comfort and long-term engagement with the treatment (Wounds UK, 2023)

...explain how modern self-care approaches can provide patients with greater control over their wound care (Ousey et al, 2021).

Don't...

...label a patient as 'uncooperative' or 'non-concordant'

...deliver token patient engagement or transactional wound care

...'threaten' patients with negative consequences to actions or inactions

...use jargon and language that infers prejudice or attributes blame

...use language which assigns judgement to the patient.

INTRODUCING READYWRAP® (L&R MEDICAL UK)

ReadyWrap® adjustable compression garments are designed to provide a user-friendly compression therapy option for people with venous and/or lymphatic disease. Delivering clinically effective strong compression of at least 40mmHg, with lower resting pressures and higher working pressures, they empower patients to self-manage their condition in the comfort of their homes, whether alone or with support from family, carers or clinicians. Not just in the short term, but for life.



Low-stretch material

mimics short-stretch bandaging — the gold standard of treatment



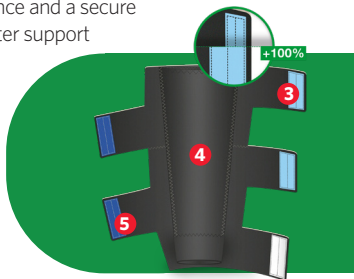
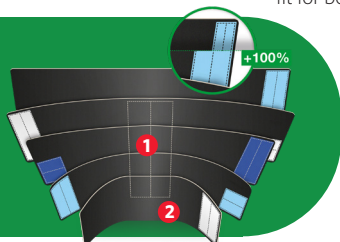
Double-width, colour-coded straps

provide easy, step-by-step donning guidance and a secure fit for better support



50% overlapping straps

help prevent gapping



- 1 A distinctive wide calf muscle support spine for increased comfort, reduced stretching and maintenance of the garment's shape
- 2 Significantly high static stiffness index, making it ideal for oedema reduction
- 3 Pre-shaped curved straps that adapt to the limb, offering comfort and support
- 4 An inner liner arm sleeve for correct fitting
- 5 Colour-coded, double-width VELCRO® brand fasteners for more security and support.

ReadyWrap® compression garments are available in a variety of formats suitable for both daytime and nighttime wear. For patients managing specific conditions, the following recommendations apply:

- **Leg ulceration** — wear a ReadyWrap® Foot CT and Calf piece
- **Full-limb oedema** — in addition to the above, wear a ReadyWrap® Knee and Thigh garment
- **Toe and front foot swelling** — wear a ReadyWrap® Toe piece and Foot CT

PERSONALISED SELF-CARE AND READYWRAP®

What is personalised self-care?

- Tailored care that meets the needs and preferences of each individual.

What does self-care look like?

- Self-care varies from person to person. For some, it involves simple decisions about treatment. For other, more willing and capable individuals, it can involve taking on tasks like changing dressings and safely applying different compression systems.

How to assess patients' capacity and capability for self-care?

- Assess their medical history, physical health, function, nutritional status, medication and cognitive/psychological status. Also ensure to assess the extent of self-care already undertaken and evaluate if they are willing and physically and mentally capable to self-care.

How can caregivers support personalised self-care?

- Assist patients who require help with self-care tasks such as maintaining leg hygiene, changing dressings and applying compression therapy.

How to introduce personalised self-care?

- Starting small and gradually increasing the level of responsibility is often the best approach to avoid overwhelming the patient.

Can ReadyWrap® be used on a patient who isn't self-caring?

- Yes — if a patient is unable to self-care, ReadyWrap simplifies compression application for healthcare professionals, broadening the team involved in ongoing patient care.



BEST PRACTICE GUIDANCE (Wounds UK, 2023)

- Provide patients with resources to support them with their individual issues and needs, in a format that they prefer and can understand
- Help patients understand venous disease and explain to them that self-care is not a 'quick fix'. Self-care will involve lifelong management of their condition, but it will have rewarding benefits for them and their wound.

SUPPORTED SELF-CARE COMPRESSION OPTIONS

This quick guide aims to identify and enrol appropriate patients in self-care compression solutions as an effective alternative to bandaging (where applicable) to alleviate crucial time and resources of NHS services. Supported self-care provides a sustainable shared care approach for patients living with leg ulcers, venous or lymphatic disease, with the intention of self-sustained treatment, management and practice.



Applied by **patient**



Applied by a **family member or carer**



Applied by any **health care professional**



Applied by a **competent bandager**

Clinical considerations	Exudate controlled within the dressing	Exudate controlled within the dressing	Exudate not controlled within the dressing or Lymphorrhoea
Social factors Patient is independent and has mobility. (Can apply own socks)	No oedema Activa® Hosiery Kit Low levels of oedema ActiLymph® Hosiery Kit	No or low to moderate levels of oedema with no limb distortion	Significant limb distortion or deep skin folds
Patient has limited mobility and independence. Carers and/or family members provide essential care	No oedema Activa® Hosiery Kit Low levels of oedema ActiLymph® Hosiery Kit	ReadyWrap®	Actico® inelastic bandage system*
Patient has limited mobility and independence and does not receive any help or essential care from carers or family	No oedema Activa® Hosiery Kit Low levels of oedema ActiLymph® Hosiery Kit	ReadyWrap®	Actico® inelastic bandage system*

As per the National Wound Care Strategy Guidance, Consider the use of Activa Class 1 British Standard Hosiery or Activa Liners to achieve up to 20mmHg compression to prevent further wound progression whilst awaiting an ABPI. An ABPI should be performed as part of a full holistic assessment within the first 14 days of presentation.

*Move to self care option once limb distortion is resolved

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MYTHS AND TRUTHS OF COMPRESSION AND SELF-CARE

The Best Practice Statement: Personalised self-care for people with venous leg ulcers: a toolkit for change (Wounds UK, 2023) highlights several myths that are fundamental to understanding compression and self-care. For example:

Myths

Compression therapy is optional

A patient can only self-care if they are fully independent

Self-care is hard work for patients and clinicians

Self-care is all-or-nothing

Self-care only focuses on physical health.

Truths

Compression is important for venous leg ulcer healing and prevention

Anyone can self-care if they have been assessed as being capable and willing to be involved

Teaching self-care may take time to build new habits, but clinicians should remind patients that self-care can quickly become second nature

Self-care varies for each individual, starting small is okay

Self-care is an approach that extends beyond physical health, addressing individuals' physical, social, mental, emotional, spiritual, recreational and practical needs.

This Quick Guide supplements the personalised self-care Best Practice Statement. For more information and to read the document in full visit wounds-uk.com or scan the QR code.



References

- NHS England (2019) NHS Long Term Plan. Available at: www.longtermplan.nhs.uk
- Ousey K, Atkin L, Conway B et al (2021) Compression therapy for pharmacy teams. Wounds UK
- Wounds UK (2016) Best Practice Statement: Holistic management of venous leg ulceration. Wounds UK

- Wounds UK (2018) Best Practice Statement: Improving holistic assessment of chronic wounds. Wounds UK
- Wounds UK (2023) Best Practice Statement: Personalised self-care for people with venous leg ulcers: a toolkit for change. Wounds UK