

**Improving well-being through successful  
chronic oedema management:**

# **A Tale of Two Brothers**

**A Plan of care for John and Colin  
incorporating cohesive inelastic  
compression bandaging\*  
and flat bed knit, made-to-measure hosiery\*\***

by  
Josie Ormrod – Community Staff Nurse  
&  
Emma McDermott – District Nursing Team Leader

## John and Colin are both...

- morbidly obese
- house-bound
- of poor nutritional status

## Colin is also...

- diabetic

## Both have...

- low self-esteem
- severe, distorted chronic oedema
- chronic skin changes
- lymphorrhoea
- **received ineffective treatment for at least 13 years**

## John - before treatment

- Lymphorrhoea, sleeping with legs in plastic bags
- Circumferential wounds

## after treatment

- All wounds healed and out of bandaging in 9 months
- Significant pain reduction
- Improved mobility
- Increased confidence
- Decreased dependency on clinical services
- Now confidently self-managing in made-to-measure hosiery following nurse-led education
- Dramatic improvement in self-esteem and self-respect

Before treatment



Following 16 weeks treatment



## Colin - after treatment

- Out of bandages and into hosiery within 3 months
- Dramatic improvement in volume and skin condition
- Now confidently self managing in hosiery following nurse-led education
- Decreased dependency on clinical services
- Resumed social activity
- Re-gained financial independence through work

## Quote from Colin

*“Since 2000 all that could be done was to treat leaking ulcers and spend 3-4 weeks in local hospital on bed rest every 2-3 years until the leaking from my legs stopped. Over a couple of years the District Nursing Team adopted a different treatment, using a new debridement pad<sup>†</sup> to wash my legs prior to bandaging, then Rachael from Activa visited to discuss compression stockings. I have now got my mobility back, which years ago I thought I had lost for good, all this is thanks to the enormous help of the local district nurses team”*

# Conclusion

- An holistic and collaborative approach is essential to achieve positive outcomes
- Cohesive inelastic bandages enabled dramatic reduction of oedema and management of lymphorrhoea for both brothers
- Appropriate oedema specific hosiery and self-care is essential to maintain long term results

\* Actico® from Aactiva Healthcare Ltd. \*\* ActiLymph® MTM Dura from Aactiva Healthcare Ltd. † Debrisoft® from Aactiva Healthcare Ltd.

EWMA 2014. This e-poster was produced using a scientific grant from Lohmann & Rauscher GmbH & Co KG as well as Aactiva Healthcare.

Aactiva Healthcare is a part of the Lohmann & Rauscher Group.