

SHORT STRETCH VERSUS FOUR LAYER? THE PATIENT'S CHOICE

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Short Stretch Bandaging (SSB)

ADVANTAGES

- Unit cost is cheaper (approx £3.15)
- Safe to use - as application is less subjective as it is applied at 100% stretch
- Quicker and easier to apply
- Can be used for mixed aetiology
- Increased concordance - as more comfortable, cooler and easy to wear
- Reduces oedema
- Less nursing time spent on application
- Can be adapted to suit venous and lymphatic disorders, both below knee and thigh length

DISADVANTAGES

- Low absorption abilities

"Choice should be patient focused..."

A literature review was conducted
(see referenced articles)
to explore the efficacy of
short stretch bandages (SSB)

versus

4 layer bandage systems (4LB)
and if a choice of treatment should be
given to the patient,
to enhance quality of life
and increase concordance.

Although there are weaknesses in each study,
the strengths indicate sound clinical research.

The findings of the research presented highlight:

- No significant difference between the healing rates for SSB and 4LB
- Choice should be patient focused in order to improve quality of life and concordance
- The advantages of each bandage will be patient specific and where possible, the patient should be a part of the decision making process

References

Franks, P.J. et al. (2004) Randomized trial of cohesive short stretch versus four layer bandaging in the management of venous ulceration. *Wound Repair Regeneration*. 12: pp 157 – 162.

Iglesias, C. et al (2004) VenUS 1: a randomised controlled trial of two types of bandages for treating venous leg ulcers. *Health Technol Assess* 8 (29): pp 1-105.

Moffatt, C.J. et al (2003) Randomized trial of four layer and two layer bandage systems in the management of chronic venous ulceration. *Wound Repair Regeneration*. 11: pp 166 – 171.

4 Layer Bandaging (4LB)

ADVANTAGES

- Safe to use
- Able to reduce the systems/change bandage pressures if needed
- Multiple layers increase absorption
- Can be adapted for mixed aetiology
- Most commonly used in UK - historically considered 'Gold Standard'
- Reduces oedema

DISADVANTAGES

- Can be bulky and restricting
- Unit price is more expensive (approx. £6.18)
- Can allow for subjective application
- More time needed for application