

## Simple solution to reduce edema before Medical Elastic Hosiery

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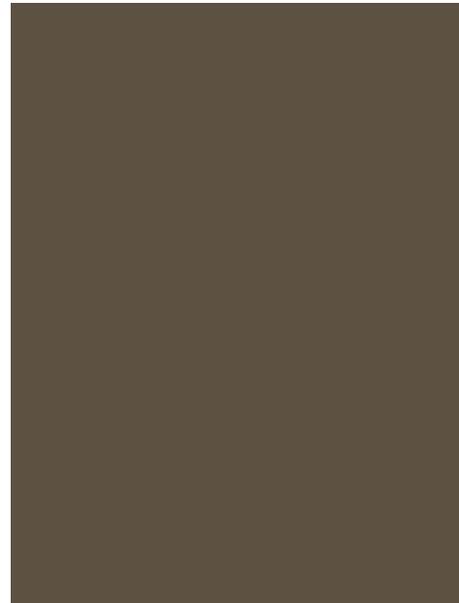
Compression Specialist/Bandager



# AIM

- Although hosiery is the golden standard in the maintenance phase for treating lymphedema or venous leg ulcers, clinical challenges exist where hosiery may not be suitable due to unresolved edema or practical application issues.
- In this study a practical solution for this group of patients was implemented using a Leg Ulcer Hosiery Treatment System.\*

\*Actico® UlcerSys



# METHOD

- Total number of patients: 20, male 11, female 9
- Age between 39 and 87, average age 68,5
- Previous treatment:
  - Ambulant Compression (2)
  - Medical Elastic Stockings (3)
  - Tubigrip (2)
  - None (13)



Indication	
C3	12
C4	2
C5	1
DVT	2
Erysipelas	3

Referrals from the General Practitioner or Medical Specialists to the bandager for Medical Stockings measurement. In all cases edema persisted and an alternative solutions was chosen using the new system for 4 – 6 weeks for treatment of the edema.

# RESULTS

Donning	Very Good	Good	Avarage	Less Good	Poor
Liner	9	11			
Top Stocking	3	14	3		
Doffing	2	12	7		
Comfort	9	10	1		
Fits in the shoe	12	8			

- After evaluation, there was an immediate effect reduction in edema, from 4 to 14%. Comfort and Donning was good to very good. Doffing was average to good. Patients were able to wear their own shoes, stay active and in some cases, continue working. They were measured for follow on Medical Stockings.
- The system was simple, effective, promoted self-care and was available off the shelf. Costs of bandager and community nurse time were reduced.



# DISCUSSION

Simple solutions such as the 2 layer Leg Ulcer System can help patients and caregivers for the treatment of edema with or without a wound. The System is of the shelf direct available. Benefits are self-management and cost efficiency instead of 2 – 3 x week bandaging. All patients could fit into their own shoes, and this motivates mobility.

## References

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