Clinical Practice Guidelines
Improving services for patients with recurring venous leg ulcers: a compression stocking clinic

Judith Barker Nurse Practitioner Wound Management
Marina Boogaerts Clinical Nurse Consultant Development and Research
ACT Health, Rehabilitation Aged and Community Care
Background

- Community nursing service
- Management of patients with a venous leg ulcer (VLU) according to the ‘Australian and New Zealand Clinical Practice Guideline for Prevention and Management of Venous Leg Ulcers’
- On discharge referred back to GP for ongoing monitoring
Incidence of venous leg ulcers is estimated to be around 1.65% to 1.74% of people aged 65 and over.

Recurrence within 3 months - between 26% and 70%.

Effect on quality of life for patients and financial burden for the health system.
Clinical Practice Guidelines
Best Practice

- Strategies to prevent recurrence
  - Daily moisturising
  - Compression therapy
  - Elevation
  - Lower limb progressive resistance exercise
Method

- Compression stocking clinic
- Education, script for stockings
- Collaboration with pharmacist
- Monitoring over 6 months – phone calls and clinic visits
  - Survey completed at initial visit, 3 months, 6 months
Pathway of care

Healed venous leg ulcer

Initial assessment in Compression stocking clinic

1 month follow up phone call

3 months visit to clinic

6 months visit to clinic
Results

- 20 participants were recruited
  - Mean age 66.8
  - 12 female – 8 male
- All participants were assessed, fitted for compression stockings, and monitored over a 6 month period
- 19 participants completed the study
Consumer information brochures

1. VLU presentation and management
2. What is a VLU
3. Managing a VLU
4. Preventing a VLU
Results – adherence to strategies

Daily moisturising
- All participants applied a daily moisturiser
  - 21% had assistance from a carer

Type of moisturiser
- 73% (14) epaderm ointment
- 21% (4) sorbolene
- 5.2% (1) bio oil

Compression stockings
- 16 participants continued wearing compression stockings
- 3 participants discontinued due to declining health
Recurrence of VLU - 16% of participants
No recurrence of VLU in participants who continued wearing stockings and moisturised daily
Case study 1

- 50 yrs
- Male
- Contributing factors
- Diagnosis
- Duration of ulcer
- Healed since Feb 2014
- Outcome
Case study 2

- 23 yrs
- Male
- Medical history
- Recurrence of ulcers
- Healed since Jan 2014
- Outcome
Case study 3

- Residential aged care
- 87 yrs
- Female
- Duration of ulcer
- Multiple treatments to heal ulcer
- Healed since Jan 2014
- Outcome
Conclusion

- Small study
- Complement the wound management service
- Sustainable
- Continue the Compression Stocking Clinic
- Collaboration
Future

- Best practice
- More research
- Monitor recurrence after 6 months
- Long term challenges with use of compression stockings
- Cost of resources
- Subsidise compression
References

- Kapp S, Sayers V. Preventing venous leg ulcer recurrence: a review. Wound Practice and Research, 2008; 16(2); 38-47.
Thank you

- Any questions?