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
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&
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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
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† 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 Activa Heathcare Ltd. ** ActiLymph® MTM Dura from Activa Heathcare Ltd. † Debrisoft® from Activa Healthcare Ltd.
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