SHORT STRETCH VERSUS FOUR LAYER? THE PATIENT’S CHOICE

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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 increase 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

