

USING AN ADJUSTABLE COMPRESSION WRAP TO TREAT PRIMARY LYMPHOEDEMA

Michaela Delahunty, Clinical Lead, Tissue Viability and Lymphoedema Service (TVALS), Rotherham Doncaster and South Humber NHS Foundation Trust Cantley Health Centre.

Introduction

Chronic oedema refers to a persistent, long-term swelling often due to an accumulation of fluid in the tissues. Chronic oedema affects various parts of the body as a result of various medical conditions or underlying health issues (Keast et al 2015; Wounds UK 2023). This poster will demonstrate how the use of an adjustable compression wrap (L&R ReadyWrap®) was selected to manage a 27-year-old patient with primary lymphoedema. This patient has learning disabilities, primary lymphoedema to both legs, morbid obesity (BMI 89) and a history of 8 acute care admissions in 12 weeks.

Method

Below knee compression initially commenced using a short stretch bandage. Although this was proving clinically effective, there were many challenges due to bed rest and the weight of limb. Tissue Viability and Lymphoedema Service (TVALS) contacted L&R for support with measuring this patient for ReadyWrap® to reshape the lower limb, toe to thigh. Due to challenging behaviour, this case study also highlighted the importance of collaborative working with the multidisciplinary team alongside support from industry.

Results

The L&R ReadyWrap® made it possible to provide clinically effective compression and offer a solution needed to manage this otherwise complex clinical challenge. Allowing the patient to be involved with the application and supporting the rationale for treatment aided enhanced adherence to treatment. This enabled a rapid reduction in limb volume and improved limb shape. Furthermore, this lady became more engaged when we discussed using her case for others to learn (she felt she was famous).

Discussion

Many challenges exist for our patients when undertaking therapy for chronic oedema. Pain, mobility and aesthetics are only a few of the challenges associated with this condition and its treatment. Selecting the right product can be difficult, however with advances in both technology and evidenced best practice, we are taking steps to improve care for our patients. The L&R ReadyWrap® provides strong compression of at least 40mmHg (on average 40mmHg – 60mmHg) and can be applied without clinician aid or the need to attend a clinical setting. ReadyWrap® is relatively simple and can be easily adjusted through Velcro straps and is therefore particularly suitable for patients who can self-manage, elderly, have reduced muscle force and dexterity, have degenerative joint disease, or as in this case study, have oedema and complex health needs.

Conclusion

A professional relationship was built upon trust through continuity of care, support, education and clinical results. This patient is still engaging with wearing her ReadyWrap® and she is more receptive to staff supporting her with skincare and exercise. Staff have also developed a music-based exercise routine alongside Simple Lymphatic Drainage (SLD) techniques. Since this has been incorporated, diuretics have also now been discontinued. This patient had been in and out of care for 8 years prior to this intervention with an estimated 15 hours a month in care time, totaling 180 hours annually and over 1,440 hours in care, equating to an estimated £79,200 in nursing costs alone (not including product costs).



Fig 1: Patient prior to treatment



Fig 2: After initial intervention with Actico® and ongoing treatment with ReadyWrap®

References:

- 1) Keast DH, Despatis M, Allen JO, Brassard A. Chronic oedema/lymphoedema: under-recognised and under-treated. *Int Wound J*. 2015 Jun;12(3):328-33.
- 2) Wounds UK (2023) Best Practice Statement: The use of compression therapy for peripheral oedema: considerations in people with heart failure. Wounds UK, London.