**The CHROSS checker form**

It is important to check for the signs and symptoms of venous and lymphovenous disease, which are listed in the chart below.

1. The chart should be used as a prompt to check for skin and limb changes as part of holistic patient assessment.
2. The compression products recommended should be used as part of an overall management plan, which includes medical management of underlying disease(s), skin and wound care, and patient education.
3. Vascular status must be determined before applying compression. If in doubt, do not use and refer for specialist advice.
4. If no ticks are recorded, the limb is healthy and no action is needed, other than a good skin care regimen.
5. In the ‘early/medium intervention’ and ‘intensive management’ phases, before managing with hosiery, a period of treatment with compression bandaging (e.g. Actico®) may be required.
6. For further information on the signs/symptoms listed below, including photographs and description, please refer to the hosiery selector app or the CHROSS checker images.

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Early/medium intervention</th>
<th>Intensive management</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tick the box below if the sign/symptom is reported, or present on the limb of the patient</strong></td>
<td><strong>Tick “YES” or “NO” (in the colour band of the lowest tick in step 1)</strong></td>
<td><strong>Tick the box below if the sign/symptom is reported, or present on the limb of the patient</strong></td>
</tr>
</tbody>
</table>
| Tired, aching, heavy legs | NO | Activa® British Standard hosiery*  
Mild: Class 1 (14–17mmHg)  
Moderate: Class 2 (18–24mmHg) |
| Spider veins              | | ActiLymph®/Adore® European Class hosiery**  
Mild: Class 1 (18–21mmHg)  
Moderate: Class 2 (23–32mmHg) |
| Ankle flare               | | Activa® British Standard hosiery*  
Mild: Class 1 (18–24mmHg)  
Moderate: Class 2 (25–35mmHg) |
| Mild/moderate hyperkeratosis | | Activa® Leg Ulcer Hosiery Kit |
| Mild/moderate varicose veins | YES | ActiLymph®/Adore® European Class hosiery**  
Mild: Class 1 (18–21mmHg)  
Moderate: Class 2 (23–32mmHg) |
| Hyperpigmentation         | | ActiLymph®/Adore® European Class hosiery**  
Mild: Class 1 (18–21mmHg)  
Moderate: Class 2 (23–32mmHg) |
| Venous dermatitis         | | ActiLymph®/Adore® European Class hosiery**  
Mild: Class 1 (18–21mmHg)  
Moderate: Class 2 (23–32mmHg) |
| Varicose eczema           | | Activa® British Standard hosiery*  
Moderate: Class 2 (18–24mmHg)  
Severe: Class 3 (25–35mmHg)  
Activa® Leg Ulcer Hosiery Kit |
| Atrophie blanche          | | ActiLymph®/Adore® European Class hosiery**  
Mild: Class 1 (18–21mmHg)  
Moderate: Class 2 (23–32mmHg)  
Severe: Class 3 (34–46mmHg) |
| Induration                | NO | Activa® British Standard hosiery*  
Moderate: Class 2 (18–24mmHg)  
Severe: Class 3 (25–35mmHg)  
Activa® Leg Ulcer Hosiery Kit |
| Moderate/severe varicose veins | | ActiLymph® Hosiery Kit |
| Moderate/severe hyperkeratosis | | ActiLymph® Hosiery Kit |
| Healed ulcer/**           | | ActiLymph®/Adore® European Class hosiery**  
Mild: Class 1 (18–21mmHg)  
Moderate: Class 2 (23–32mmHg)  
Severe: Class 3 (34–46mmHg) |
| Recurring ulcer/open ulcer/** | YES | ActiLymph®/Adore® European Class hosiery**  
Mild: Class 1 (18–21mmHg)  
Moderate: Class 2 (23–32mmHg)  
Severe: Class 3 (34–46mmHg) |
| Cellulitis***             | | ActiLymph® Hosiery Kit |
| Lipodermatosclerosis (acute or chronic) | NO | Activa® British Standard hosiery*  
Severe: Class 3 (25–35mmHg) |
| Chronic oedema/lymphoedema | | ActiLymph® European Class hosiery**  
Mild: Class 2 (18–24mmHg)  
Moderate: Class 2 (23–32mmHg)  
Severe: Class 3 (34–46mmHg) |
| Severe hyperkeratosis     | | ActiLymph® Hosiery Kit |
| Skin folds               | | ActiLymph® MTM Ease or MTM Dura  
Moderate: Class 2 (23–32mmHg)  
Severe: Class 3 (34–46mmHg) |
| Papillomatosis            | | ActiLymph® Hosiery Kit |
| Lymphangioma              | | ActiLymph® Hosiery Kit |
| Lymphphoehoea (wet legs)  | | ActiLymph® Hosiery Kit |

* Activa® Leg Ulcer Hosiery Kit (40mmHg)  
**ActiLymph® Hosiery Kit  
***Acute cellulitis should be treated before using compression

Once the correct Class of hosiery has been selected for disease severity, if limb measurements do not match stock sizes, use either ActiLymph® Made to Measure flat knit hosiery or Credalast® Velvet Made to Measure hosiery.