

# **Compression hosiery**



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# Post thrombotic syndrome



- **Brandjes (1997) 60% of pts with 1<sup>st</sup> episode of DVT develop PTS within 2 years.**
- **Sized to fit compression hosiery reduced incidence by 50 %**
- **Prandoni (1996) 60% of pts develop chronic venous insufficiency if stockings not used compared to 25% if used.**
- **Think about PE as well as DVT.**

# **What is post thrombotic syndrome**



- **Reflux of blood caused by valvular damage and/or outflow obstruction.**
- **DVT normally forms around valve cusps.**
- **Signs and symptoms include:**
- **Mild to severe oedema**
- **Pain, cramps, heaviness, pruritus**
- **Induration of the skin**
- **Hyper pigmentation**
- **Can all lead to venous ulcers**

# **Compression hosiery to prevent PTS**



- **Bandjes (1997) and Bandolier (1999) recognised class 2 compressions benefits. They reduce the diameter of veins and increase venous blood velocity. This brings the valve cusps into opposition and restores patency therefore preventing venous reflux.**
- **Ankle pressure 23 – 32 mm hg**

# Compression hosiery



- **Porteous (1989) and Williams (1990)**

**Concluded below knee equally efficient, cheaper, easier to fit and give good compliance.**

**Research by Brandjes and others suggests that compression should be worn for 2 – 5 years post thrombosis.**

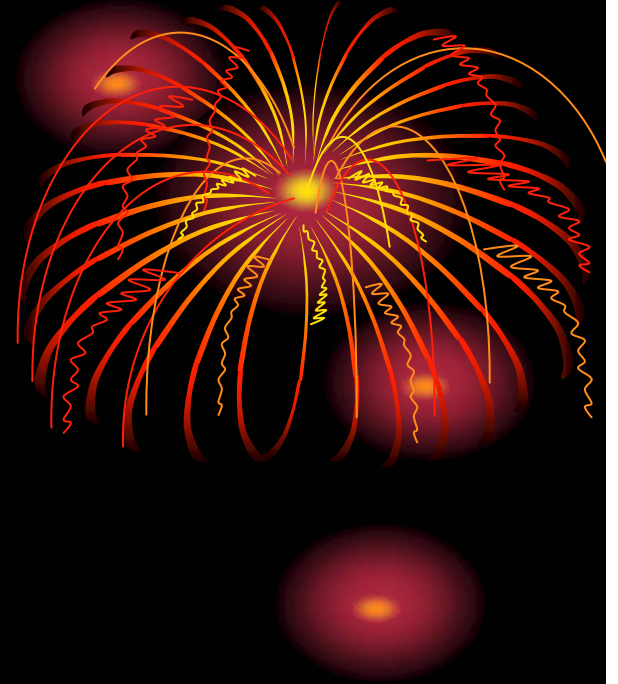
# Contra indications



- **Local leg conditions**
- **Diabetes**
- **Pvd or other ischaemic changes**
- **Extreme deformity**
- **Massive oedema due to CCF**
- **Inability to fit correctly**
- **Patient compliance**
- **Doppler? Severe atherosclerosis**

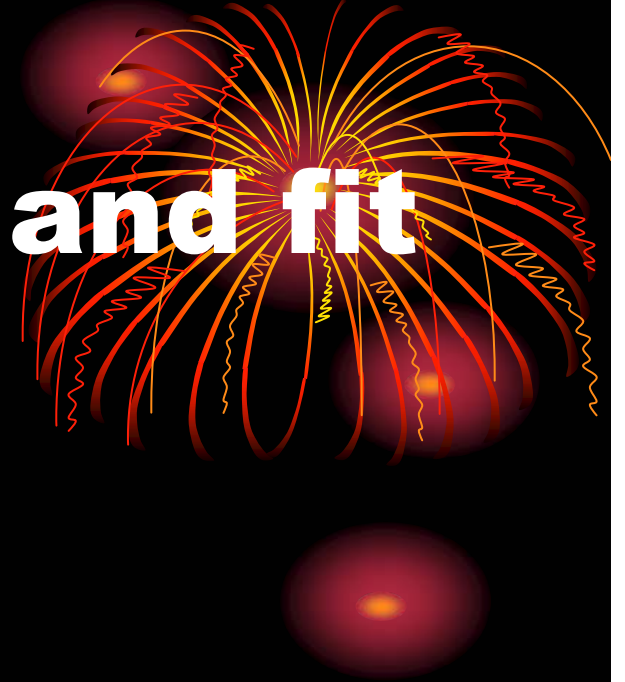
# Documentation

- **Patient history**
- **Colour of limbs**
- **Pedal pulses**
- **Ability to fit**
- **Pulse oximetry ?**
- **If in doubt ask**



# When to measure and fit

- **No real evidence**
- **Patients pain**
- **Extent of swelling**
- **Patient skin care and nails**



# How to measure



- **Stand patient upright if possible**
- **Measure widest part of ankle and calf**
- **Length from popliteal fossae**
- **Both legs**
- **Thigh length – gluteal furrow**
- **Always get company advice**

# How to fit

- **Always remember to advice patient on care of stockings**
- **Should have written info**
- **Advise patients on correct fit**
- **Fit one leg and check for comfort and sizing**
- **Ask patient to fit other leg to ensure ability**



# Practice makes perfect



- **Practice measuring**
- **Checking size needed**
- **Patient choice**
- **Fitting of stockings with / without aids**