### EASING WINTER AND COVID PRESSURES: MAKE THE SELF-CARE SWITCH FOR VENOUS LEG ULCER MANAGEMENT

# WEDNESDAY 1 DECEMBER 7.30-8.30 FACEBOOK LIVE JOCHB

JOY TICKLE





### EASING WINTER AND COVID PRESSURES: MAKE THE SELF-CARE SWITCH FOR VENOUS LEG ULCER MANAGEMENT

JOY TICKLE, TISSUE VIABILITY NURSE CONSULTANT





### A WINTER LIKE NEVER BEFORE



### WINTER PRESSURES

- Covid-19
- Backlog in service demand from the pandemic
- Patients requiring earlier discharge into the community with no increase in resources



- Staff redeployed into different settings or working in temporary settings resulting in wide variation in knowledge levels, skills and competencies
- Staff from all care settings reporting unmanageable caseloads.

   Execution People.Health.Care

### THE WORKFORCE CHALLENGE

'Minimum staffing requirements are not being met within my team'

> 'I am making at least 20 patient visits per day — I do not have enough time'

'I am patie do no

'My experienced colleagues are leaving and not being replaced — this impacts on my patients'

'My wellbeing is suffering and I do not have support'



(Green, 2021)

ple.Health.Care.

### **BURDEN OF WOUND CARE IS ESCALATING**

71% increase in wounds since 2012/13 (Guest et al, 2020). Over one million patients, which equates to 2% of the UK adult population, affected with a leg ulcer (Guest et al, 2020).





### **BURDEN OF WOUND CARE IS ESCALATING**

£3.1b Annual estimated healthcare cost associated with leg ulcers (Guest et al, 2020). 50% of community nursing time is taken up on wound care (National Wound Care Strategy Programme [NWCSP], 2020a).





### **BURDEN OF ILLNESS LEAGUE TABLE**



People.Health.Care.



What is the cost in terms of pressures on:your time?

- your resources?
- your wellbeing?

### WINTER ACTION PLAN



### **ASSESS YOUR CASELOAD**

To free up nursing time across all care settings and avoid unnecessary physical contact, use the best practice leg ulcer pathway to **switch** patients that have:

- Controlled wound exudate
- Minimal limb distortion.

To encourage self-care compression systems and reduce your appointment times and clinic costs.

Some patients will still require compression bandaging, but the aim is to limit the number of these, and therefore reduce time spent bandaging (Atkins and Tickle, 2016).



### **BEST PRACTICE LEG ULCER PATHWAY**





### PATIENT EXAMPLE



Patient was started on compression bandages and then switched to selfcare compression option with a hosiery kit.

### **EVIDENCED-BASED APPROACH**

### The VenUS IV study (compression hosiery compared with compression bandaging).

Median time to healing Ulcers healing Ulcers recurring Mean annual cost	<u>4-layer bandage</u> 98 days 70.4% 23% £1 705	<u>2-layer hosiery kit</u> 99 days 70.9% 14% £1.404
Ulcers recurring	23%	14%
Mean annual cost	£1,795	£1,494

'Increased use is likely to result in a substantial saving for the NHS with improved quality of life for people with venous ulcers.'



(Ashby et al, 2014)



### WHAT IS A LEG ULCER HOSIERY KIT?

- Ideal self-care approach for venous leg ulcer (VLU) management

   aligned with the National Wound Care Strategy Programme
   (NWCSP, 2020b)
- A silky, easy to apply 10mmHg liner goes on first
- The liner holds dressings in place and helps the second layer to go on easily
- A second compression layer is added over the liner to achieve consistent therapeutic compression (40mmHg), optimised for venous leg ulcer healing
- For legs without oedema, use British Standard Activa<sup>®</sup> leg ulcer hosiery kit
- For legs with oedema, use European Class ActiLymph<sup>®</sup> leg ulcer hosiery kit.





### WHAT IS A COMPRESSION WRAP SYSTEM?

- Adjustable compression wraps are modular compression garments
- They deliver full, therapeutic compression for the treatment of leg ulcers and chronic oedema
- ReadyWrap<sup>®</sup> is easy to use, apply and adjust (de Klerk and Muldoon, 2017)
- ReadyWrap<sup>®</sup> helps empower patients to self-care (de Klerk and Muldoon, 2017).







### WHAT IS SELF-CARE?

# Empower people by providing them with the confidence, support and information to promote independence.





### CASE STUDY

### Method:

- Forced by increased winter pressures on service provision, an audit of VLU care delivered by a new tissue viability clinic was undertaken
- Through audit, 15 patients were identified in one GP practice with a VLU that were suitable for compression (Tickle, 2015).

### An audit of leg ulcer care and adoption of an alternative pathway using hosiery kits.

Joy Tickle, Tissue Viability Nurse Specialist, Shropshire Community Health NHS Trust, Telfo

### **Refore the audit** Introduction • 10 patients in compression bandaging via PN 3x week = 30 appointments The VenUS IV trial (Ashby et al. 2014) has delivered evidence to support the first-· 3 patients in compression via community nurses 3x week = 9 appointments line use of hosiery kits for venous leg ulceration (VLU), challenging ritualistic practice with compression bandaging. A recently published study indicates that 2 patients receiving no compression, visiting PN 2x week = 4 appointments the largest percentage of costs related to leg ulcer care was attributed to pursing time (Guest et al. 2015). A large proportion of this may be linked to the application Total 43 appointments per week of compression handage Cost: £656 (12.5 hours) per patient / 12 weeks Following the audit Last winter, Shropshire the acute and community trusts were faced with · Eight of the 15 initial patients were suitable for the use of a compression hosiery kit winter pressures: · Seven of eight self-caring with support of family/carers 2x week visit/appointment 1x week · Patients required earlier discharge into the community with no increase = 7 appointments · Many staff were recruited in from agencies and bank staff, resulting in a One patient appointment 2x week = 2 appointments wide variation in knowledge levels, skills and competencie · Two patients not receiving any form of compression therapy · Staff from all care settings reporting unmanageable case loads. PN twice per week = 4 appointments Three patients community nurses 3x week = 9 appointments Two patients community nurses 2x week = 4 appointments Forced by increased winter pressures on service provision, an audit of VLU care delivered by a new Tissue Viability clinic was undertake

Method

following criteria was met

Minimal limb distortion

Low-moderate wound exudat

use of leg ulcer hosiery kits.

benefits can be applied to more patients.

Changes in the delivery of leg ulcer training have occurred in response to the findings

Staff are now encouraged to use hosiery kits whenever possible, utilising co

bandages when limb volume or exudate reduction is a priority.

still receive treatment with a hosiery kit

Total 26 appointments per week Cost: £150 (5 hours) per patient / 12 weeks Through audit, 15 patients were identified in 1 GP practice with VLU, who Following the audit, treatment with a leg ulcer hosiery kit\* was selected if the Reported patient benefits attributed to hosiery kits included: increased comfort compared to bandaging Patients and clinicians alike were educated as regards to the safe more cosmetically appealing than bandage application, removal and care of hosiery kits. · a greater ability to self-care The findings of the VenUS IV trial gave a compelling reason to review practice for VLU The use of leg ulcer hosiery kits within the organisation has yielded clinical, cost and quality of life benefits for those receiving treatment for venous leg ulceration. The outcomes achieved following the audit provided local evidence to support the ongoing · For those unable to receive treatment with a hosiery kit in the initial stages, a step-dow References approach from bandaging to a hosiery kit ensures that the clinical, cost and guality of life

Ashby RL Gabe R. Ali S. et al (2014) Clinical and cost-effectiveness of compression hosiery versus compression bandages in treatment of venous leg ulcers (Venous leg Ulcer Study IV , VenUS IV ): a . The use of hosiery kits encourages self-care. Those that are less able to self-care car randomised controlled trial The Lancet 383(9920) on871-9

Guest J. Genish & Junuh N. Vowrlen K. Vowrlen P. (2015) Clinical outcomes and cost-effectiveness of three alternativ ssion systems used in the management of venous leg ulcers. Journal of Woundcar 24(7): 300-10

**Clinical benefits included** 

visits required

reduced numbers of clinic appointments

easier than application of bandages

application of the leg ulcer hosiery kits was



### **CASE STUDY**

Following the audit, treatment with a leg ulcer hosiery kit was selected if the following criteria were met:

- Low-moderate wound exudate
- Minimal limb distortion.

Patients and clinicians alike were educated in regards to safe application, removal and care of compression hosiery kits.





### OUTCOMES

- Total appointments went from 43 per week to 26 per week
- A reduction in total costs went from £656 (12.5 hours) per patient to £150 (hours) per patient over 12 weeks
- Clinicians reported a reduced numbers of clinic appointments and visits required
- The ease of applying the leg ulcer hosiery kits resulted in patients, their family or carers being able to self-care
- Patients reported hosiery kits were more comfortable and cosmetically pleasing, and that they enabled self-care and improved quality of life.





### **OUTCOMES IN PRACTICE**







### **OUTCOMES IN PRACTICE**





Our privacy policy







### HOW WE PUT THIS INTO PRACTICE





### **TOOLS TO SUPPORT YOU**

Learn on demand — winter pressures module:

- Best practice leg ulcer pathway
- Chross checker
- Measuring forms
- Application videos
- Information on leg ulcer passports.





## Club SQUEEZE IN

Squeeze In aims to empower people to manage their leg health.

### Tools to support you



To support you this winter to make the switch to selfcare solutions, request your self-care resource pack by visiting:



**Tools to support your patients** 

When signing up your patients will receive an informative and easy-to-use healthy living booklet.







How many patients do you think you have on your caseload that you could put into a self-care compression system?

Submit your answer in the comment box.

### REFERENCES

Ashby RL, Gabe R, Ali S, et al (2014) Clinical and cost-effectiveness of compression hosiery versus compression bandages in treatment of venous leg ulcers (Venous leg Ulcer Study IV, VenUS IV): a randomised controlled trial. Lancet 383(9920): 871-879

Atkins L, Tickle J (2016) A new pathway for lower limb ulceration. Wounds UK 12(2): 40-43

De Klerk R, Muldoon J (2017) How can Velcro compression wrap systems contribute in wound management. Annual Meeting of the European Wound Management Association (EWMA), Amsterdam, 3–5 May 2017

Green J (2021) District nursing services: survey reveals 'relentless' pressures. Available online: https://rcni.com/primary-healthcare/features/district-nursing-services-survey-reveals-relentless-pressures-172426

Guest JF, Ayoub N, Mcllwraith T, et al (2015) Health economic burden that wounds impose on the National Health Service in the UK.

BMJ Open. Available online: https://bmjopen.bmj.com/content/5/12/e009283

Guest JF, Fuller GW, Vowden P (2020) Cohort study evaluating the burden of wounds to the UK's National Health Service in 2017/2018: update from 2012/2013. BMJ Open. Available online: https://bmjopen.bmj.com/content/10/12/e045253

National Wound Care Strategy Programme (NWCSP) (2020a) COVID 19 - Advice in relation to Wound Care in Community Services. Available online: COVID 19 – Advice in Relation to Wound Care in Community Services

National Wound Care Strategy Programme (NWCSP) (2020b) Lower limb clinical workstream. Available online: https://www.ahsnnetwork.com/about-academic-health-science-networks/national-programmes-priorities/national-wound-carestrategy-programme/clinical-workstreams/lower-limb-clinical-workstream

Tickle J (2015) An audit of leg ulcer care and adoption of an alternative pathway using hosiery kits. Harrogate 2015 https://lohmannrauscher.co.uk/blog/releasing-time-to-care-over-winter-with-self-care-compression-solutions







### **DOWNLOAD CERTIFICATE** WWW.JCN-LIVE.CO.UK/CERTIFICATE