

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

**WEDNESDAY
1 DECEMBER**

7.30 - 8.30

FACEBOOK LIVE

JCN:

JOY TICKLE



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

JOY TICKLE,
TISSUE VIABILITY NURSE CONSULTANT

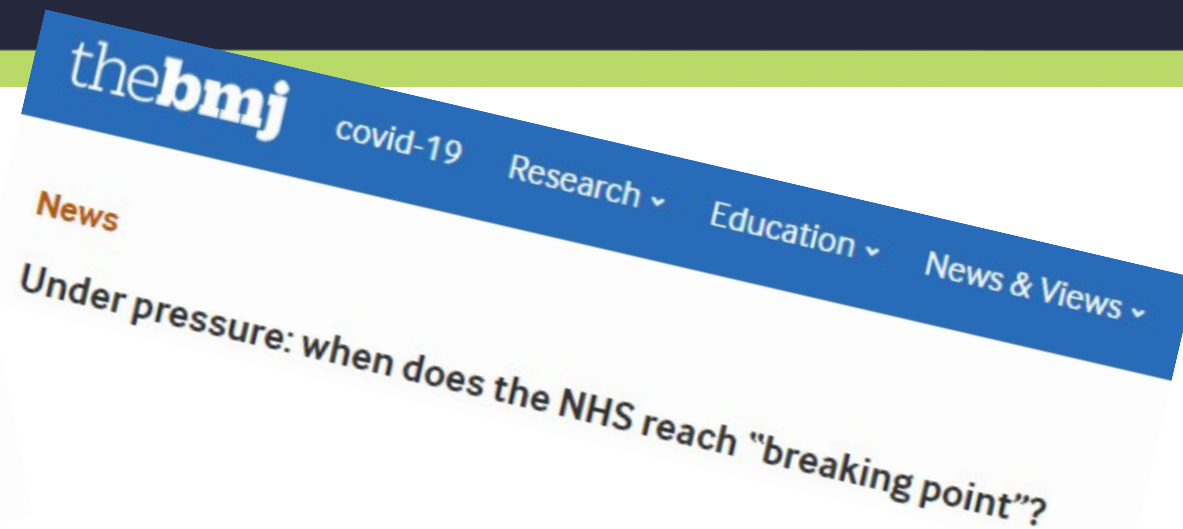
A WINTER LIKE NEVER BEFORE



CORONAVIRUS
Covid-19 winter plan must account for 'intense pressure' on nurses
13 SEPTEMBER, 2021 | BY MEGAN FORD



The perpetual winter's tale



News
Under pressure: when does the NHS reach "breaking point"?



HOSPITAL
Warning NHS 'buckling' under strain of winter pressures during summer
08 JULY, 2021 | BY STEVE FORD

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.



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'

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

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



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).

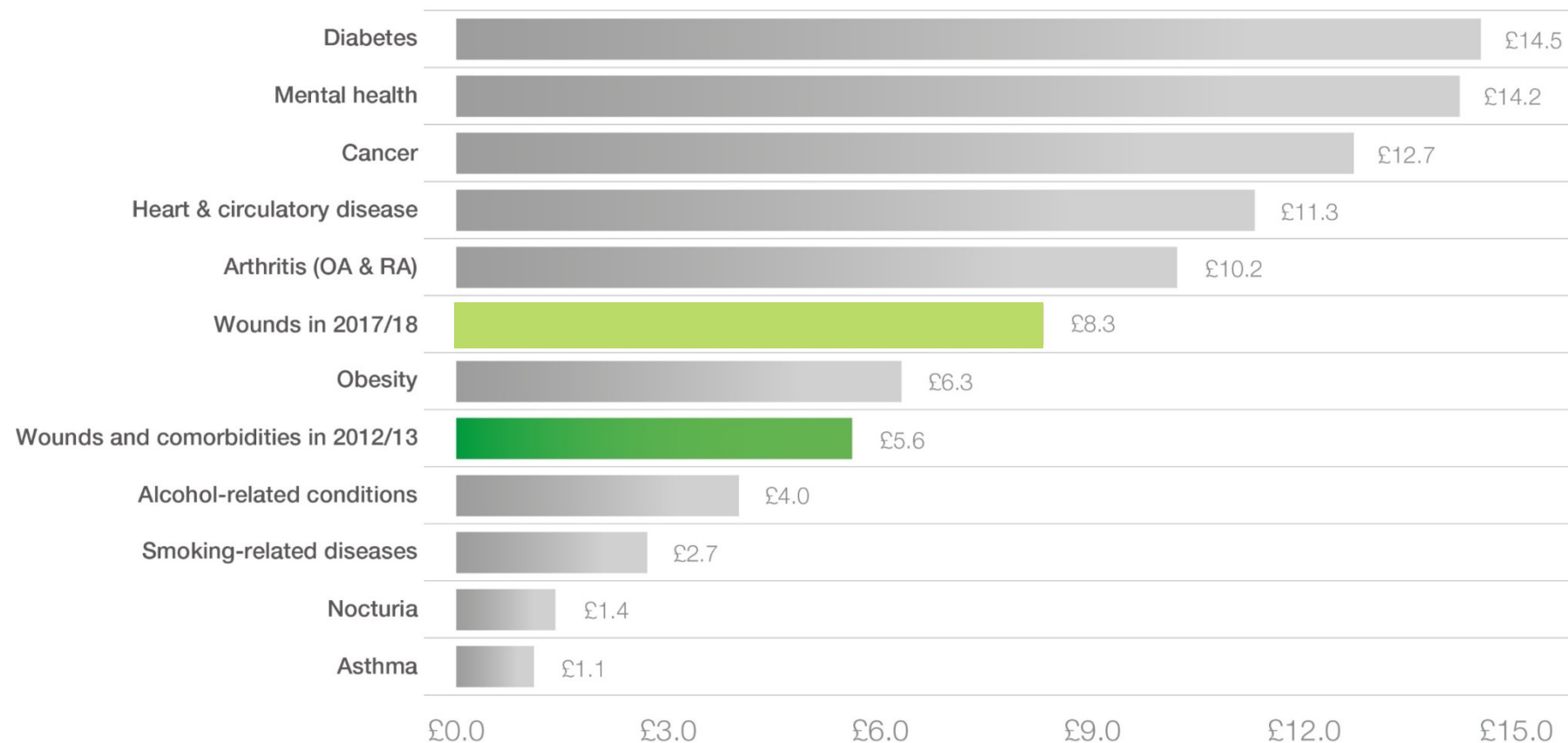
BURDEN OF WOUND CARE IS ESCALATING



£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



Annual NHS Cost (billion)

(Guest et al, 2015)



What is the cost in terms of pressures on:

- your time?
- your resources?
- your wellbeing?

WINTER ACTION PLAN



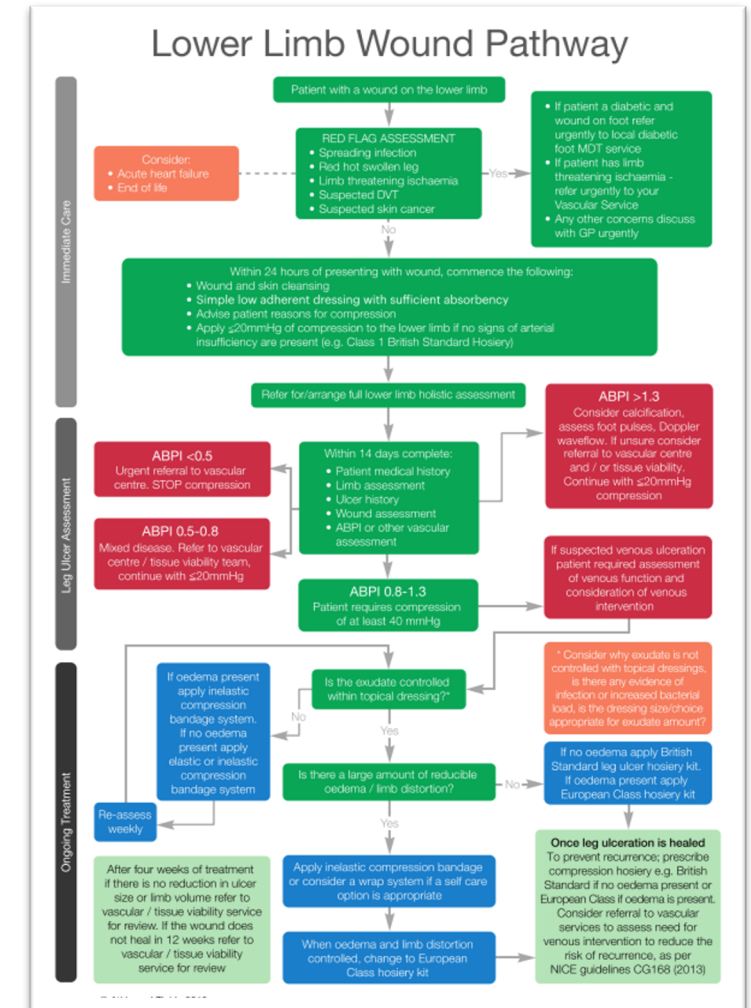
ASSESS YOUR CASELOAD

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:

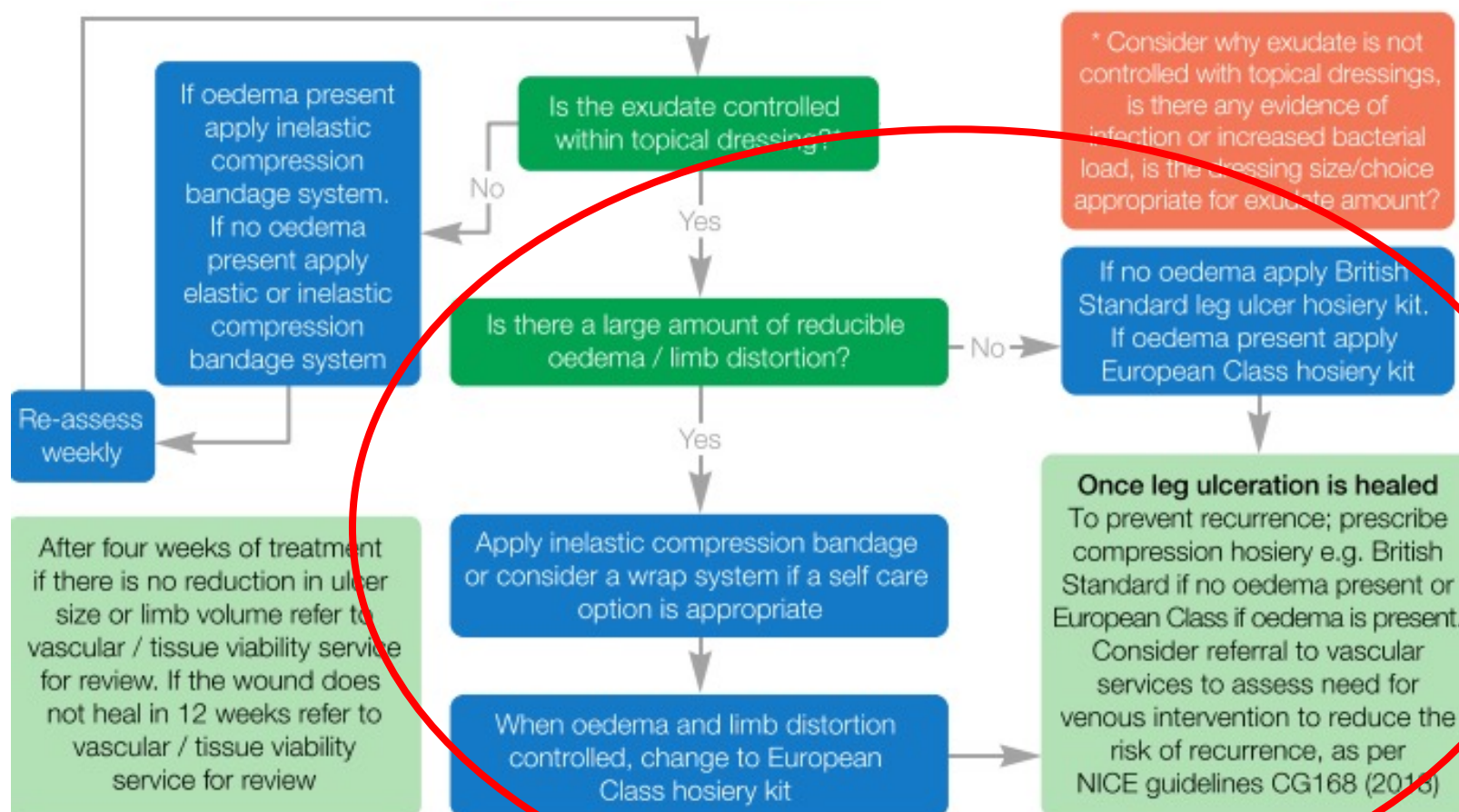
- Controlled wound exudate
- Minimal limb distortion.

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 self-care compression option with a hosiery kit.

EVIDENCED-BASED APPROACH

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

	<u>4-layer bandage</u>	<u>2-layer hosiery kit</u>
Median time to healing	98 days	99 days
Ulcers healing	70.4%	70.9%
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® leg ulcer hosiery kit
- For legs with oedema, use European Class ActiLymph® 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® is easy to use, apply and adjust (de Klerk and Muldoon, 2017)
- ReadyWrap® helps empower patients to self-care (de Klerk and Muldoon, 2017).



WHAT IS SELF-CARE?

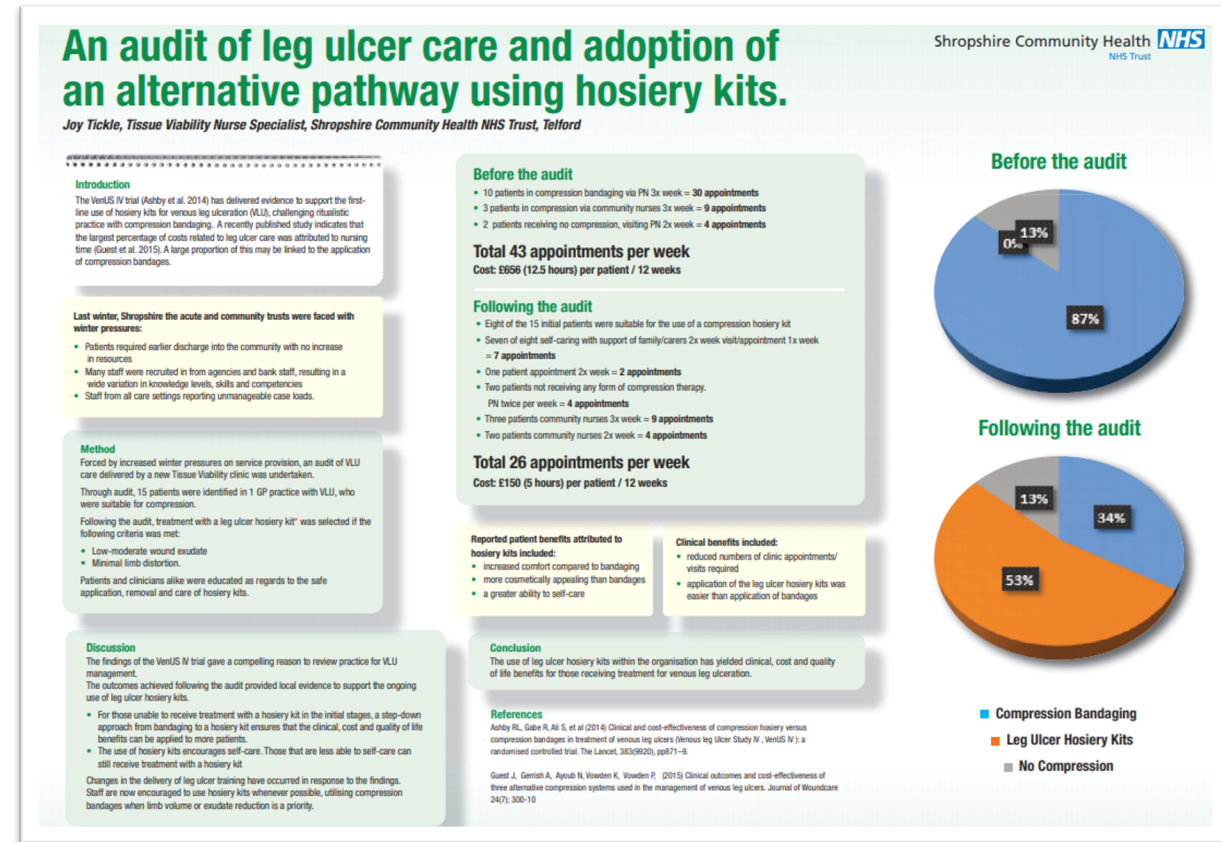
Empower people by providing them with the confidence, support and information to promote independence.



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).



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

[illegible]

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.



<https://lohmanna-rauscher.co.uk/education/elearning>

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 self-care 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.

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Q & A



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