

One Gloucestershire Lower Limb Compression Formulary

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Introduction

The lower limb community compression hosiery formulary has been formulated by specialist colleagues within Gloucestershire Health and Care NHS Foundation Trust, Gloucestershire Hospitals NHS Foundation Trust and NHS Gloucestershire ICB.

All colleagues referring to this formulary need to be familiar with their local clinical guidelines for leg ulcer management (commonly a policy) and the Countywide Wound Management Formulary (available on G-care).

Chronic oedema affects more than 429,000 people in the UK and is rising year-on-year due to an aging population and growing levels of obesity. A further 100,000 patients each year will suffer from lymphoedema. The prevalence of chronic oedema is currently equal to, or greater than, that of other long-term conditions, such as stroke. The development of chronic oedema is also related to lifestyle choices, such as immobility and obesity, both of which are expected to rise exponentially for the next 10–15 years (Moffatt et al, 2017). Increased awareness of, and vigilance for, the signs and symptoms of chronic oedema can help to identify the condition in its early stages, leading to early intervention and prevention of complications. This, in turn, will improve clinical outcomes and patient experience.

With over 700,000 people in the UK estimated as having leg ulceration and the documented annual cost of its management being a staggering £1.94 billion (Guest et al, 2015; 2018), its impact on NHS resources is significant. As leg ulcer management is currently estimated to account for at least 1.3% of the healthcare budget in the UK, it is essential that clinicians adhere to best practice to achieve optimal outcomes. In addition to this 169,000 will have diabetic foot ulcers.

Patients who fail to progress with their treatment may lose faith in their clinician and/or management decisions and become discouraged. Rather than labelling such patients as 'non-concordant', healthcare professionals should work with the patient to develop a positive relationship to ensure that a therapeutically correct treatment regimen is in place, with which the patient is also happy.

Key Messages:

- There must always be a clear rationale for the choice of compression
- The clinician managing the patient must be aware of the total cost of the compression regimen
- Hosiery choice should cut the frequency of nursing visits, where appropriate
- Written authorisation **MUST** be gained for off formulary products
- Discuss the most suitable donning/doffing aids with patient prior to garments being issued
- Consider and discuss with the patient the most suitable type of footwear for the type of compression bandage/garment

Aims:

- Guide practitioners in appropriate compression choice
- Increase standardisation of care across services throughout Gloucestershire
- Reduce cost by early detection of conditions such as venous disease and chronic oedema

This formulary has been separated into specific categories to enable staff to make the correct choices when managing patients with venous leg ulcers and/or chronic oedema. Where a satisfactory outcome is not achieved, practitioners should discuss care with Tissue Viability Services, Complex Leg Wound Services, Gloucester Leg Ulcer Service, Primary Care Leg Ulcer Service or Lymphoedema Service and following this, other products may be recommended based on a clear rationale and evidence.

Please remember prescribing outside of this formulary must be clinically justified based on a specific patient need and this will be monitored. **Please be aware** that patients who have been seen by a specialist service may be wearing/using a different product/garment to what is listed on the formulary. It is important that these are continued, and should you experience any issues re-prescribing these, to contact the specialist service for support.

Please do not accept off formulary 'samples' of hosiery without the consent of a Lymphoedema Specialist Practitioner, Complex Leg Wound Service, Gloucester Leg Ulcer service or Tissue Viability Nurse

Compression Bandaging

Below-knee compression graduated from toe to knee, in the form of bandaging, is a key component of treatment in venous leg ulceration, chronic oedema or Lymphoedema in the absence of significant arterial disease. Ensure appropriate guidelines are followed to assess patients – refer to your trust / organisation’s leg ulcer policy and then select the most appropriate compression product.

Please refer to the [Gloucestershire Wound Management Formulary](#)

Deciding to compress a limb is a decision for suitably experienced and competent colleagues in line with immediate and necessary care guidance. A full and comprehensive clinical assessment and understanding of the patient’s full clinical history is essential, as is examination of the limb and correct interpretation of Doppler readings and Duplex scan results if obtained. If in doubt seek expert support from a specialist service to inform the decision making.

Compression Categorisation

Both compression bandaging and compression garments are typically categorised based on the level of pressure it applies, measured in millimetres of mercury (mmHg). Here are the main categories:

Compression Garments

RAL Class 1 (CCL 1) - 18-21mmHg
Uses: Prevention or early treatment of lymphoedema, mild venous disease

RAL Class 2 (CCL 2) - 23-32mmHg
Uses: Mild to moderate lymphoedema, pronounced varicosis with oedema

RAL Class 3 (CCL 3) - 34-46mmHg
Uses: Severe lymphoedema, significant varicosis, post-healing of long-standing ulcers

RAL Class 4 (CCL 4) - Over 49mmHg
Uses: Advanced stages of lymphoedema or lipoedema

British Standard Class 1 – 14-17mmHg
Uses: Light (mild) support for superficial and early varicosis

British Standard Class 2 – 18-24mmHg
Uses: Medium (moderate) support for mild oedema, varicosis of medium severity and post leg ulcer healing

British Standard Class 3 – 25-35mmHg
Uses: Strong support for gross varicosis and prevention of recurring leg ulceration

Compression Bandaging

Short-Stretch Bandages: i.e. Actico
Elasticity: Low elasticity, typically less than 100% stretch.
Pressure: High working pressure during activity, low resting pressure.
Uses: Effective for lymphoedema and venous leg ulcers

Multi-Layer Compression Bandages: i.e. Urgo KTwo
Components: Typically include padding, a crepe bandage, and cohesive or adhesive bandages.
Pressure: Provides graduated compression, with higher pressure at the ankle and decreasing up the leg.
Uses: Commonly used for venous leg ulcers and chronic venous insufficiency

Prescribing Guidance Key

Green	1st line: Available to all practitioners undertaking wound care. This will help make savings.
Amber	2nd Line: Available after 1st line is ineffective for patient care or after consultation with a Specialist Nurse/Team or Tissue Viability Nurse. Would a less expensive item suffice?
Red	Under the direction and advice of Hospital or Specialist Teams E.g. Podiatry, Complex Leg Wound Service, Lymphoedema and Tissue Viability. A high-cost item.

Pre-Doppler Lower Limb Initial Treatment

(inc. Immediate and Necessary Care)

First Lower Limb Assessment

RED FLAG ASSESSMENT (see overleaf)

Immediately escalate to the relevant clinical specialist, those with the following 'RED FLAG' symptoms / conditions:

- Acute infection (e.g., increasing unilateral erythema, swelling, pain, pus, heat) [See Wound Infection/Biofilm Framework]
- Symptoms of sepsis [consider 999 or admission to A&E]
- Acute or suspected chronic limb threatening ischaemia (e.g., PAD / PVD in combination with rest pain, gangrene, or lower limb ulceration >2 weeks duration) [urgent referral to Vascular Hub]
- Suspected acute deep vein thrombosis (DVT) [refer to GP]
- Suspected skin cancer [urgent referral to dermatology services]
- Bleeding varicose veins [urgent referral to Vascular Hub]

Once red flag has been identified and **appropriately addressed** i.e. treatment commenced and/or discussion with relevant MDT has taken place, **continue** onto pre-doppler care

Consider other complex co-morbidities such as:

- Dermatology
- Vascular
- Pressure damage
- Arterial insufficiency
- Acute heart failure
- Malignancy
- Autoimmune disease
- Diabetes
- End of life

and refer to appropriate specialist if concerned.

No Red
Flags

First Lower Limb Treatment

Pre-doppler care should include:

- Wound and skin cleansing, debride as required
- Simple low adherent dressing with sufficient absorbency
- Apply ≤ 20 mmHg of compression to the lower limb
- No/low exudate AND normal limb shape: e.g. JOBST® UlcerCare liner
- Mod/high exudate OR abnormal limb shape: e.g. UrgoKTwo Reduced bandage system (if competent and confident)

Within 14 days

Either

Perform holistic assessment:

- PMH
- Limb / vascular assessment
- ABPI ulcer history
- Wound assessment

Or

Complete referral to
**COMPLEX LEG WOUND
SERVICE (CLWS)**
or
**GLOUCESTERSHIRE LEG
ULCER SERVICE (GLUS)**
as per guidelines

After **4 weeks** of treatment, if there is no significant progress towards healing or the wound is deteriorating, the patient should be escalated to CLWS / GLUS for advice.

If the wound does not heal in **12 weeks** and shows no significant progress towards healing, the patient should be escalated to CLWS / GLUS for advice.

Pre-Doppler Lower Limb Initial Treatment

(inc. Immediate and Necessary Care)

RED FLAG Checklist

Acute infection of leg or foot

- Increasing unilateral redness
- Swelling
- Pain
- Pus or purulent exudate
- Heat
- Pyrexia and/or malaise

Signs of SEPSIS

- Respiration rate: more than >25 per minute
- Oxygen saturation: SpO2 < 92%
- Systolic blood pressure: < 90mmHg or drop > 40 from normal
- Pulse rate > 130 beats per minute
- Level of consciousness or new confusion
- Temperature: Pyrexia > 38°
- Non blanching rash, mottled / ashen / cyanotic
- Not passed urine in the last 18hrs
- Response only voice or pain / unresponsive

Acute or chronic limb threatening ischaemia

Acute

- Pain
- Pulseless
- Pallor
- Power loss or paralysis
- Paraesthesia or reduced sensation or numbness
- Perishing with cold

Chronic

- Intermittent Claudication
- Chronic rest pain
- Dependent rubor, pallor on elevation & reduced capillary refill
- Skin changes including ischaemic ulcers, non-healing foot wounds & gangrene
- Absent foot pulses

Suspected deep vein thrombosis

- Localised tenderness along the distribution of the deep venous system
- Entire leg swollen
- Calf swelling at least 3cm larger than the asymptomatic leg
- Pitting oedema confined to the symptomatic leg
- Collateral superficial veins (non-varicose)

Suspected skin cancer

- Does not heal within 4 weeks
- Looks unusual
- Hurts, is itchy, bleeds, crusts or scabs for more than 4 weeks
- A change in a mole or freckle

Bleeding varicose veins

- If varicose veins are bleeding, first aid should be offered and urgent referral to the Vascular Hub

Compression	Size	Use	Indication for use	Product Information
JOBST® UlcerCare Replacement Liners	Small - 4XL	Red Flag Assessment and Immediate and Necessary Care should be followed. No / Low exudate Compression liners, as well as holding a wound dressing in place, provides mild, graduated compression for ambulatory and non-ambulatory patients Can be worn for 24 hours per day	Ideal for patients that can self-care Contains silk in the liner for ease of application Only 2 measurements required Compatible with common footwear Always refer to manufactures application instructions	Available in 7 sizes Machine washable
UrgoKTwo™ Reduced Multi-layer compression bandage kit	Ankle circumference: 18cm-25cm	Red Flag Assessment and Immediate and Necessary Care should be followed. Mod / High exudate	Always refer to manufactures application instructions	Designed for single use only. Store away from light and heat
	Ankle circumference: 25cm-32cm	2-layer elastic compression bandages recommended for patients with venous ulceration		

Compression Hosiery – Venous Ulcer Kits

For use in the treatment, management and prevention of the reoccurrence of venous leg ulceration.

Complete holistic leg ulcer assessment including Doppler prior to application of full kit

Risk factors to consider include: ABPI results indicating arterial disease, intermittent claudication, pain at rest, capillary refill, warmth of feet, cardiac disease and diabetes.

Refer to your Trust / organisational Leg Ulcer policy/ guidelines for further information.

Product Category	Product Name	Sizes	DT Price	Use	Precautions / Contraindications	Application	Tips
Compression Hosiery – Venous Ulcer Kits	PRE DOPPLER - IMMEDIATE & NECESSARY CARE ≥ 20mmHg						
	JOBST® UlcerCare Replacement Liners (Pack of 3 Liners)	Small – 4XLarge	£20.90 ONPOS	The JOBST® UlcerCare Compression Liner provided 15-20mmHg, providing mild compression for non-ambulatory patients and can be worn for 24 hours per day. The liner also helps hold wound dressings in place. Liners can also be used under below knee stockings for easy application. NOTE this increases the mmHg compression (effectively doubling it) so must be used with caution. Liners can be ordered individually without the kit.	<p>ABPI Less than 0.8 & more than 1.3: Should be used with extreme caution and applied only after specialist referral and under strict supervision.</p> <ul style="list-style-type: none"> • Diabetic patients - unless after specialist referral and under strict supervision • Significant / advanced arterial disease (ischaemia) according to vascular assessment • Uncontrolled congestive heart failure • Phlegmasia Cerulea Dolens (Painful blue oedema) <p>Precautions</p> <ul style="list-style-type: none"> • Skin Infection • Known sensitivity to the fabric of the stockings • Impaired sensitivity of the limb • This system may be unsuitable where there is heavy exudate • Immobility (confined to bed) <p>Other</p> <p>For distorted or irregular shaped limbs, it may be more appropriate to use compression bandages.</p> <p>Padding and bandages are recommended for patients with very small limbs or with bony prominences.</p>	<p>A full holistic assessment is required prior to application.</p> <p>JOBST UlcerCARE 15-20mmHg liner may be used prior to a Doppler following a full holistic assessment.</p> <p>The silky, easy to apply liner goes on first.</p> <p>The liner holds dressings in place and assists the second layer go on over the top.</p> <p>The second compression layer is added over the liner to achieve therapeutic pressure of 40mmHg for venous leg ulcer healing.</p> <p>Refer to manufacturer's instructions.</p> <p>Provide 1 x hosiery kit (for each affected leg) for 6 months' worth of treatment</p>	<p>Following a full holistic assessment, they can be reapplied by the patient, carer and other members of the multi-disciplinary team where appropriate.</p> <p>Ensure appropriate footwear is worn.</p> <p>Information regarding washing and care of the garments can be found in the products IFU's</p>
	JOBST® Relief 15-20mmHg (Pairs)	Small - XLarge (Wide Calf Options Available)	£23.00 ONPOS	Circular-knit compression garment providing mild graduated compression (15-20mmHg) for a wide range of venous disorders. This Ready-to-Wear (RtW) below knee garment is available in beige or black with an open or closed toe. JOBST Relief is an ideal solution for the Immediate & Necessary Care stage of the National Wound Care Strategy Programme (NWCSP) Leg Ulcer Recommendations.			
	FULL COMPRESSION ≥ 40mmHg						
	JOBST® UlcerCare Hosiery Kits (1 x Stocking & 2 x Liners)	Small – 4XLarge	£34.60 ONPOS	JOBST® UlcerCare consists of two components, a medical stocking and a compression liner. Together these provide graduated compression of 40mmHg from the ankle. It is a low-profile design for patient's self-management and allows for improved personal hygiene and easy dressing changes with minimum disruption to patient's lifestyle, e.g., functional with normal footwear and clothing.			
	JOBST® UlcerCare Custom-Fit (1 x Stocking & 2 x Liners)	Refer to JOBST® UlcerCare Custom-fit Measuring Form	£70.12 PRESCRIPTION				
	Mediven ulcer kit® Ulcer stocking system with 2 x 20 mmHg (1 x Stocking & 2 x Liners)	One to Seven	£35.90 PRESCRIPTION	The mediven ulcer kit provides continuous, effective compression around the clock and is easy to put on due to its two components. The white liner stocking will not only help to keep wound dressings in place, with 20mmHg compression pressure it can be worn for up to 24 hours and offers therapeutically effective therapy even at night.			

Ready-to-Wear Circular-Knit Compression Hosiery - RAL Standard

RAL standard compression hosiery is recommended for patients with lower leg oedema, lymphoedema and vascular disease

Complete holistic lower limb assessment including Doppler prior to application.

Risk factors to consider include: ABPI results, indicating arterial disease, intermittent claudication, pain at rest, capillary refill, warmth of feet, cardiac disease and diabetes.

Product Category	Product Name	Sizes	DT Price	Use	Precautions / Contraindications	Application	Tips
Ready-to-Wear Compression Hosiery	JOBST® UltraSheer RAL CCL1-2	Knee High Size 1 – 6 Petite or Regular	£29.15 ONPOS	<p>JOBST UltraSheer: RAL CCL1-2</p> <p>Ready-to-wear, circular-knit hosiery for the treatment of MILD oedema and venous disease.</p> <p>The fine yarns deliver superior breathability and moisture management, making the garments comfortable to wear, while providing an elegant and stylish look</p>	<p>JOBST® Ready-to-Wear compression garments are contraindicated when any of the following conditions are present:</p> <ul style="list-style-type: none"> • Severe arterial disease • Untreated vein infection (septic phlebitis) • Untreated and/or advancing skin infection (cellulitis) • Moderate arterial disease in the presence of peripheral neuropathy • Large blood clots • Uncontrolled congestive heart failure <p>Occasionally, the wearing of compression garments can lead to problems in the following cases:</p> <ul style="list-style-type: none"> • Immobility (confinement to bed) • Skin infections • Weeping dermatoses • Incompatibility to fabric • Impaired sensitivity of the limb • (e.g.: in diabetes mellitus) • Primary chronic polyarthritis • Application instructions included in every pack 	<p>Variety of donning aids available via FP10.</p> <p>Step-by-step, easy to follow directions with every garment ordered.</p> <p>Helps the patient retain independence and dignity.</p> <p>Reduces the risk of incorrect application technique, leading to skin problems or trauma.</p> <p>Following a full holistic assessment, they can be reapplied by the patient, carer and other members of the multi-disciplinary team where appropriate</p> <p>Minimum 2 pairs every 6 months, but must be changed sooner if garments are ill fitting or damaged</p>	<p>Following a full holistic assessment, they can be reapplied by the patient, carer and other members of the multi-disciplinary team where appropriate.</p> <p>Jobst for men have longer foot so consider for women with long feet.</p> <p>Information regarding washing and care of the garments can be found in the products IFU's</p>
		Thigh High Size 1 – 6 Petite or Regular	£55.99 PRESCRIPTION				
		Tights Size 1 – 6 Petite or Regular	£50.74 PRESCRIPTION				
	JOBST® Opaque RAL CCL1-2	Knee High Size 1 – 6 Petite or Regular	£29.52 ONPOS	<p>JOBST Opaque: RAL CCL1-2</p> <p>Ready-to-wear, circular-knit hosiery for the treatment of MILD to MODERATE oedema and venous disease.</p> <p>The Nilit Aquarius fibers effectively wicks away moisture from the surface of the skin; the double-covered inlay yarns make JOBST Opaque incredibly easy to don.</p>			
		Thigh High Size 1 – 6 Petite or Regular	£56.09 PRESCRIPTION				
		Tights Size 1 – 6 Petite or Regular	£51.40 PRESCRIPTION				
	JOBST® forMen Ambition RAL CCL1-2	Knee High Size 1 – 6 Regular or Long	£30.80 ONPOS	<p>JOBST forMen Ambition: RAL CCL1-2</p> <p>Ready-to-wear, circular-knit compression sock with ribbed design for a more natural appearance.</p> <p>Carbon impregnated sole neutralises odours for comfortable all-day wear.</p>			

Ready-to-Wear Circular-Knit Compression Hosiery - RAL Standard continued

Product Category	Product Name	Sizes	DT Price	Use	Precautions / Contraindications	Application	Tips
Ready-to-Wear Compression Hosiery	Mediven elegance RAL CCL1-2	Knee high Size 1 – 7 Standard or short	£31.81 PRESCRIPTION	Mediven Elegance® RAL CCL1-2 Ready-to-wear, circular-knit hosiery for the treatment of MILD oedema and venous disease. Sheer circular knit fabric lower limb garments class 1-2 (below knee, thigh, panty).	Ready-to-Wear compression garments are contraindicated when any of the following conditions are present: <ul style="list-style-type: none"> • Severe arterial disease • Untreated vein infection (septic phlebitis) • Untreated and/or advancing skin infection (cellulitis) • Moderate arterial disease in the presence of peripheral neuropathy • Large blood clots • Uncontrolled congestive heart failure Occasionally, the wearing of compression garments can lead to problems in the following cases: <ul style="list-style-type: none"> • Immobility (confinement to bed) • Skin infections • Weeping dermatoses • Incompatibility to fabric • Impaired sensitivity of the limb • (e.g.: in diabetes mellitus) • Primary chronic polyarthritis Application instructions are included in every pack	Variety of donning aids available via FP10. Helps the patient retain independence and dignity. Reduces the risk of incorrect application technique, leading to skin problems or trauma. Following a full holistic assessment, they can be reapplied by the patient, carer and other members of the multi-disciplinary team where appropriate. Minimum 2 pairs every 6 months, but must be changed sooner if garments are ill fitting or damaged	Following a full holistic assessment, they can be reapplied by the patient, carer and other members of the multi-disciplinary team where appropriate. Information regarding washing and care of the garments can be found in the products IFU's
		Thigh high Size 1 – 7 Standard or short	£56.99-£61.11 PRESCRIPTION				
		Tights Size 1 – 7 Standard or short	£61.94 PRESCRIPTION				
	Haddenham Healthcare STAR Cotton RAL CCL 1-2	Knee high Size 1 – 8 Short, regular or long	£29.85-£33.29 PRESCRIPTION	STAR Cotton RAL CCL 1-2 a soft yet firm fabric with 100% cotton in skin contact - great for patients with sensitive skin. Compression class 1-2 (knee high, thigh high, tights).			
		Thigh high Size 1 – 8 Short, regular or long	£55.10-£58.54 PRESCRIPTION				
		Tights Size 1 – 8 Short, regular or long	£55.10-£56.25 PRESCRIPTION				
	JUZO soft RAL CCL 1-2	Knee high Size 1 – 6 Extra short, short, normal	£27.89-£29.08 PRESCRIPTION	JUZO soft RAL CCL 1-2 Ready-to-wear, circular-knit hosiery for the treatment of venous disease			
		Thigh high Size 1 – 6 Extra short, short, normal	£40.33-£51.49 PRESCRIPTION				
		Leggings (CCL1 only) Size 1 – 6 Short and normal	£51.69 PRESCRIPTION				

Compression Toe Caps

When assessing for compression bandaging ensure an assessment of the foot is completed and any oedema in the foot or toes is compressed using toe bandaging / and or foot caps. Ensure appropriate guidelines are followed to assess patients and select the most appropriate compression product.

Product Category	Product Name	Sizes	DT Price	Use	Precautions / Contraindications	Application	Tips
Toe Caps	OFF THE SHELF						
	JOBST® Farrow® Toe Caps	XS – L 15 – 20mmHg or 20 – 30mmHg	£29.24 ONPOS	Toe caps provide a gentle compression for patients with mild oedema. Toe Cap covers a broad range of patients and only requires one measurement.	<ul style="list-style-type: none"> Severe arterial disease Untreated vein infection (septic phlebitis) Untreated and/or advancing skin infection (cellulitis) Moderate arterial disease in the presence of peripheral neuropathy Large blood clots Uncontrolled congestive heart failure 	Position the toe cap so that it comfortably fits over the toes and foot. Work toe cap in between your toes to web space.	One simple measuring point. Trimmable – mark cut point while garment is in place then remove to cut.
	Haddenham Microfine Toe Caps	XS – XL 20 – 36mmHg	£29.85 PRESCRIPTION	The comfortable, smooth fabric and ultra-thin seams ensure a high wearing comfort. Toes can be trimmed to fit. Available in a choice of black or tan.	Be careful not to remove too much of the toe length, when cutting. For use on toes with oedema if not using Coban toe boot.	If the toe lengths are too long, mark the toe at the appropriate length and remove the toe cap, then trim the length of the toe fabric to the marked area and reapply.	Can be worn together with JOBST® FarrowWrap® foot piece. Can be used on either foot by turning inside out.
	CUSTOM-FIT						
	REFER TO SPECIALIST SERVICE FOR ADDITIONAL SUPPORT IF PATIENT REQUIRES CUSTOM-FIT						
	JOBST® Elvarex® Plus Toe caps RAL CCL 1-2	Refer to JOBST® Elvarex® Plus Custom-fit Measuring Form	CCL1 £48.08 CCI2 £50.06 PRESCRIPTION	Custom-fit, flat-knit foot-caps for the management of MODERATE to SEVERE chronic oedema in the foot	<p>JOBST® custom-fit compression garments are contraindicated when any of the following conditions are present:</p> <ul style="list-style-type: none"> Severe arterial insufficiency Uncontrolled congestive heart failure Untreated infection 	Application instructions included in every pack. <ul style="list-style-type: none"> Step-by-step, easy to follow directions with every garment ordered Helps the patient retain independence and dignity 	Following a full holistic assessment, they can be reapplied by the patient, carer and other members of the multi-disciplinary team where appropriate. Ensure appropriate footwear is worn by patients to prevent falls.
JOBST® Elvarex® Soft Seamless Toe caps RAL CCL 1-2	Refer to JOBST® Elvarex® Soft Seamless Custom-fit Measuring Form	CCL1 £46.65 CCI2 £49.41 PRESCRIPTION	Latex free, custom-fit, flat-knit foot-caps for the management of MILD to MODERATE chronic oedema in the foot Primary chronic polyarthritis	Occasionally, the wearing of compression garments can lead to problems in the following cases: <ul style="list-style-type: none"> Immobility (confinement to bed) Skin infections Weeping dermatoses Incompatibility to fabric Impaired sensitivity of the limb (e.g. in diabetes mellitus) 	Reduces the risk of incorrect application technique, leading to skin problems or trauma		

Made-to-Measure Flat-Knit Compression Hosiery - RAL Standard

There are different factors which may require you to choose a custom fit garment for your patient, but the primary reason would be 'limb shape'. Custom garments are tailored to the patient's exact measurements, ensuring a snug and effective fit. Off-the-shelf garments may not fit as well, increasing the risk of discomfort, chafing, or skin irritation, especially on those patients who are demonstrating a significant change in 'normal' limb shape.

RAL standard compression hosiery is recommended for patients with lower limb oedema, lymphoedema and vascular disease – it is encouraged that patients with active VLU are treated either in compression bandaging, hosiery kits or wraps.

Complete holistic lower limb assessment including Doppler prior to application.

Risk factors to consider include: ABPI results, indicating arterial disease, intermittent claudication, pain at rest, capillary refill, warmth of feet, cardiac disease and diabetes.

Product Category	Product Name	Sizes	Use	Precautions / Contraindications	Application	Tips
Custom Fit Compression Hosiery	JOBST® Elvarex® Custom-Fit RAL CCL 1-2	Refer to JOBST® Elvarex® Custom-fit Measuring Form	<p>Custom-fit, flat-knit garments for the management of MODERATE to SEVERE chronic oedema.</p> <p>Firm material providing graduated compression with high resistance, especially important for more stubborn oedema and rebound oedema.</p> <p>Flat-knit fabric does not cut in at skin folds but lays flat against the skin</p> <p>*CONTAINS LATEX*</p>	<p>Custom-Fit compression garments are contraindicated when any of the following conditions are present:</p> <ul style="list-style-type: none"> • Severe arterial insufficiency • Uncontrolled congestive heart failure • Untreated infection 	<p>Application instructions included in every pack</p> <ul style="list-style-type: none"> • Step-by-step, easy to follow directions with every garment ordered • Helps the patient retain independence and dignity • Reduces the risk of incorrect application technique, leading to skin problems or trauma 	<p>Following a full holistic assessment, they can be reapplied by the patient, carer and other members of the multi-disciplinary team where appropriate.</p> <p>Ensure appropriate footwear is worn by patients to prevent falls</p> <p>For help, advice and support on measuring for custom fit garments, please contact the relevant company listed on page 20</p>
	JOBST® Elvarex® Soft RAL CCL 1-2	Refer to JOBST® Elvarex® Custom-fit Measuring Form	<p>Latex free, custom-fit, flat-knit garments for the management of MILD to MODERATE chronic oedema.</p> <p>Skin-protecting softness and excellent breathability makes the garments particularly well suited for patients with dry, sensitive or fragile skin.</p> <p>*JOBST® Elvarex Soft: is not suitable for patients with severe levels of chronic oedema</p>	<p>Occasionally, the wearing of compression garments can lead to problems in the following cases:</p> <ul style="list-style-type: none"> • Immobility (confinement to bed) • Skin infections • Weeping dermatoses • Incompatibility to fabric • Impaired sensitivity of the limb • (e.g.: in diabetes mellitus) • Primary chronic polyarthritis 	<p>Provide the patient with a single garment to trial to ensure correct fit, prior to ordering a 2nd garment to last patient 6 months. Must be changed sooner if garments are ill fitting or damaged</p>	
	Medi Mondri RAL CCL 1-2	Refer to Medi Mondri Custom-fit Measuring Form	<p>mediven mondi® is a flat knit medical stocking for compression of the legs. It is mainly used in the treatment of diseases of the lymphatic system and for lipoedema. Thanks to its low wall stability and high transverse stretch, the compression stocking is suitable for newcomers to flat knit garments</p>			

Compression Wrap Systems

Compression wrap devices are recommended for patients with lower limb oedema and/or lymphoedema, also for the management of venous disease.

Complete holistic lower limb assessment including Doppler prior to application.

Risk factors to consider include: ABPI results, indicating arterial disease, intermittent claudication, pain at rest, capillary refill, warmth of feet, cardiac disease and diabetes

Product Category	Product Name	Sizes	DT Price	Use	Precautions / Contraindications	Application	Tips
Compression Wrap Systems	JOBST® FarrowWrap® 4000 30-40mmHg	Leg Piece & Sock XS - L Regular or Tall	£112.34 ONPOS	JOBST® FarrowWrap® 4000 provides graduated compression of 30-40mmHg for patients with MILD oedema, with a leg ulcer or following.	<p>NOT be worn if you have the following medical conditions:</p> <ul style="list-style-type: none"> Moderate to severe arterial disease Mild arterial disease in the presence of peripheral Neuropathy Untreated vein infection (septic phlebitis) Uncontrolled (decompensated) congestive heart failure Untreated and/or advancing skin infection (cellulitis) involving the feet or legs Large blood clot in the vein of the leg (phlegmasia coerulea dolens) 	<p>JOBST® FarrowWrap® 4000 contains integral sleeve to aid patient donning and positioning.</p> <p>Follow application Instructions on leaflet in packaging.</p> <p>Minimum 2 pairs every 6 months, but must be changed sooner if garments are ill fitting or damaged</p>	<p>Fold each Velcro™ strap back on itself before application to aid donning and doffing and before washing.</p> <p>Liners supplied with each wrap piece.</p> <p>Information regarding washing and care of the garments can be found in the products IFU's</p>
	JOBST® FarrowHybrid® Sock (pair) 20-30mmHg	XS - XL Regular or Wide	£25.92 ONPOS	MILD foot oedema can be addressed with the JOBST® FarrowHybrid®, providing compression from foot to ankle only.			
	JOBST® FarrowWrap® Lite 20-30mmHg	Foot Piece XS - XL Regular or Long	£40.37 ONPOS	<p>JOBST® FarrowWrap® is a wrap compression system that consists of a liner and an outer wrap piece.</p> <p>How does JOBST® FarrowWrap® achieve compression?</p> <ul style="list-style-type: none"> Special fabrics comprised of layers of fabric Smart, elastic, short-stretch bands Top to bottom band overlap Optimal band width <p>Indications are for lymphoedema, chronic oedema, chronic venous insufficiency & Leg Ulcer Management</p>			
		Leg Piece XS - XL Regular or Tall	£144.18 ONPOS				
		Thigh Piece (Incl Knee) XS - XL Short, Regular or Tall	£144.18 PRESCRIPTION				
	JOBST® FarrowWrap® Strong 30-40mmHg	Foot Piece XS - XL Regular or Long	£40.01 ONPOS	<p>JOBST® FarrowWrap® is a wrap compression system that consists of a liner and an outer wrap piece.</p> <p>How does JOBST® FarrowWrap® achieve compression?</p> <ul style="list-style-type: none"> Special fabrics comprised of layers of fabric Smart, elastic, short-stretch bands Top to bottom band overlap Optimal band width <p>Indications are for lymphoedema, chronic oedema, chronic venous insufficiency & Leg Ulcer Management</p>			
		Leg Piece XS - XL Regular or Tall	£142.91 ONPOS				
		Thigh Piece (Incl Knee) XS - XL Short, Regular or Tall	£142.91 PRESCRIPTION				
	JOBST® FarrowWrap® Classic 30-40mmHg	Foot Piece XS - XL Regular or Long	£40.37 ONPOS	<p>JOBST® FarrowWrap® is a wrap compression system that consists of a liner and an outer wrap piece.</p> <p>How does JOBST® FarrowWrap® achieve compression?</p> <ul style="list-style-type: none"> Special fabrics comprised of layers of fabric Smart, elastic, short-stretch bands Top to bottom band overlap Optimal band width <p>Indications are for lymphoedema, chronic oedema, chronic venous insufficiency & Leg Ulcer Management</p>			
		Leg Piece XS - XL Regular or Tall	£144.18 ONPOS				
		Thigh Piece (Incl Knee) XS - XL Short, Regular or Tall	£144.18 PRESCRIPTION				

Compression Wrap Systems continued

Product Category	Product Name	Sizes	DT Price	Use	Precautions / Contraindications	Application	Tips
Compression Wrap Systems	Medi JuxtaLite	Leg Piece S – XXL Regular or Extra Wide Short and Long Lengths	£107.18 PRESCRIPTION	Venous Disease (patient assessed as suitable for compression) <ul style="list-style-type: none"> • Skin: with or without a wound • Limb shape: good • Oedema: none to moderate. (Juxtalite) moderate to high (Juxtacures) • Exudate levels: none to moderate (Juxtalite) moderate to high (Juxtacures) 	<p>NOT be worn if you have the following medical conditions:</p> <ul style="list-style-type: none"> • Moderate to severe arterial disease • Mild arterial disease in the presence of peripheral • Neuropathy Untreated vein infection (septic phlebitis) • Uncontrolled (decompensated) congestive heart failure • Untreated and/or advancing skin infection (cellulitis) involving the feet or legs • Large blood clot in the vein of the leg (phlegmasia coerulea dolens) 	<p>Follow application Instructions on leaflet in packaging.</p> <p>It is advisable that the garments are replaced as follows:</p> <p>Medi Juxta Lite - Every 6 months</p> <p>Medi Juxtacures - Every 6 months</p> <p>Medi Juxtafit - Every 12 months</p> <p>Medi Foot Pieces - Every 3 months</p> <p>These must be changed sooner if garments are ill fitting or damaged</p>	<p>Juxtalite® pack includes: 1 x wrap 2 x juxta undersocks 1 x BPS™ card patient info leaflet</p> <p>Juxtacures® pack includes: 1 x wrap (body & spine) 2 x comfort leg liners 2 x compression anklets 1 x BPS™ card Velcro security tabs tape measure patient info leaflet</p> <p>Juxtafit® lower legging pack includes: 1 x wrap 2 x juxta undersocks 1 x BPS™ card 1 x silky cover-up PAC Band patient info leaflet</p> <p>Information regarding washing and care of the garments can be found in the products IFU's</p>
	Medi Juxtacures	Adjustable garments to cut according to individual circumferences Short, Standard and Long	£171.31 PRESCRIPTION				
	Medi Juxtafit	Leg Piece S-XXL Petite or Regular lengths	£150.15 PRESCRIPTION	Chronic Oedema/Lymphoedema (patient assessed as suitable for compression) <ul style="list-style-type: none"> • Skin: normal or dry, hyperkeratotic, with or without wound • Limb shape: good or distorted with/without skin creases. Needs reduction or maintenance therapy • Oedema: mild to moderate • Exudate levels: mild to high including Lymphorrhoea (beading or trickling of fluid) 			
	Medi Foot Pieces (Interlocking foot wraps)	Foot S- L	£42.04 PRESCRIPTION	Use where more compression is required to the dorsum of the foot			

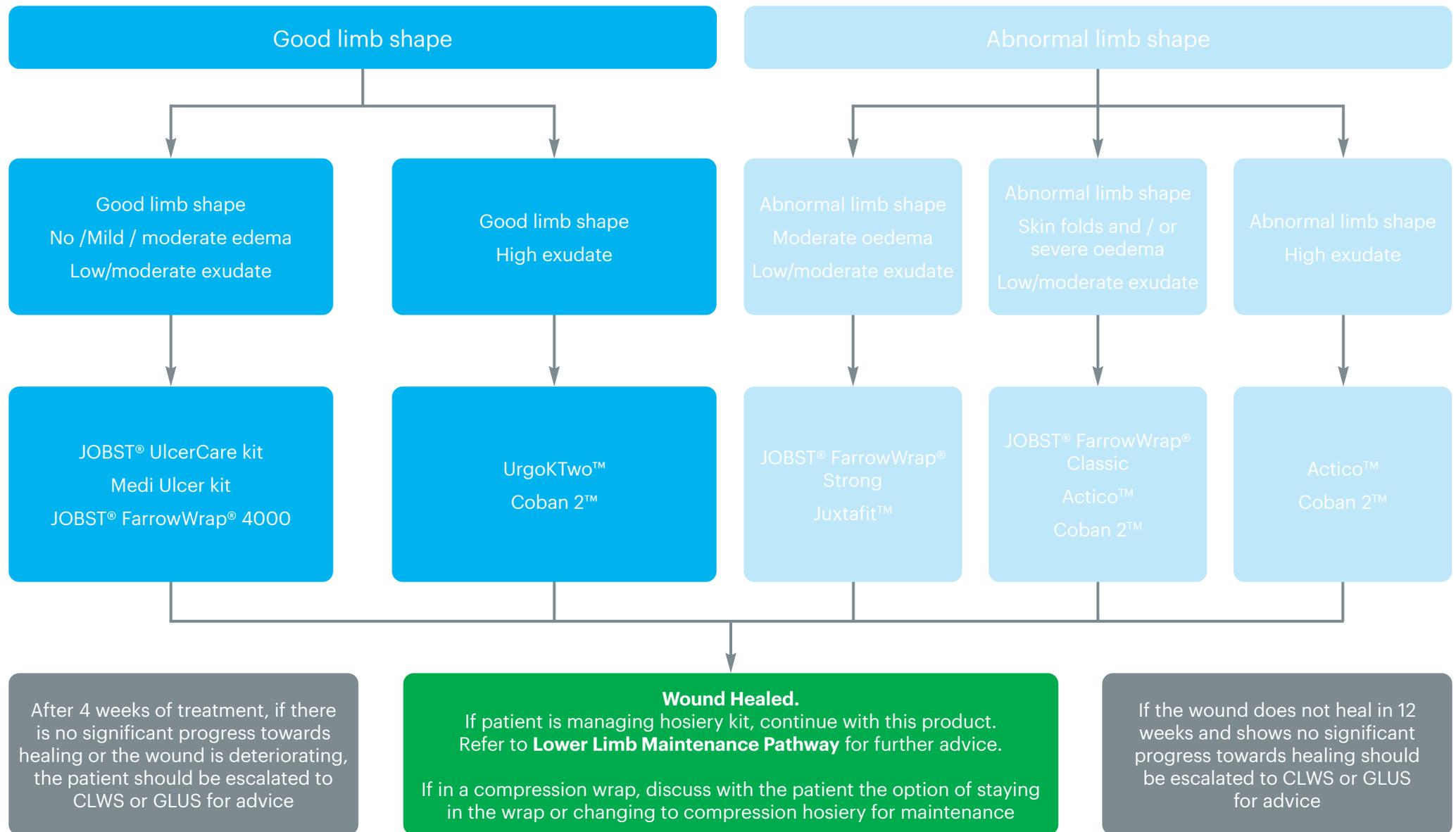
Hosiery Donning and Doffing Aids

Aids are commonly required to assist people to apply their own garments safely. Always consider aids required / suitable when prescribing hosiery for patients

Product Category	Product Name	Sizes	DT Price	Use	Additional Information																																						
Donning & Doffing Aids	L&R ActiGlide® 01283 576800	One size LR Code 88320 PIP Code 284-5196 NHS Code EUE049	£16.04	For patients who are fairly mobile and flexible – able to place their ankle onto their opposite leg knee in a seated position whilst still reaching the toes	If using with closed toe garments ensure patient knows to thread the ‘needle’ to the last but one hole and turn the end of the material back so that all toes are visible before donning the closed toe hosiery. This will ensure that no toes are caught in the material when pulling on the black cord																																						
	EzyAs™	Small (Red) Item Code SAS-08017 PIP Code: 354-5886 Medium (Yellow) Item Code SAM-08264 PIP Code: 354-5878 Large (Blue) Item Code SAL-06264 PIP Code: 354-5880	£37.58 - £38.58	For patients able to reach down legs towards feet to approximately mid-calf in a seated position. Can also be used for arm garments.	<p>EzyAs™</p> <p>One simple measurement.</p> <p><small>Measure your arm or leg as below in A or B and look up size in chart. If you are bordering on size then choose the largest. If you are an X-Large then please use the large as this will assist in getting the garment over the ankle which is the hardest part.</small></p>  <p>APPLICATOR SIZE GUIDE</p> <table border="1"> <thead> <tr> <th>MEASUREMENT A OR B</th> <th>CENTIMETRES</th> <th>INCHES</th> <th>RECOMMENDED SIZE</th> </tr> </thead> <tbody> <tr> <td>28-35</td> <td>11-13.5</td> <td></td> <td>SMALL</td> </tr> <tr> <td>32-40</td> <td>12.5-15.75</td> <td></td> <td>MEDIUM</td> </tr> <tr> <td>38+</td> <td>15+</td> <td></td> <td>LARGE</td> </tr> </tbody> </table>	MEASUREMENT A OR B	CENTIMETRES	INCHES	RECOMMENDED SIZE	28-35	11-13.5		SMALL	32-40	12.5-15.75		MEDIUM	38+	15+		LARGE																						
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	Steve+™	To obtain the Steve+ complete kit it is necessary to write 3 prescriptions, one for each of the parts. <ul style="list-style-type: none"> • Steve+ EasyON • Steve+ Handles • Steve+ Ring 	EasyON £31.90 Handles £15.90 Ring £14.45	<p>If the patient is unable to reach down and is also likely to struggle to remove their own hosiery</p> <p>It comes with solid handles – but can also be used separate from the frame like the EzyAs above.</p> <p>It also comes with a ‘doffing’ or hosiery removal aid – called a ‘ring’. Instruction video</p>	<table border="1"> <thead> <tr> <th>Description</th> <th>Size</th> <th>Product Code</th> </tr> </thead> <tbody> <tr><td>Steve + Easy ON</td><td>XS (calf 25-30cm)</td><td>A111</td></tr> <tr><td>Steve + Easy ON</td><td>S (calf 30-38cm)</td><td>A11</td></tr> <tr><td>Steve + Easy ON</td><td>M (calf 38-46cm)</td><td>A21</td></tr> <tr><td>Steve + Easy ON</td><td>L (calf 46-54cm)</td><td>A31</td></tr> <tr><td>Steve + Handles</td><td>XS (calf 25-30cm)</td><td>SHBU111</td></tr> <tr><td>Steve + Handles</td><td>S (calf 30-38cm)</td><td>SHBU11</td></tr> <tr><td>Steve + Handles</td><td>M (calf 38-46cm)</td><td>SHBU21</td></tr> <tr><td>Steve + Handles</td><td>L (calf 46-54cm)</td><td>SHBU31</td></tr> <tr><td>Steve + Ring</td><td>XS (calf 25-30cm)</td><td>R111</td></tr> <tr><td>Steve + Ring</td><td>S (calf 30-38cm)</td><td>R11</td></tr> <tr><td>Steve + Ring</td><td>M (calf 38-46cm)</td><td>R21</td></tr> <tr><td>Steve + Ring</td><td>L (calf 46-54cm)</td><td>R31</td></tr> </tbody> </table>	Description	Size	Product Code	Steve + Easy ON	XS (calf 25-30cm)	A111	Steve + Easy ON	S (calf 30-38cm)	A11	Steve + Easy ON	M (calf 38-46cm)	A21	Steve + Easy ON	L (calf 46-54cm)	A31	Steve + Handles	XS (calf 25-30cm)	SHBU111	Steve + Handles	S (calf 30-38cm)	SHBU11	Steve + Handles	M (calf 38-46cm)	SHBU21	Steve + Handles	L (calf 46-54cm)	SHBU31	Steve + Ring	XS (calf 25-30cm)	R111	Steve + Ring	S (calf 30-38cm)	R11	Steve + Ring	M (calf 38-46cm)	R21	Steve + Ring	L (calf 46-54cm)
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Sigvaris Rolly 01264 326666	One Size	£31.66	The Sigvaris Rolly consists of a flexible elastic membrane that is filled with soapy water and makes putting on compression hosiery easier than ever before, and reduces the risk of accidental ladders and holes	This garment aid can stretch to an exceptional max circumference of 72cm, which means a diameter of 22.9cm. This is appropriate for almost all legs and arms. Perfect for closed toe, open toe, below knee and thigh high stockings, the Sigvaris Rolly is also a great assistant for putting arm sleeves on																																							
Medi Big Butler	One Size	£37.02	The medi Big Butler simplifies donning of compression stockings. With its extra-wide opening, the medi Big Butler also offers comfortable room for legs with a larger circumference	The handles on each side of the medi Big Butler ensure a firm hold when donning. This way, the user keeps their balance when they pull the stocking evenly over their legs. Users, with restricted mobility also benefit from the medi Big Butler. The donning aid is suitable for medical and clinical compression stockings and tights. It also protects the knitted fabric of the stocking																																							
Medi 2in1	One Size	£14.14	The medi 2in1 is a donning and a doffing aid in one: it facilitates an effortless donning and doffing of compression garments. The slider sock is suitable for all compression stockings with open or closed toes. Thanks to the hard-wearing and foldable material, the donning aid medi 2in1 saves space, for example, on journeys	Furthermore, donning and doffing with the 2in1 also relieves stress on the knitted fabric of the compression stocking. The medi 2in1-instructions show the correct use																																							

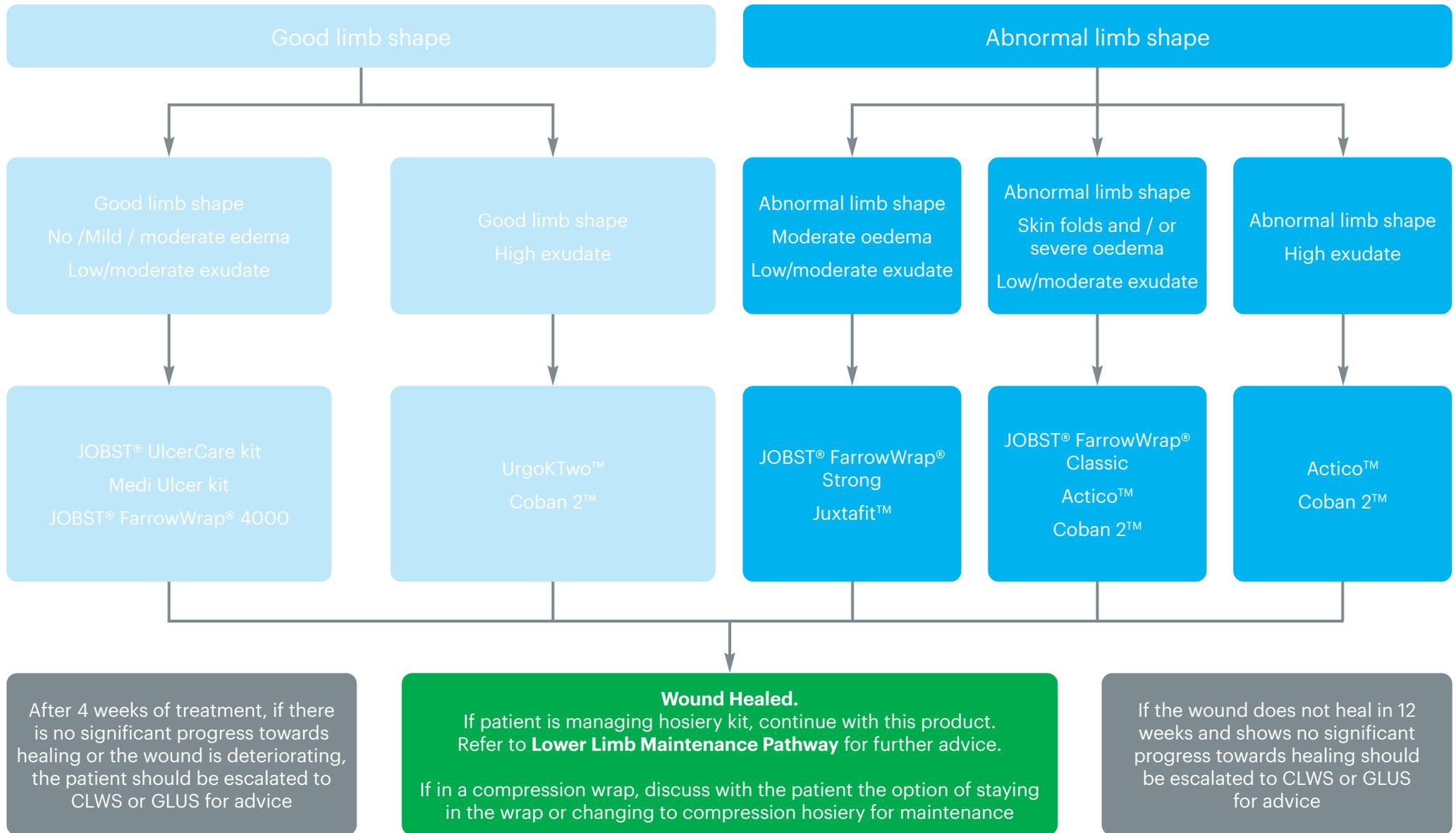
Lower Limb Active Treatment - Good Limb Shape

Full Compression (40mmHg)



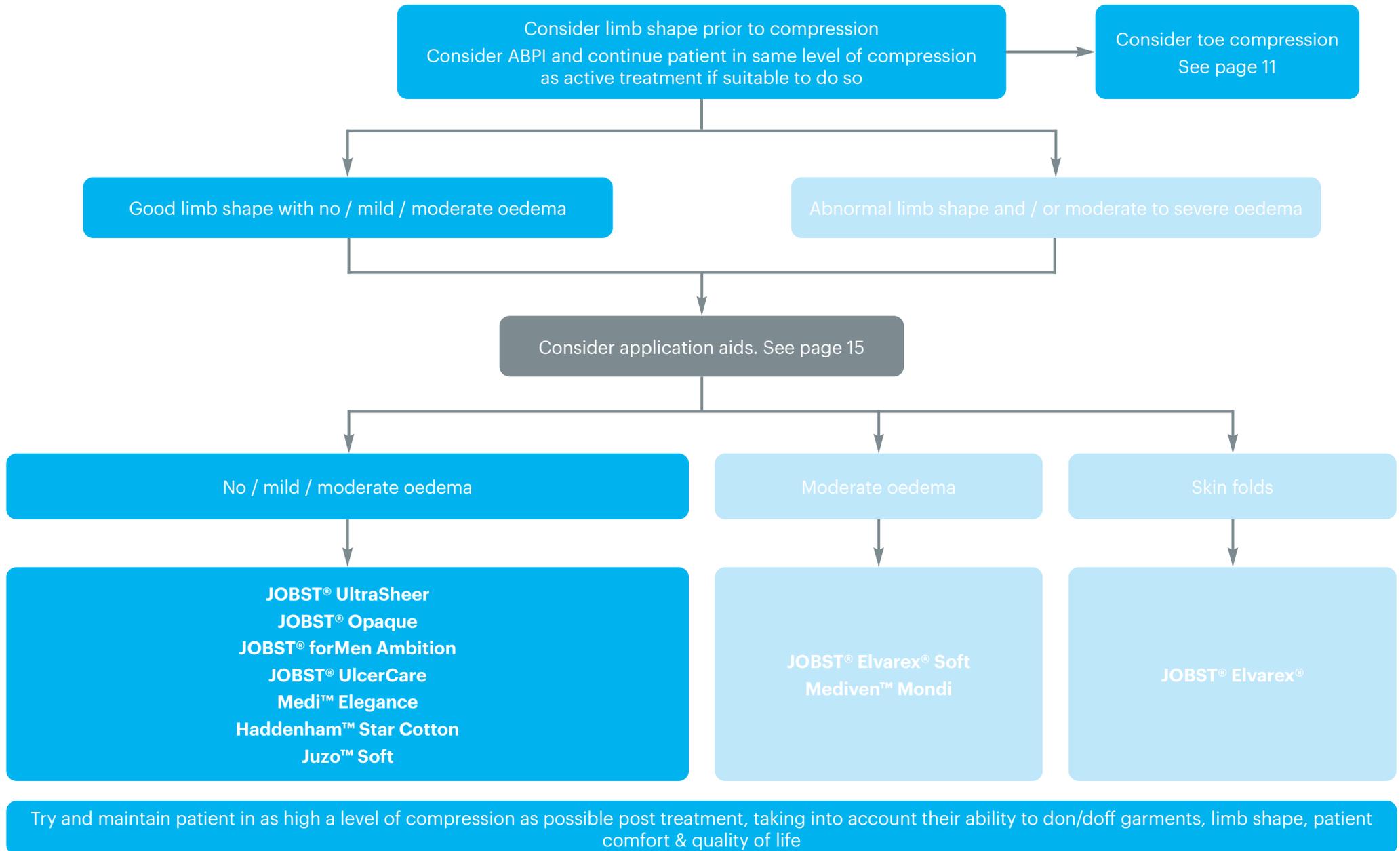
Lower Limb Active Treatment - Abnormal Limb Shape

Full Compression (40mmHg)



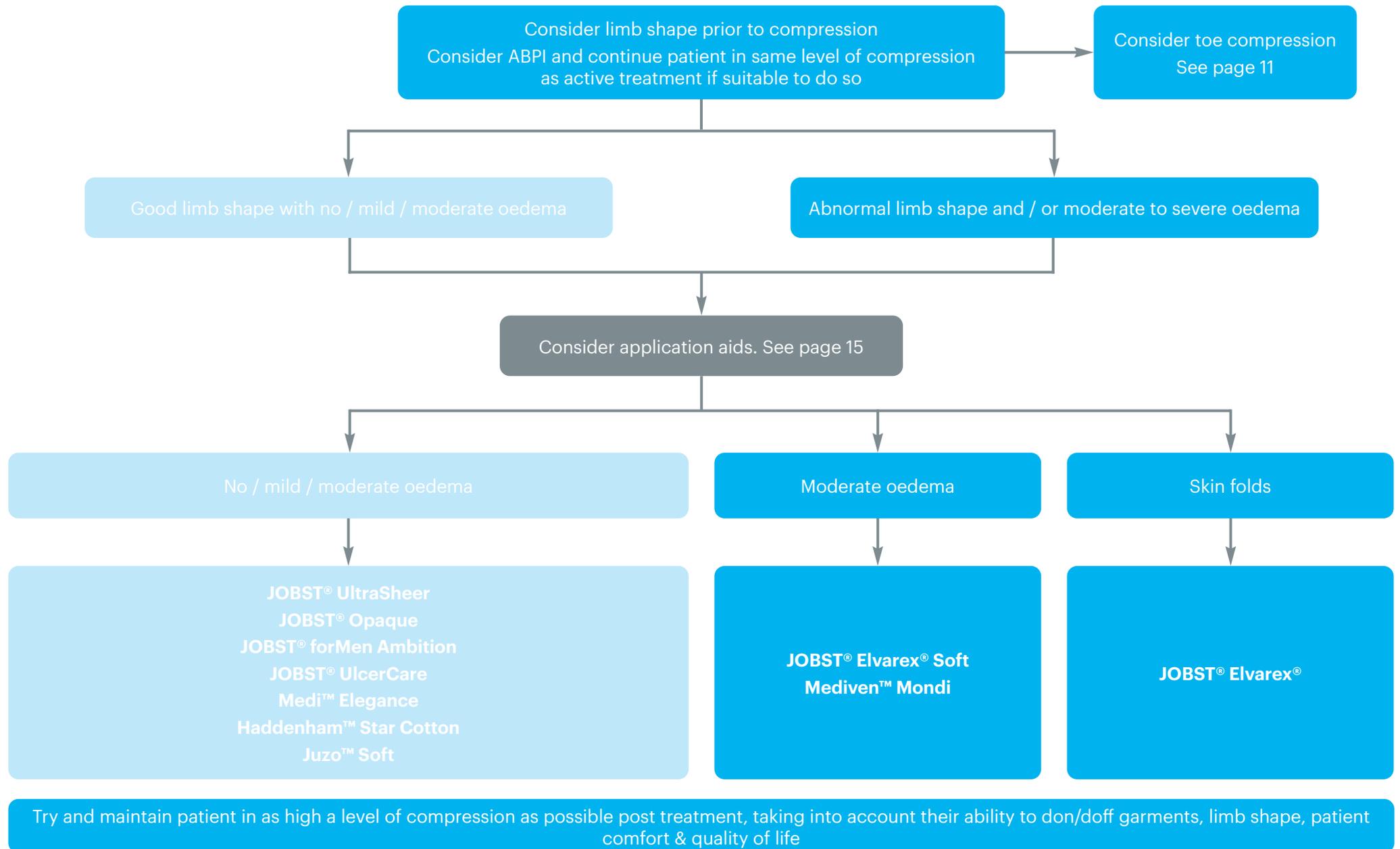
Lower Limb Maintenance Pathway

Good Limb Shape



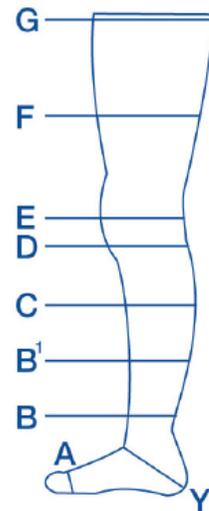
Lower Limb Maintenance Pathway

Abnormal Limb Shape



Supporting Information

Conditions of the Lower Limb	
Mild Oedema	Oedema may reduce with elevation. Little or no pitting oedema. No or minimal shape distortion. Intact resilient skin.
Moderate Oedema	Fragile skin. Lymphorrhoea. Skin Ulceration. Shape distortion. Pitting or not evident. Tissue more fibrous. Oedema does not reduce with elevation or diuretics.
Severe Oedema	Lipodermasclerosis. Severe hyperkeratosis. Skin folds/severe shape distortion. Papillomatosis.



Definition of Measuring Points

G: Circumference at the widest part of upper thigh, below gluteal fold

F: Middle of thigh

E: Middle of patella / back of knee

D: Fibula head (two finger-widths below patella)

C: Maximum circumference of calf

B1: Transition to calf (achilles tendon)

B: Narrowest circumference above ankle

Y: Heel / ankle flex with maximum dorsiflexion

A: Metatarsal joint of toe

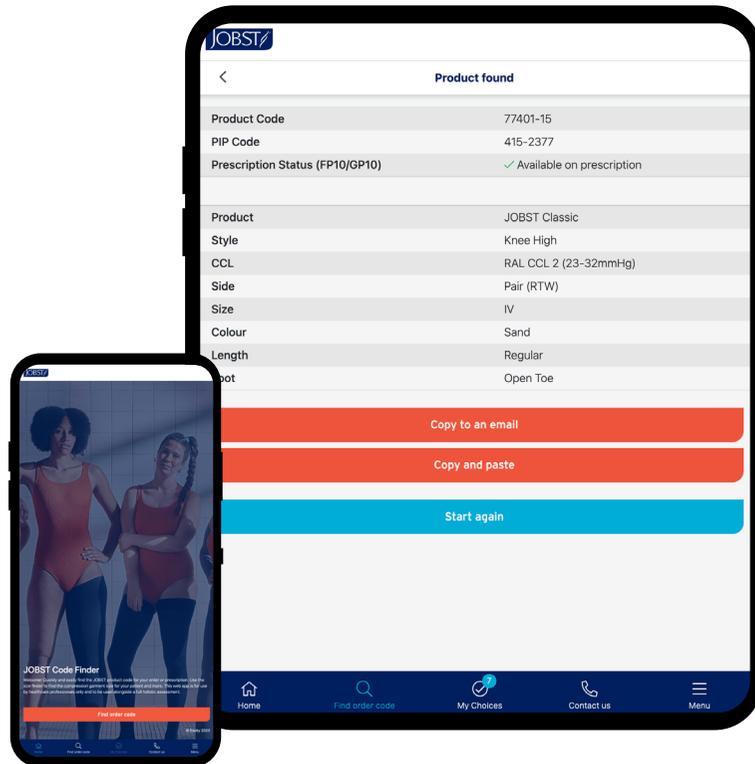
Tips for measuring
Try to measure first thing in the morning when oedema is at its minimum or immediately after removing compression garment.
Take measurements directly against the skin for accuracy.
If the patient has skin folds, do not measure into skin folds but place tape measure on top of skin fold.
Take measurements for each leg as they may differ in size.

Vascular assessment ABPI/TBPI		
ABPI - Ankle Brachial Pressure Index TBPI - Toe Brachial Pressure Index		
Full compression	Reduced compression	Vascular referral
No arterial risk	Mixed arterial risk	Arterial disease
ABPI 0.8 – 1.4	ABPI 0.5 – 0.8	ABPI < 0.5
TBPI > 0.7	TBPI 0.64 – 0.7	TBPI < 0.064

Supporting Information

JOBST Code Finder

JOBST Code Finder for healthcare professionals is a web-based application that is optimised to work on your mobile device. No more searching through a catalogue, use our web app to find the information you need. Visit JOBST Code Finder web app on your mobile device to access



Scan the QR code to visit
codefinder.jobst.com

JOBST Delivered

Delays in the prescribing of compression garments can result in the garments no longer fitting and treatment being compromised. We aim to deliver the JOBST® garment in 7 working days from receipt of order and are in fact delivering the majority of our orders within 5 working days. The JOBST® garment is delivered free to any UK address – your clinic or patient's home, you decide!

To obtain your free envelopes simply contact JOBST Delivered directly on 0800 917 6605 or contact your local JOBST representative.

Follow these 3 steps for prompt and hassle-free delivery of JOBST garments:



Contact Information

Company	Name	Email	Website	Telephone
	Chris Love Essity	Christopher.love@essity.com compression.uk@jobst.com	www.essity.com	07436 933855 0345 122 3600
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	Haddenham	sales@hadhealth.com	www.hadhealth.com	01844 208842
	JUZO	info@juzo.co.uk	www.juzo.co.uk	0161 358 0104
	Urgo Medical	ordersin@uk.urgo.com	www.urgomedical.co.uk	0330 128 0898

Further Reading / References

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