

# Pathway for early intervention with compression

## Mild venous disease, pregnancy or mild swelling



### Start of pathway - diagnostic check<sup>1,2</sup>

- **Venous disease** – this should only be mild (not moderate or severe)
- **Pregnancy** – this should only be mild swelling (not moderate or severe)
- **Mild swelling** – this is oedema that reduces overnight and limb elevation

#### Ensure patient meets all below criteria

- ✓ Intact sensation
- ✓ There is good peripheral perfusion (ie no signs of limb ischaemia)
- ✓ There is no deep pitting and no skin folds
- ✓ Appropriate shape and size of limb (below knee measurement should not be significantly wider than the calf)

### STEP 1 - Assess and record

- ✓ The CAUSE and history of the swelling
- ✓ Ensure they have intact sensation
- ✓ Ensure there is good peripheral perfusion and no signs of limb ischaemia
- ✓ There must be no deep pitting oedema or skin folds
- ✓ They must have a standard leg shape - the ankle is narrower than the calf

### STEP 2 - Management with mild compression

To prevent delay in management, in the absence of Ankle Brachial Pressure Diagnostic (ABPI), prescribe Class 1 British Standard Hosiery or reduced compression (circa 17mmHg)

#### Recommended products via FP10 prescribing

- ✓ Activa® British Standard Hosiery
- ✓ Medi UK Duomed Soft® British Standard Elastic Hosiery

### STEP 3 - Longer term management

If the Class 1 hosiery proves therapeutic, please continue with repeat prescriptions every 3 months.

### Refer immediately for advice or review when:

- ★ Criteria for management with mild compression cannot be met
- ★ Early intervention management not tolerated or possible
- ★ Significant swelling is present which is not controlled with class 1 compression

#### Mobile patients

Accelerate Lymphoedema Service if criteria below is met

Housebound patients known to Community Nursing Services

Accelerate Lymphoedema Service - referral for joint assessment

### Lymphoedema Service

Referrals are accepted for patients where:

- ✓ Swelling which has been present for 3 months or more
- ✓ At least one of the following:
  - Chronic oedema / lymphoedema with lymphorrhoea
  - History of repeated cellulitis related to oedema
  - Lymphoedema secondary to cancer
  - Primary lymphoedema

#### Not accepted

- 🚫 Known ischaemia of the affected limb
- 🚫 Varicose veins
- 🚫 Routine Doppler in the absence of swelling
- 🚫 Venous or other ulceration
- 🚫 Unstable cardiac / renal failure
- 🚫 Absence of swelling

Please provide full referral details so that virtual review and initial treatment plan can be provided  
[acceleratecic.com/referrals](https://acceleratecic.com/referrals)

### Further information

- 1 Wounds UK[2015] Best Practice Statement; Compression Hosiery, Wounds UK, London
- 2 Order form - Activa® British Standard Hosiery [lohmann-rauscher.co.uk/downloads/Activa\\_British\\_Standard\\_Patient\\_Record.pdf](https://lohmann-rauscher.co.uk/downloads/Activa_British_Standard_Patient_Record.pdf)
- 3 Order form - Medi UK Duomed Soft® British Standard Elastic Hosiery [mediuk.co.uk/fileadmin/Storage/Documents/WS\\_duomed\\_soft\\_patient\\_referral\\_form.pdf](https://mediuk.co.uk/fileadmin/Storage/Documents/WS_duomed_soft_patient_referral_form.pdf)