

A holistic approach to chronic oedema management

Alyson Davies - Senior Community Nurse, North East London NHS Foundation Trust

Aim

To communicate the positive outcomes from the management of a complex case of chronic oedema - highlighting the importance of appropriately managing severe toe oedema using inelastic cohesive compression* applied in a stump technique, and biofilm management with a monofilament fibre debridement pad**.

Method

At the point of assessment, the patient had received compression therapy for over 15 years due to leg ulceration and associated oedema. Daily bandage reapplication had been ongoing in the community for 3 years. Pain score upon assessment was 10/10.

Care plan

Intervention	Rationale
Monofilament fibre debridement pad**	Leg ulcer debridement, cleansing and biofilm management between toes
Antifungal topical preparation	Manage toe fungal infection and inflammation
Inelastic cohesive compression bandaging* using stump technique on toes	Wound, oedema and lymphorrhoea management, prevention of infection
Gabapentin	Management of neuropathic pain

Medical history

- Hypertension
- Type II diabetes
- Anaemia
- Osteoarthritis
- Hypothyroidism

Presenting condition

- Chronic Oedema
- Bilateral leg ulcers
- Lymphorrhoea
- Hyperkeratosis
- Localised infection to toes
- Probable biofilm



Results



Initial assessment



Bandaging in situ



Healed and in flat knit made-to-measure hosiery†

Results *(continued)*

Date	Outcome
6/8/15	Initial assessment, new care plan commenced
28/8/15	Visits reduced to alternate days
14/9/15	Visits reduced to every 3 days
27/9/15	Visits reduced to every 4 days
29/10/15	Measured for right leg hosiery
26/10/15	Measured for left leg hosiery. Pain score 1/10. Patient comment “absolutely brilliant!”



06/08/15



26/11/15

Patient's comment: “absolutely brilliant!”

Discussion

This approach has involved partnership from a varied skill mix within the team, including healthcare assistants and tissue viability specialists. This, and the reduction of visits, has enabled cost minimisation and improved clinical outcomes. The patient has an increased self-esteem and now feels able to interact socially, improving her quality of life.

Conclusion

Chronic oedema management involving a partnership approach, utilising skin-care and specialist bandage techniques can improve clinical outcomes, reduce costs and improve quality of life.

* Actico® – Activa Healthcare

** Debrisoft® – Activa Healthcare