An Introduction to Hosiery

Penny Morgan (this is not me!)
Tissue Viability Nurse
What we plan to cover:

• Carry out an assessment for hosiery
• Select the most appropriate garment for your patient’s condition
• Measure the limb correctly to ensure there is an accurate fit
• Apply the hosiery correctly
• Care for the hosiery correctly and be able to advise the patient on long term prevention management
Hosiery – Why? What does it do?

Improves venous return by:

1. Compresses the lower limb causing some resistance & improving calf muscle pump action

1. When the calf muscle pump is relaxed it helps to close faulty valves to prevent backflow
When to use hosiery?

- To prevent recurrence of venous leg ulceration
- To heal uncomplicated venous leg ulcers – hosiery kits
- Delay the progression of lympho-venous disease
- Maintenance care in chronic oedema following de-congestion of the limb with multi-layer bandaging
- Following DVT
Assessing for hosiery

1. Vascular assessment

- Doppler ABPI 0.8 - 1.3 – check sounds
- Lower limb assessment
- If unable to measure doppler readings due to oedema perform LLA and discuss with Tissue Viability
- ABPI 0.6 – 0.8 – may be suitable for light compression – class 1 or liners - perform LLA and discuss with Tissue Viability
- Greater than 1.3 may be suitable – discuss with Tissue Viability
Doppler re-assessment

Based on last ABPI;

- $1 - 1.3 \Rightarrow$ Annually
- $0.8 - 1 \Rightarrow$ every 6 months
- $0.6 - 0.8 \Rightarrow$ every 3 months
- $> 1.3 \Rightarrow$ every 3 months

- If there is a deterioration in limb/ patient symptomatic.
2. Limb shape

- Needs to be graduated – uneven shaped legs may need bandaging first and/or MTM hosiery

3. Skin assessment/ allergies

- Dry skin? Eczema?
- Allergies – latex – some stockings have latex (MTM Dura)
- Skin changes associated with Lympho-venous disease
- **PRESENCE OF OEDEMA** – prior to compression started? Longer than 3 months? = chronic oedema
4. History/ risks of recurrence
- History of ulceration
- History with compression

5. Patient mobility/dexterity
- Can they apply the hosiery? Family? Friends?
- Can remain in situ for 24 hrs day & for a week at a time

6. Patient preference
Working with the patient to find a suitable garment greatly improves concordance (Grey, 2013)
Different types of hosiery

Hosiery garments are classified or categorised by
1. the type of yarn used in construction and
2. the level of compression delivered
Circular knit

- Produced as a tube
- The finer, seamless finish of circular-knit hosiery may make it more cosmetically acceptable and comfortable
- Some wearers may experience problems such as rolling or digging in, particularly if there is oedema present.
Flat knit

• The stocking is made from a flat piece of fabric, which is then stitched together.

• It is made from a thicker yarn than circular knit, resulting in a stiffer fabric that is better for distorted limbs as it is less likely to cut into the skin during wear.
The two main types of compression hosiery used in the UK are:

<table>
<thead>
<tr>
<th>British Standard</th>
<th>European Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>British Standard compression garments are made from fine, light fabrics. Many patients find them more acceptable and easy to wear, which may help with concordance to treatment. In limbs with a graduated shape, British Standard compression garments provide effective compression to heal venous leg ulcers and maintain healing. They are only suitable for patients with mild venous oedema.</td>
<td>If moderate to severe oedema is present, European Class compression hosiery should be used to prevent deterioration. The greater stiffness of European Class garment encourages lymphatic movement and reabsorption of lymph. European standard delivers a greater level of mmHg (compression).</td>
</tr>
</tbody>
</table>
Hosiery classification

• Hosiery is divided into classes which depends on the amount of mmHg delivered at the ankle
• There are variations between British and European standard.

<table>
<thead>
<tr>
<th>Classification</th>
<th>BRITISH: Level of mmHg</th>
<th>EUROPEAN: Level of mmHg</th>
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<tbody>
<tr>
<td>Class 1</td>
<td>14 – 17mmHg</td>
<td>18 – 21mmHg</td>
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<tr>
<td>Class 2</td>
<td>18 – 24mmHg</td>
<td>23 – 32mmHg</td>
</tr>
<tr>
<td>Class 3</td>
<td>25 – 35mmHg</td>
<td>34 – 46mmHg</td>
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</table>
So HOW do I choose the right hosiery??

• Oxford hosiery formulary
• CHROSS Checker Tool
• Hosiery selector
• Contact Tissue Viability
Oxford Hosiery Formulary

• Activa British Standard = graduated shaped legs with absence of oedema (Pre and post bandaging)
• Actilymph (European) hosiery ‘off the peg’= for managing oedema
• Actilymph made to measure ONLY if off the peg will not fit and ONLY if you’ve been on the hosiery workshop, otherwise -
• please seek advice from tissue viability
But which class???
The CHROSS Checker

• The CHRonic Oedema Signs and Symptoms
• CHROSS Checker chart and key cards
• Aids selection of an appropriate compression product based on disease severity
• Helps identify skin changes – as a result of underlying venous and lympho-venous disease
• As part of a Holistic Patient Assessment
• Offers an easy three step approach to skin assessment
Disease Progression

- Spider and visible superficial veins
- Mild swelling, aching, heavy legs
- Mild/moderate varicose veins
- Ankle flare
- Mid hyperkeratosis
- Hyperpigmentation (staining)
- Venous dermatitis
- Venous dermatitis with swelling
- Varicose eczema/contact dermatitis
- Atrophie blanche
- Induration
- Healed ulcer
- Severe varicose veins
- Open ulcer
- Cellulitis
- Chronic oedema (toes/feet/leg)
- Severe hyperkeratosis
- Skin folds
- Papillomatosis
- Lymphangiomata
- Lymphorrhoea (wet legs)

Prevention

intervention

Early and Medium

Intensive management
Ankle flare

Definition:
Distension of the small veins of the foot, around the ankle

Cause:
Chronic venous hypertension

Action:
Prevention: skin care, compression hosiery
### Hosiery recommendation

#### With oedema
- ActiLymph® European Class hosiery
  - Mild disease: Class 1 (18–21mmHg)
  - Moderate disease: Class 2 (23–32mmHg)
  - If limb measurements do not match stock sizes, use ActiLymph® Made to Measure hosiery

#### Without oedema
- Activa® British Standard hosiery
  - Mild disease: Class 1 (14–17mmHg)
  - Moderate disease: Class 2 (18–24mmHg)
  - If limb measurements do not match stock sizes, use Credalast® Made to Measure hosiery
The CHROSS checker form

1. Check the box below if the sign/symptom is reported, or present on the limb of the patient.
2. Is oedema also present? Tick "YES" or "NO" (in the colour box of the lowest tick in step 8).
3. Consider application of the compression below, depending on disease severity (mild, moderate or severe) as part of management.

**Prevention**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
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<tbody>
<tr>
<td>Tired, aching, heavy legs</td>
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<tr>
<td>Spider veins</td>
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<tr>
<td>Ankles</td>
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<tr>
<td>Mild/moderate hyperkeratosis</td>
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<tr>
<td>Mild/moderate varicose veins</td>
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<tr>
<td>Hyperpigmentation</td>
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<tr>
<td>Venous darrmatisis</td>
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**Early/medium intervention**

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<tr>
<td>Varicose eczema</td>
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<tr>
<td>Atrophie blanche</td>
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<tr>
<td>Induration</td>
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<tr>
<td>Moderate/severe varicose veins</td>
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<tr>
<td>Hyperkeratosis</td>
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<td></td>
<td></td>
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<tr>
<td>Healed ulcer</td>
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<tr>
<td>Recurring ulcers</td>
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<tr>
<td>Ulcers</td>
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**Intensive management**

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<tr>
<td>Lymphedema/sclerodermad (acute or chronic)</td>
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<tr>
<td>Venous oedema/symphovena</td>
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<td>Stripes</td>
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<tr>
<td>Ectatic veins</td>
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</tr>
<tr>
<td>Lymphoedema/sclerodermad (acute or chronic)</td>
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</tbody>
</table>
You choose!

- Ethel Bloggs had a leg ulcer that has just healed. When you 1\textsuperscript{st} met her 3 months ago she had swollen legs that were weeping profusely. She also has haemosiderin staining and varicose veins. Her leg is slightly misshapen with a skin fold around her ankle.
- What hosiery will you prescribe?
Hosiery selector –

WARNING!

No match found!!

REALLY??

CHECK THE MEASUREMENTS MANUALLY AGAINST THE CHART!

Download app free from: www.activahealthcare.co.uk
Measuring for hosiery

• Measurement guides are provided by the manufacturer but always include ankle circumference.

• Measurements should be taken as early in the morning as possible, before the patient has been standing for long periods of time, or straight after removal of bandages.

• Patients who require compression hosiery for each leg must have both legs measured because they may be different sizes.
• Measurements need to be taken next to the skin to ensure accuracy
• Take measurements in standing position for thigh hosiery, sitting or standing for calf & ankle
• If sitting the knee should be flexed to 90 degrees and foot on the floor
• Use a sheet of paper to measure the foot length
• Check accuracy of measuring tape- old tapes stretch with time
Off the shelf hosiery

Off-the-shelf sizing charts fit a wide range of patients and the rule of thumb is that off-the-shelf compression hosiery sizes will generally fit 80% of patients.
Adding mmHg by using liners

- Leg ulcer hosiery kits (2 layer combo)
- Liners = 10mmHg
- Consider as an option if patients can’t apply own hosiery or can’t tolerate a single (firmer) garment.
- For additional compression try a standard class 2 garment (up to 24mmHg) + liner (10mmHg) = 34mmHg. Nearly equates to full compression (40mmHg)
Tea Break!

It'll get better,
I'll make tea.
Made to measure

• This is custom made hosiery for patients whose legs do not fit into stock sizes.
• This tends to be only 10% of those patients requiring hosiery.
• To obtain the optimum fit, accurate measurements are vital.
• More measurements are taken than for stock size hosiery.
Made to Measure Hosiery

• You may **ONLY** measure for MTM hosiery **AFTER** you have attended this hosiery workshop and received the correct training

• ‘Off the shelf’ hosiery is your 1st line option

• Only consider MTM after 1st measuring the limb for ‘off the peg’ hosiery and confirming it does not fit within these measurements
This is flat knit hosiery

- For limbs that don't fit off the peg
- For misshapen legs
- Skin folds
MTM Order Form

1. Fill in your name and mobile number

   Order ref. - the patient's name

2. The measurements - two columns - in cm

   \( l \) = measurements of length

   DO NOT follow the contours of the body. Measure vertically to the ground

   \( c \) = measurements of circumference

   \( c \) & \( l \) are measured in stages up the limb

   • Use a pen to mark the spot

   • The positions for each point are described on the inside cover of the pad eg B1 - where the calf starts
How to measure the leg:

Ask the patient to stand, if possible.
Mark and measure the leg as follows:-

- cG  2cm below Gluteal Fold for circumference
- lG  2cm below Gluteal Fold to ground for length
- cF  Mid Thigh for circumference
- lF  Mid Thigh to ground for length
- cE  Across middle of Kneecap for circumference
- lE  Middle of Kneecap to ground for length
- cD  2cm below Popliteal Fossa for circumference
- lD  2cm below Popliteal Fossa to ground for length
- cC  Widest part of Calf for circumference
- lC  Widest part of Calf to ground for length
- cB1  Where Calf starts for circumference
- lB1  Where Calf starts to ground for length
- cB  2cm Above Malleolus for circumference
- lB  2cm Above Malleolus to ground for length
- cY  Around Instep and Heel with foot dorsi-flexed for circumference
- cA  Around base of Toes for circumference
- lA  Heel to base of Toes for length
- lZ  Heel to end of Large Toe (Total length of foot)
- lA1  From the Heel to the base of Large Toe
- lA2  From the Heel to the base of Small Toe

NB  c = circumference,  l = length

Unless specified, all length measurements should be longitudinal and should not follow body contours

How to measure the panty:

Ask patient to put their hands on their waistline:-

Measure (c-T) waist circumference
Measure (l-T) waist to ground
Measure (c-H) greatest circumference around hips
Measure (l-H) length from hip to ground

Measure the following lengths along contours of body:

Measure (GT) length from waist to 2cm below gluteal fold
Measure (IK1T) length in the centre at the front, from waist to crotch while applying gentle pressure and following contours
Measure (IK2T) length at the back from the waist over the buttocks to the gluteal fold while applying gentle pressure and following contours

*Delivery will be within 5 working days of receipt of a correctly completed order form; subject to circumstances beyond our control.

Please send the completed Order Form to Credenhill via:
Email: sales@credenhill.co.uk
Fax: 0115 944 0437

Post: Credenhill Limited, 10 Cossall Industrial Estate, Ilkeston, Derbyshire, DE7 5UG.
Freephone: 0800 195 0650 or 0115 932 0144
3. **Panty** - DO NOT ORDER - £150/pair!!
   - Only in particular circumstances
   - Difficult to measure
   - Refer to tissue viability if you think you need them

4. **Ankle pads** - AS ABOVE, DON'T ORDER

5. **Oblique toe** – to protect little toes
How high?
As high as the oedema!

Below knee if no oedema to knee or above:
- prevent ulcer recurrence
- DVT
- Measurements A-D
Thigh length

If the knee is swollen or there is oedema above the knee.

- A - G measurements
- Point G is 2cm below the gluteal fold
- If you want to finish lower – measure F above the knee and G wherever you want the stockings to finish
Thigh high with waist attachment

For thigh high oedema with risk of hosiery rolling at the top

- Can have both legs in this at the same time
Options

1. Open toe
   - allows access to toes
   - podiatry
   • - to check circulation if staying on for eg 1 week

2. Closed toe
   - if there is oedema to the foot
   +/- oblique toe - I A1 and I A2
Top band

• NB unless you specify otherwise below knee will come without any kind of top band!!
• 3cm available for below knee only
• 5cm also available for thigh

T Heel ankle seam

• This gives a little extra room around the front of the ankle so it doesn't dig in
• Always choose this
This bit is important to make sure your GP prescribes the right thing! It gives them the PIP codes.

- Tick your selection of main garment - and
- Tick any optional extras you have chosen
- Write this down for the GP - for example:

Actilymph made to measure dura, thigh length, class 2, sand, oblique toe, 5cm silicone topband, slip form, t heel ankle seam

AL-DURAC2-AG, sand, ALO-OBT, ALO-BAND, ALO-FORM, ALO-SEAM

- Add the codes to the front of the form – 7
- Photocopy the order form for your records
- Original order form to be attached to the prescription and sent to chemists
- Stand over the person prescribing to get it right – not all codes always available so print off the script and handwrite the others on
# ActiLymph MTM Drug Tariff Code Guide

Please tick where applicable to indicate Main Garment choice and Each Optional Extra included.

Items listed below have Drug Tariff coding and associated prices.

The Drug Tariff codes are required on prescriptions for ActiLymph made to measure.

## Main Garments

<table>
<thead>
<tr>
<th>Style</th>
<th>Class</th>
<th>Main Garment</th>
<th>Colours <em>Main Garment available in Black from October 2013</em></th>
<th>Closed Toe</th>
<th>Oblique Toe includes closed or open option available</th>
<th>2 Ankle Pads includes open or closed option available</th>
<th>Silicone Topband includes from or Turn stripe available</th>
<th>Slip Form</th>
<th>T Heel Ankle Seam</th>
<th>Full Compression Body Part</th>
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<tbody>
<tr>
<td>ActiLymph MTM Ease Below Knee A-D</td>
<td>Class 1</td>
<td>AL-EASEC1-AD</td>
<td>Black</td>
<td>AL-CT</td>
<td>AL-CT</td>
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<td>AL-OBT</td>
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<td>ActiLymph MTM Ease Thigh length with waist attachment A-GT</td>
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<tr>
<td>ActiLymph MTM Ease Two legged panty A-T (includes cycle style pants)</td>
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Delivery will be within 5 working days of receipt of a correctly completed order form, subject to circumstances beyond our control.

Please send the completed Order Form to Credenhall via Email: sales@credenhall.co.uk. Fax: 0115 944 0437

Post: Credenhall Limited, 10 Coswall Industrial Estate, Ilkeston, Derbyshire, DE7 5QG. Freephone: 0800 195 0650 or 0115 932 0144

If you need another form - please download one from: www.activelymphcare.co.uk
MTM practical

- Please pair up with someone and measure one of their legs for MTM thigh length hosiery
- Complete the measurement form choosing from the options re colour, top band etc and selecting the relevant codes
Hosiery applicators

Actiglide

Magnide

Friends & family

Continuing care – Delegated Health Task
Caring for hosiery

• Activa British Standard compression hosiery – if it’s washed, dried and stored correctly, it can be used for approximately three months or 100 washes.

• Actilymph – 6 months

• Can be machine washed, avoid conditioner, don’t tumble dry and avoid prolonged exposure to heat (Radiators, airing cupboards)

• Allow emollients to absorb before applying.

• Beware of long nails, rings, animal claws!!
Apply a stocking

• With your buddy choose one of the applicators – Actiglide or Magnide and apply the stocking
MTM - Washing Instructions

- Hand wash only!
- Use a mild detergent
- Never use fabric softener, bleach or bleaching agents, spot remover or chemical cleaning fluids
- Rinse out the stocking until no soapy residue is present
- Do not wring - the stocking will dry faster by rolling it tightly in a towel after washing. Then allow the stocking to dry naturally, either by hanging or laying it down
- Do not dry the stocking in a tumble drier, near a stove, on the central heating or in the sun
- Do not iron
Thank you...