

# OXFORDSHIRE COMPRESSION HOSIERY FORMULARY

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## Appendix 1

### Oxfordshire Hosiery Formulary

The choice for clinicians when choosing compression hosiery is vast and frequently bewildering. Experience and the literature suggest that often inappropriate choices are made. Patients are supplied with ill-fitting and inadequate garments which they are understandably reluctant to wear, resulting in poor patient outcomes and wasted costs. The Oxfordshire Hosiery Booklet aims to help clinicians understand better the different types of hosiery available to them and to be able to assess for and select more accurately the correct hosiery for their patients.

A number of companies manufacture/supply hosiery. We have selected a range offered by Activa who produce a comprehensive, but with guidance a straightforward range of garments at a reasonable cost. Our aim is to offer simple, clear choices when selecting hosiery that will meet the needs of the vast majority of patients.

This formulary should not be used in isolation but in combination with the Oxfordshire Hosiery Booklet which contains important guidance on how to select the correct hosiery for your patient.

#### Summary

<b>HOSIERY</b>	<b>USES</b>
Activa (British Standard)	For use in limbs without oedema
Actilymph (European Standard)	For use with limbs with oedema which are a regular shape & fitting 'off the peg' sizes
Hosiery Kits (both British & European standard available)	To deliver full compression (40mmHg) using a liner and top compression stocking
Actilymph Made to Measure (MTM) Flat Knit	Flat knit, bespoke hosiery for limbs with oedema that don't fit off the peg, or are an irregular shape with skin folds
Liner Hosiery	Deliver 10mmHg. Useful in palliative or mixed disease. Can be layered with other hosiery. Not to be confused with the hosiery kits which contain liners and a top stocking.

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To decide upon the level of compression or class required please refer to the table below. Chapter 8 of the Oxfordshire Compression Hosiery Booklet and the CHROSS checker tool are also sources of guidance.

Class	British Standard - Activa	European Standard - Actilymph	Class
1	14–17mmHg	18–21mmHg	1
2	18–24mmHg	23–32mmHg	2
3	25–35mmHg	34–46mmHg	3

**REMINDER: If there is a history of, or there currently is oedema present Actilymph (European standard) hosiery should be selected.**

### HOW TO GENERATE A PRESCRIPTION FOR HOSIERY

Getting a prescription generated for the hosiery can be problematic! There are PIP codes for all the items which can be typed in to EMIS or Vision to immediately identify the correct hosiery. However this system is not 100% reliable and in some instances the PIP codes don't work! You will need to give the GP prescriber as much clear information as possible to help them find the hosiery on the system. The following formula provides a guide of what information and in what order, to type into the system:

#### **Brand – Class – Below knee or Thigh length - Closed or open toe – Colour - Size**

For example: Activa, Class 1, Below Knee, Closed Toe, Sand, XL

**The correct PIP code** for the prescription can be found on literature provided by the company; either the Activa and Actilymph Compression Hosiery Booklet, the Activa Hosiery Selector App, or by visiting the Activa website (select - **Need help** and then - **PIP and ordering codes**). If all else fails ask the GP to write the prescription by hand and include the PIP code which the pharmacist can use to ensure they order correctly.

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1.	Activa
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**USES** - Activa stockings are British standard hosiery and are **for use in limbs with a graduated shape and without oedema**. They are latex free.

- to prevent ulceration
- prevent recurrence of healed venous ulcers
- to prevent, or following DVT
- to prevent the progression of lymphovenous disease in the absence of oedema

### **CHOICES**

- Below knee or thigh length
- Class 1, class 2, class 3
- Closed toe or open toe
- Sand, honey or black
- Unisex sock and unisex patterned sock for patient preference

### **SIZES**

To select the correct size please use the following guide - **FOR ACTIVA HOSIERY ONLY**

## Activa® British Standard Hosiery *Measuring Guide*

A size indicator can be found by a coloured thread in the stocking

**A:** Widest part of the thigh (5cm below the groin)

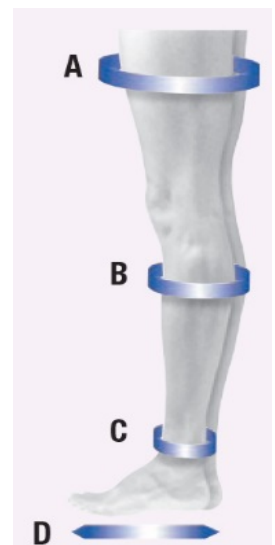
**C:** Just above the malleolus (ankle bone)

**B:** Widest part of the calf

**D:** From back of the heel to the longest toe

	S	M	L	XL	XXL
<b>A</b>	40.5-53.0cm	43.0-55.0cm	48.0-60.5cm	53.0-66.0cm	N/A
<b>B</b>	30.5-37.5cm	33.0-40.0cm	35.5-43.0cm	38.0-46.0cm	40.0-49.0cm
<b>C</b>	19.5-25.5cm	21.5-27.5cm	22.5-29.5cm	23.0-32.0cm	23.5-34.0cm
<b>D</b>	20.5-24.0cm	23.0-26.0cm	25.5-29.5cm	26.5-32.5cm	26.5-32.5cm

(Please note the measurements for Activa are different to the Actilymph stockings)



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### Actilymph

**USES** - Actilymph stockings are European standard and **for use in limbs with a graduated shape with oedema.**

- To prevent ulceration
- To prevent recurrence of ulceration
- to manage chronic oedema in a limb that has previously been decongested with multi-layer bandaging

### CHOICES

- below knee – petite or standard
- thigh length – regular or wide top band
- open toe or closed toe
- Class 1, class 2, class 3
- Sand or black

### SIZES

To select the correct size please use the following guide – **FOR ACTILYMPH HOSIERY ONLY**

### **ActiLymph®** Measuring Guide

**G:** 5cm from groin

**C:** Widest part of the calf

**B:** Just above the malleolus (ankle bone)

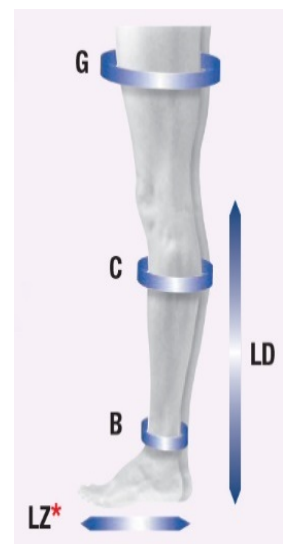
**LD:** From the popliteal space to the floor

**LZ:** From back of the heel to the longest toe

	S	M	L	XL	XXL <sup>+</sup>
<b>G</b> Wide Topband	57-66cm	61-72cm	66-80cm	74-90cm	N/A
<b>G<sup>x</sup></b> Regular Topband	48-56cm	50-60cm	53-66cm	57-73cm	61-80cm
<b>C</b>	31-39cm	33-41cm	35-44cm	39-48cm	44-52cm
<b>B</b>	19-21cm	22-23.5cm	23-27cm	27-32cm	32-37cm
<b>LZ*</b>	22-28cm	22-28cm	22-28cm	22-28cm	22-28cm

Style	Leg length (LD)	Foot length (LZ)
<b>Below Knee</b>	Petite <38cm	22-25cm
	Standard >38cm	22-28cm

(Please note the measurements for Actilymph are different to the Activa stockings)



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### 3 Hosiery kits - contain two liners and one stocking

#### USES

- To enable self-care, helping patient's to apply compression independently
- In the last stages of ulcer healing if the dressing allows, to transition into maintenance
- To layer hosiery and achieve higher levels of compression

#### CHOICES

- Below knee only
- Sand upper stocking with white liner
- Black upper stocking with sand liner
- **Use Activa Hosiery kits, for limbs without oedema – liners and class 3 Activa stocking.** One liner and the class 3 activa stocking deliver 40mmHg. Use the Activa leg Ulcer Hosiery measuring guide below
- **Use Actilymph hosiery kits for limbs with oedema – liners and class 2 Actilymph stocking.** One liner and the class 2 Actilymph stocking will deliver 38mHg. Use the Actilymph measuring guide below

#### SIZES

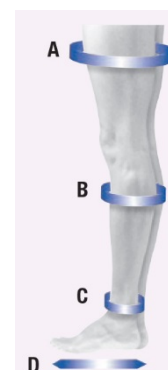
### Activa<sup>®</sup> Leg Ulcer Hosiery Kit

#### Measuring Guide

A size indicator can be found by a coloured thread in the stocking

- A: Widest part of the thigh (5cm below the groin)      C: Just above the malleolus (ankle bone)  
 B: Widest part of the calf      D: From back of the heel to the longest toe

	S	M	L	XL	XXL
B	30.5-37.5cm	33.0-40.0cm	35.5-43.0cm	38.0-46.0cm	40.0-49.0cm
C	19.5-25.5cm	21.5-27.5cm	22.5-29.5cm	23.0-32.0cm	23.5-34.0cm
D	20.5-24.0cm	23.0-26.0cm	25.5-29.5cm	26.5-32.5cm	26.5-32.5cm



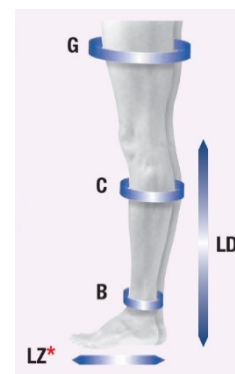
### ActiLymph Hosiery Kit

#### Measuring Guide

- C: Widest part of the calf      LZ: From back of the heel to the longest toe  
 B: Just above the malleolus (ankle bone)

	M	L	XL	XXL <sup>+</sup>
C	33-41cm	35-44cm	39-48cm	44-52cm
B	21-23.5cm	23-27cm	27-32cm	32-37cm
LZ*	22-28cm	22-28cm	22-28cm	22-28cm

Style	Leg length (LD)	Foot length (LZ)
Below Knee	Standard >38cm	22-28cm



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### 4 Actilymph - made to measure (MTM)

#### USES

This is flat knit bespoke hosiery to be used when oedema is present and;

- For limbs that do not fit the 'off the peg' measurement guides
- For abnormal shaped limbs with skin folds

**Only clinicians who have received training (available on the Chronic Oedema or Hosiery study days) in how to measure for made to measure hosiery may do so.**

#### CHOICES

- Below knee, thigh length, thigh length with waist attachment
- Closed toe, open toe, oblique closed/open toe
- Black or sand
- Two fabrics – Ease, a softer fabric, or Dura, a firmer fabric for severe disease and skin folds
- Class 1, class 2 or class 3
- 3cm or 5cm silicone top band
- T-heel ankle seam & slipform

**Please note tights (2 Legged Panty Hose) and the Full Compression Body Part along with ankle pads, are not options available on formulary.**

#### SIZES

The limb should be measured as per the Actilymph MTM order form following the accompanying guidelines (see appendix 3). The garment details should be indicated on the form by ticking the relevant boxes. The corresponding PIP codes on the rear of the form recorded in the Product Code section 7 on the front of the form.

### 5 Liner Hosiery - Liner stockings deliver 10mmHg

#### USES

They may be useful if lower limb assessment indicates some mixed venous and arterial disease eg ABPI 0.6 – 0.8, or in palliative situations. If necessary advice can be sought from Tissue Viability in selecting this [tissueviability@oxfordhealth.nhs.uk](mailto:tissueviability@oxfordhealth.nhs.uk)

They can be layered to provide higher levels of compression, either;

- wearing one 10mmHg liner on top of another, e.g. 2 x 10mmHg liners = 20mmHg\* or
- can be worn under a higher compression stocking. The silky liner material enables the top stocking to slip easily over the leg. This can be easier to put on than a single

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high compression garment, e.g. 1 x 10mmHg liner plus Activa British Standard 14-17mmHg = 25mmHg

These stockings should NOT be used;

- As a stop gap if lower limb assessment is delayed
- Without a lower limb assessment having taken place

### CHOICES

- Black, sand or white closed toe
- Sand open toe

SIZES - Use the Activa measuring guide on page 2 of this formulary

**CAUTION** – when ordering liner hosiery be careful to select the liner packs and not the leg ulcer hosiery kit which contains a liner. There can be confusion when prescriptions are produced and patients have received full compression garments in error in the past.

**If your patient's compression needs are not met by the products on this formulary please refer to Tissue Viability to assess for more specialist alternatives.**