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**

<table>
<thead>
<tr>
<th>HOsiERy</th>
<th>USES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activa (British Standard)</td>
<td>For use in limbs without oedema</td>
</tr>
<tr>
<td>Actilymph (European Standard)</td>
<td>For use with limbs with oedema which are a regular shape &amp; fitting ‘off the peg’ sizes</td>
</tr>
<tr>
<td>Hosiery Kits (both British &amp; European standard available)</td>
<td>To deliver full compression (40mmHg) using a liner and top compression stocking</td>
</tr>
<tr>
<td>Actilymph Made to Measure (MTM) Flat Knit</td>
<td>Flat knit, bespoke hosiery for limbs with oedema that don’t fit off the peg, or are an irregular shape with skin folds</td>
</tr>
<tr>
<td>Liner Hosiery</td>
<td>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.</td>
</tr>
</tbody>
</table>
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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.

<table>
<thead>
<tr>
<th>Class</th>
<th>British Standard - Activa</th>
<th>European Standard - Actilymph</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>14–17mmHg</td>
<td>18–21mmHg</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>18–24mmHg</td>
<td>23–32mmHg</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>25–35mmHg</td>
<td>34–46mmHg</td>
<td>3</td>
</tr>
</tbody>
</table>

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

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

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

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

<table>
<thead>
<tr>
<th></th>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
<th>XXL*</th>
</tr>
</thead>
<tbody>
<tr>
<td>G</td>
<td>Wide Topband</td>
<td>57-66cm</td>
<td>61-72cm</td>
<td>66-80cm</td>
<td>74-90cm</td>
</tr>
<tr>
<td>Gx</td>
<td>Regular Topband</td>
<td>48-56cm</td>
<td>50-60cm</td>
<td>53-66cm</td>
<td>57-73cm</td>
</tr>
<tr>
<td>C</td>
<td>31-39cm</td>
<td>33-41cm</td>
<td>35-44cm</td>
<td>39-48cm</td>
<td>44-52cm</td>
</tr>
<tr>
<td>B</td>
<td>19-21cm</td>
<td>22-23.5cm</td>
<td>23-27cm</td>
<td>27-32cm</td>
<td>32-37cm</td>
</tr>
<tr>
<td>LZ*</td>
<td>22-28cm</td>
<td>22-28cm</td>
<td>22-28cm</td>
<td>22-28cm</td>
<td>22-28cm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Style</th>
<th>Leg length (LD)</th>
<th>Foot length (LZ)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below Knee</td>
<td>Petite &lt;38cm</td>
<td>22-25cm</td>
</tr>
<tr>
<td></td>
<td>Standard &gt;38cm</td>
<td>22-28cm</td>
</tr>
</tbody>
</table>

(Please note the measurements for Actilymph are different to the Activa stockings)
Hosiery kits - contain twoliners 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® Leg Ulcer Hosiery Kit

**Measuring Guide**

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

<table>
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<tr>
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<td>26.5-32.5cm</td>
<td>26.5-32.5cm</td>
</tr>
</tbody>
</table>

### ActiLymph Hosiery Kit

**Measuring Guide**

C: Widest part of the calf  
B: Just above the malleolus (ankle bone)

<table>
<thead>
<tr>
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Oxfordshire Hosiery Formulary/V2/04.01.2016
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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

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
Appendix 1

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.