



# Hosiery Garment and Sundries Formulary NCHC 2019

**Norwich, North, South and West Norfolk CCGs**

## Formulary Summary

Hosiery	Uses
<b>1. Compression hosiery</b>	
<b>Activa (British Standard)</b>	For use in limbs without oedema
<b>Actilymph (European Standard)</b>	For use with limbs with oedema which are a regular shape and fitting “off the peg” sizes.
<b>JOBST (RAL Standard) Ready to Wear</b>	For use with limbs with or without oedema which are a regular shape and fitting “off the shelf” sizes.
<b>2. Measure (MTM) Flat Knit Garments</b>	<b>Flat knit, bespoke hosiery for limbs with oedema that don't fit off the peg, or are an irregular shape with skin folds.</b>
<b>Actilymph Ease</b>	Soft fabric for chronic oedema and misshapen limbs
<b>Jobst Elvarex</b>	For Chronic oedema/lymphoedema and misshapen limbs
<b>Jobst Elvarex soft</b>	For Chronic oedema/mild to moderate lymphoedema and misshapen limbs
<b>Actilymph Dura – specialist use only</b>	Firm fabric for use with chronic oedema/ lymphoedema and misshapen limbs
<b>3. Venous Ulcer Compression Systems</b>	<b>To deliver FULL compression (40mmHg) using a liner and top compression stockings</b>
<b>Activa</b>	Compression system for limbs WITHOUT oedema
<b>Actilymph</b>	Compression system for limbs WITH oedema
<b>Jobst <i>Ulcer</i>CARE</b>	Compression system for limbs WITH or WITHOUT oedema
<b>4. Liner packs</b>	<b>For use as stand-alone where Class 1 is not initially tolerated and with the Liner Hosiery as replacement liners</b>
<b>Activa Liners</b>	<b>closed toe and Open toe -10mmHg</b>
<b>Jobst <i>Ulcer</i>CARE</b>	<b>compression liner pack (contains 3 liners)-17mmHg</b>
<b>Jobst <i>Ulcer</i>CARE</b>	<b>custom made compression liner pack (2 liners)-17mmHg</b>
<b>5. Lymphoedema Hosiery</b>	<b>Off the shelf</b>
<b>Sigvaris Cotton</b>	Class 3 Below Knee , Class 1 Thigh, Class 2 Thigh, Class 3 Thigh
<b>Sigvaris Urban</b>	Class 2 for men – below knee and thigh
<b>Haddenham Toe caps</b>	<b>Class 2 (20-36mmHg)</b>
<b>6. Compression Wraps</b>	<b>Specialist use Only</b>
<b>Juzo</b>	Lower limb for moderate/ severe lymphoedema
<b>Jobst Farrow wrap lite</b>	Lighter compression for mild lymphoedema/venous indications

<b>Hosiery</b>	<b>Uses</b>
<b>7. Stocking Applicators</b>	<b>To aid compliance and personal management</b>
<b>First Line</b>	<b>Most Cost-Effective Option</b>
Neo-slip	Sock – first line for open toe.
Easy slide	Open toe
Actiglide	Closed toe and Open toe
Sockaid	Open toe and closed toe
<b>Second Line</b>	<b>Least Cost-Effective Option</b>
Juzo Easy Fit	
EZY-AS	For patients with poor mobility

## SUMMARY OF KEY CONSIDERATIONS FOR PRESCRIBING

**Before the prescription can be dispensed, the following details must be given by the prescriber:**

1. **Brand** – to ensure the correct a correctly fitting garment and the right classification (RAL vs European (EU) vs British Standard (BS) class)
2. **Quantity** - single or pair
3. **Length** of required garment – Below Knee/ thigh length/tights
4. **Compression** Class I, II or III
5. **Knit** –flat or circular knit.
6. **Add made to measure ONLY if this is required for the individual**

**The hosiery formulary should be adhered to for choice to maintain cost effectiveness.**

Many brands of hosiery are available; all compression hosiery garments are priced at listed **drug tariff price**.

Many new garments are available on the market for the treatment of lymphoedema / chronic oedema (often associated with venous insufficiency) and venous ulcers.

Confusion with these compression hosiery ranges at the time of prescribing can result in more expensive products being issued than the intended standard products therefore it is important to be clear on what is required for the individual.

In many cases measurements are likely to fall within the manufacturer's standard size garments **Where made to measure is required, add this to prescription** – pharmacy/dispensing practice will endorse as “measured and fitted”

In the absence of risk factors it is safe to start with Class 1 British Standard garment **14-17mmhg** or a JOBST Ulcercare liner **17mmhg** for those whilst **waiting Class 2 Doppler assessment**.

**For patients starting Class 2 or 3** an Ankle Brachial Pressure Index (ABPI) OR Toe Brachial Pressure Index is required.

Where the preferred compression for the patient's condition is **not tolerated**, try the next level down.

**Best Practice suggests that patients should be reviewed EVERY 6 months (please refer to local policy for pathway)** – repeat Doppler normally every 6-12 months if appropriate and re-measure where necessary, e.g. weight gain/loss. **Please note** - Currently Doppler review is at the discretion of the patients GP and is not commissioned from NCHC Community Services.

**Suggested yearly allocation per patient depends on the manufacturers guarantee (unless replacing damaged items):**

For treating **BOTH** legs - 4 pairs (8 garments) per year – 2 pairs every SIX months

For treating **ONE** leg – 2 pairs (4 garments) per year – 1 pair every SIX months

For exceptions [see guidance page 12](#)

Compression hosiery for the sole prevention of DVT for travellers is **NOT available on NHS** prescription and patients should be advised to purchase class 1 below knee stockings or proprietary “flight socks”.

**Tights - JOBST Opaque and JOBST Ultrasheer are available on prescription as tights in 6 sizes and 6 colours –\* Refer to pathway or seek advice before prescribing.**

**Additional information is available from:**

Tissue Viability Nurse Leads	Contact details
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## INTRODUCTION

The choice of available compression hosiery is enormous and therefore difficult for clinicians to make the right garment choice for the patient. This often results in poor patient outcomes and wasted costs through the supply of ill-fitting garments.

Graduated compression hosiery is used to provide compression and support in conditions related to venous insufficiency or oedema. Graduated compression garments exert the greatest degree of compression at the ankle, and the level of compression gradually decreases up the garment.

### 1. TYPES AND INDICATIONS

**British Standard Drug Tariff Classification elastic hosiery (BS 6612)** is available on FP10. Three classes are available, with differing levels of compression at the ankle and differing indications for use.

**RAL Standard & European hosiery** garments are also available on FP10 for the treatment of oedema/ chronic oedema and lymphoedema – these are also available in three classes of compression but the level of compression for each class of garment is higher than the equivalent British Standard. RAL standard garments are manufactured with a higher static stiffness index to improve clinical outcomes.

#### **DO NOT OFFER COMPRESSION HOSIERY FOR THE FOLLOWING CIRCUMSTANCES:**

- ❖ **To prevent post-thrombotic syndrome (PTS) or VTE recurrence after a proximal DVT.** Compression stockings may be used for the management of leg symptoms after DVT. The recommended duration is 2 years, however, people with established post-phlebotic symptoms may benefit from ongoing use of compression stocking.
- ❖ **For the sole prevention of DVT for travellers** is not available on NHS prescription and patients should be advised to purchase class 1 below knee stockings or proprietary “flight socks”.
- ❖ **Anti-embolism stocking (TED) stockings**, which are often used in hospitals to minimise the risk of DVT in immobilised patients, are not prescribable on FP10.
- ❖ Tights these cannot be prescribed on the NHS for venous compression; they can be purchased from pharmacies or directly from the manufacturer. They are available for treatment of lymphoedema patients.

### BRITISH STANDARD HOSIERY

#### Indications of British standard Hosiery

**British Standard circular knit - Class 1 stockings (compression at the ankle 14–17 mmHg) for:**

- Superficial or early varicose veins
- Varicose veins during pregnancy

Liners may be an option for patients unable to tolerate class 1 stockings to start with working on the assumption that some compression is better than none. Liners can be layered to provide higher levels of compression. **Consider the liner compression values as these can differ according to brand.** (for example an Activa Liner =10mmhg, a double layer liner amount to a class 2 stocking (20mmHg) and some patients may prefer this option).

**British Standard Circular knit - Class 2 stockings (compression at the ankle 18–24 mmHg) for:**

- Varicose veins of medium severity
- Treatment of, and prevention of the recurrence of, leg ulcers
- Varicose veins during pregnancy

**British Standard Circular knit- Class 3 stockings (compression at the ankle 25–35 mmHg) for:**

- Gross varicose veins
- Post-thrombotic venous insufficiency
- Treatment of, and prevention of the recurrence of, leg ulcers

**British circular knit -“Class 4” – 49-70 mmHg compression at the ankle:**

This is a newer combination of hosiery, colloquially called Class 4, which has been designed to provide an option to standard 4 layer bandaging. **THIS IS SPECIALIST USE ONLY - only those trained in use are allowed to carry this out. Consider advice from Lymphoedema team.**

- In patients with an Ankle Brachial Pressure Index (ABPI) of above 0.8 .
- In patients who have Toe Brachial Pressure Index readings (TBPI) above 0.7 indicates No arterial disease.
- can be used for those patients who continually have recurrent leg ulcers

*Graduated compression hosiery is palliative rather than curative, and their use needs to continue for as long as there is evidence of venous disease.*

## **RAL STANDARD HOSIERY**

### **Indications of RAL standard Hosiery**

**RAL circular knit - Class 1 stockings (compression at the ankle 18–21 mmHg) for:**

- Primary or secondary lymphedema/chronic oedema
- Tired heavy legs
- Slight tendency of ankles feet or legs to swell
- varicose with or without oedema
- Superficial or early varicose veins
- Varicose veins during pregnancy
- Controlled cardiac oedema

A **JOBST UlcerCare liner 17mmHg** or a **British Standard Class 1 stocking 14-17mmHg**, may be an option for patients unable to tolerate class 1 stockings to start with, working on the assumption that some compression is better than none.

Liners can be layered to provide higher levels of compression (for example, a double layer liner stockings amount to class 2 stockings and some patients may prefer this option)

**Note** -Different brands of hosiery liners provide different compression levels, i.e. (**Jobst UlcerCare liner 17mmHg/Activa 10mmHg**).

**RAL Circular knit - Class 2 stockings (compression at the ankle 23–32 mmHg) for:**

- Primary or secondary lymphedema/chronic oedema
- Chronic venous insufficiency

- prevention of the recurrence of leg ulcers
- Tired, heavy legs
- Varicose with or without oedema
- Following vein surgery
- Supports sclerosing therapy

If class 2 cannot be tolerated suggest reducing to class 1

## 2. ASSESSMENT

Please see:

[Appendix One](#) – Norfolk Practice Nurse Leg Management Pathway

[Appendix Two](#) - CHROSS Checker assessment pad Activa and Actilymph

[Appendix Three](#) - Lower Limb Disease Pathway prescribers guide.

[Appendix Four](#) – Limb Shaping

[Appendix Five](#) - Jobst IFU (RAL ready to wear)

Compression hosiery should **NOT** be applied if there is a history of symptomatic arterial disease. If applied to legs with poor circulation limb ischaemia and tissue necrosis may be caused (CKS). If in doubt, Doppler ultrasound should be performed by a suitably trained and competent healthcare professional.

Before prescribing compression hosiery, therefore, the patient should be assessed for the following:-

- Painful cramping in calf muscles after activity, such as walking or climbing stairs (intermittent claudication)
- Leg numbness or weakness
- Sore ischaemic looking toes, feet or legs [Obvious lower limb ischaemia, especially gangrene/ ischaemic ulceration.]
- Cold leg and/or foot, especially when compared with the other side
- If there is at least one 'foot pulse' (not 'peripheral pulse') then compression can be used Poor capillary refill – should be less than 2 seconds
- Drop in pulse oximetry on leg elevation

An ABPI should be requested if any one or more of these is present.

All patients with chronic venous leg ulcers should have an ABPI performed prior to treatment using a Doppler ultrasound (SIGN 2010). Dependant on the arterial-brachial pressure index: (NICE CKS 2014)

- ABPI less than 0.5: compression stockings should not be worn, as severe arterial disease is likely.
- ABPI between 0.5 and 0.8: no more than light (class 1) compression should be applied, as arterial disease is likely and compression may further compromise arterial blood supply.
- ABPI between 0.8 and 1.3 : compression stockings are safe to wear (check for contraindications – see below)
- ABPI greater than 1.3: compression should be avoided, as high ABPI values may be due to calcified and incompressible arteries. Consider seeking a specialist vascular assessment



**The above is guidance only and should not replace clinical judgement and refer to local clinical guidelines for specific products.**

Contra-indications to use are (NICE CG92)

- suspected or proven peripheral arterial disease
- peripheral arterial bypass grafting
- peripheral neuropathy or other causes of sensory impairment
- any local conditions in which stockings may cause damage, for example fragile 'tissue paper' skin, dermatitis, gangrene or recent skin graft
- known allergy to material of manufacture
- cardiac failure
- severe leg oedema or pulmonary oedema from congestive heart failure
- unusual leg size or shape – **(made to measure option may be useful here)**
- major limb deformity preventing correct fit – **(made to measure option may be useful here)**

It is also important to check:

- **The condition of the skin.** Fragile skin may be damaged while trying to put on or take off compression stockings. Ideally, venous ulcers should be healed before using compression stockings. Be aware that if worn incorrectly, compression stocking may cause local pressure on toes or over malleoli, leading to skin necrosis, especially in diabetics.
- **Compliance.** Consider whether the person is able to manage the compression stockings. (Arthritis and frailty especially in older people) Appliance aids or additional help may be required.

### 3. CHOICE OF GARMENT

Compression hosiery is available in below knee, thigh length and tights.

**Below Knee** is suitable for most people if oedema is not present to the knee and above and is preferred because:

1. It is better tolerated than thigh-length compression, unless oedema to knee and above is present, resulting in improved compliance
2. They improve the action of the calf-muscle pump, thereby improving venous return from the leg.
3. Most trial evidence is from these stockings.

Garments may have open or closed toes.

Open toe stockings may be necessary if the person:

- Has arthritic or clawed toes, or fungal infection
- Prefers to wear a sock over the compression stocking
- Has a long foot size compared with their calf size

When prescribed for varicosities, the garment should reach the highest level of the varices and extend 5cm above it.

**Thigh-length** stockings should be considered if there are severe varicose veins above the knee or swelling which extends above the knee.

**Please adhere to the local formulary for cost effective choices of ALL compression hosiery.**

#### 4. MEASURING AND SELECTING THE CORRECT SIZE OF HOSIERY

The usefulness of the garment is dependent on the accuracy of limb measurements and the correct selection of garment based on those measurements. If stockings are to be worn on both legs, measure each leg.

Ensure that patients who need compression hosiery have their legs measured and that the correct size of stocking is provided. Anti-embolism stockings should be fitted and patients shown how to use them by staff trained in their use. (NICE CG92)

If measurements are not stated on the prescription this can be done by community pharmacists who are trained in the measuring and fitting of garments. If this is not possible, the pharmacist will either ask the patient or carer to do the measurements (if capable) or refer patient back to the prescriber. Where measurements are significantly different to standard size documents, made-to-measure garments should be prescribed (see below). Most patients do not require thigh-length stockings.

#### 5. CARE OF HOSIERY AND GUARANTEE

**Jobst Hosiery -Guarantee -6 months –Hand or Machine Wash-No fabric softener.**

**Activa Hosiery -Guarantee – 3 Months or 100 Washes – Maximum 40 degree wash. No tumble dry.**

**Dry away from direct heat.**

- ❖ If properly cared for, individual garments should last for at least three months (see manufacturers recommendations). Two garments (per limb) should therefore last 6 months
- ❖ It is recommended that review should take place every 6 months (with repeat Doppler ultrasound if appropriate); therefore it is recommended items do not go on repeat prescription. (NCHC Community Services are not commissioned to provide this service).
- ❖ Detailed instructions on application are given with garments and community pharmacists are trained in fitting garments. However, in cases where patients have genuine difficulty in application, application aids are available on prescription

#### 6. LYMPHOEDEMA PRESENT (including distorted or stubborn chronic oedema)

This should be assessed by, and prescribing guided by a specialist.

#### 7. MADE TO MEASURE

In many cases measurements are likely to fall within the manufacturer's standard size garments. Made-to-measure garments are much more expensive than standard size and the need for these must be carefully assessed. More complex patients will potentially need made to measure due to the presence of oedema rather than straight forward venous ulceration.

Made-to-measure garments are available in all three compression classes.

A patient who may need made to measure hosiery includes patients with:

- Large feet
- Grossly chronic oedematous legs

- Awkward shaped legs
- Wide malleoli measurement.
- Concordance around ill-fitting hosiery in the past.
- Long shin length

Made to measure should be stated on the prescription for those who require.

**Suggested yearly allocation - per patient per leg treated - is dependent on manufacturer guidance / guarantee (unless replacing damaged items):**

Item	Guidance / guarantee	Expected annual allocation
<b>Activa Products</b>		
Activa British Standard	3 month guarantee or 100 washes per pair. Wash one wear one prescribing guidance therefore one pair would be expected to last 6 months.	4 pair (8 stockings)
Actilymph RAL standard		
Actilymph Ease		
Actilymph Dura – <b>specialist use only</b>		
Activa system		
Actilymph system		
Activa liners		
<b>Jobst Products</b>		
Jobst Elvarex	6 month guarantee or 100 washes per pair. Wash one, wear one prescribing guidance, therefore one pair would be expected to last approx. 12 months	2 - 3 pair (4 - 6 stockings)
Jobst Elvarex Soft		
Jobst Ulcercare system		
Jobst Ulcercare liners		
<b>Sigvaris</b>		
Sigvaris Cotton	3- 6 month guarantee or 100 washes per pair. Wash one, wear one prescribing guidance, therefore one pair would be expected to last 6 months.	4 pair (8 stockings)
Sigvaris Urban		
<b>Compression wraps</b>		
Juzo wraps	6 months wear time	2 per leg per year
Jobst Farrow wrap lite	6 months wear time	2 per leg per year
<b>Stocking Applicators</b>		
Various		

## 8. EXCEPTIONS TO EXPECTED WEAR OF GARMENT

1. Limb may reduce in size dramatically, requiring a smaller sized garment since present one slips, causing a tourniquet effect further down the limb.
2. Patient tolerance may require garment to be changed.
3. Ill-fitting made-to-measure garment may need to be returned to manufacturer and replaced with correct garment.
4. Deterioration of the patients' condition e.g. in lymphoedema will require a change in garment.
5. Very active patients who are compliant about wearing their garments sometimes require them to be changed sooner, since they are wearing them during exercise and they lose their elasticity sooner.

## 9. HOSIERY ACCESSORIES

Where application is an issue, application aids are available on NHS prescription and **MUST** be prescribed from formulary **ONLY**.

## HOSIERY and BANDAGE FORMULARY - summary

Hosiery	Uses
<b>1. Compression hosiery</b>	See CROSS Checker and JOBST IFU for information
<b>Activa (British Standard)</b>	For use in limbs without oedema
<b>Actilymph (European Standard)</b>	For use in limbs with oedema which are a regular shape and fitting “off the peg” sizes.
<b>JOBST (RAL Standard) Ready to Wear</b>	None to mild oedema / lymphoedema. Minimal shape distortion.
<b>2. Measure (MTM) Flat Knit Garments</b>	<b>Flat knit, bespoke hosiery for limbs with oedema that don't fit off the peg, or are an irregular shape with skin folds.</b>
<b>Actilymph Ease</b>	Soft fabric for chronic oedema and misshapen limbs
<b>Jobst Elvarex</b>	For chronic oedema / lymphoedema and misshapen limbs
<b>Jobst Elvarex soft</b>	For chronic oedema / lymphoedema and misshapen limbs
<b>Actilymph Dura – specialist use only</b>	Firm fabric for use with chronic oedema/ lymphoedema and misshapen limbs
<b>3. Venous Ulcer Compression Systems</b>	<b>To deliver FULL compression (40mmHg) using a liner and top compression stockings</b>
<b>Activa</b>	Compression system for limbs WITHOUT oedema
<b>Actilymph</b>	Compression system for limbs WITH oedema
<b>Jobst <i>Ulcer</i>CARE</b>	Compression system for limbs WITH or WITHOUT oedema
<b>4. Liner packs</b>	<b>For use as stand-alone where Class 1 is not initially tolerated and with the Liner Hosiery as replacement liners</b>
<b>Activa Liners</b>	<b>Closed toe and Open toe -10mmHg – white/sand/black</b>
<b>Jobst <i>Ulcer</i>CARE</b>	<b>Compression liner pack (contains 3 liners)- Closed toe - 17mmHg - white</b>
<b>Jobst <i>Ulcer</i>CARE</b>	<b>Custom made compression liner pack (2 liners)- 17mmHg</b>
<b>5. Lymphoedema Hosiery</b>	<b>Off the shelf</b>
<b>Sigvaris Cotton</b>	Class 3 Below Knee , Class 1 Thigh, Class 2 Thigh, Class 3 Thigh
<b>Sigvaris Urban</b>	Class 2 for men – below knee and thigh
<b>Haddenham Toe caps</b>	<b>Class 2 (20-36mmHg)</b>
<b>6. Compression Wraps</b>	<b>Specialist use Only</b>
<b>Juzo</b>	Lower limb for moderate/ severe lymphoedema
<b>Jobst Farrow wrap lite</b>	Lighter compression for mild oedema / lymphoedema

<b>Hosiery</b>	<b>Uses</b>
<b>7. Stocking Applicators</b>	<b>To aid compliance and personal management prescribed hosiery</b>
<b>First Line</b>	<b>Most cost-effective option</b>
Neo-slip	Sock – first line for open toe.
Easy slide	Open toe
Actiglide	Closed toe and Open toe
Sockaid	Open toe and closed toe
<b>Second Line</b>	<b>Least cost-effective option</b>
Juzo Easy Fit	
EZY-AS	For patients with poor mobility

## 1. COMPRESSION HOSIERY

### ACTIVA - use in limbs with a graduated shape and WITHOUT oedema

Product information available [here](#).

**Uses** – Activa stockings are British standard hosiery. 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
- **Class1 = 14-17mmhg , class2 = 18-24mmhg , class3 =25-35mmhg**
- Closed toe or open toe
- Sand Honey or black
- Unisex sock and unisex patterned sock for patient preference

Product	Size
<b>Class 1: (14-17mmHg)</b>	
Below Knee Closed Toe (sand/honey/black)	S M L XL
Below Knee Open Toe (sand)	S M L XL XXL
Thigh Length Closed Toe (sand/honey/black)	S M L XL
Unisex Sock Below Knee (black)	S M L XL
<b>Class 2: (18-24mmhg)</b>	
Below Knee Closed Toe (sand/honey/black)	S M L XL
Below Knee Open Toe (sand)	S M L XL XXL
Thigh Length Closed Toe (sand/honey/black)	S M L XL
Thigh Length Open Toe (sand)	S M L XL
Unisex Ribbed Sock Below Knee (black/brown)	S M L XL
Anklelets (sand)	S M L XL
Kneecaps (sand)	S M L XL
<b>Class 3: (25-35mmhg )</b>	
Below Knee Open Toe (sand)	S M L XL XXL
Thigh Length Open Toe (sand)	S M L XL

### Actilymph - for use in limbs with a graduated shape and WITH oedema.

Product information available [here](#).

**Uses** – Actilymph stockings are European standard hosiery

- 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

<ul style="list-style-type: none"> <li>• Thigh length – regular or wide top band</li> <li>• <b>Class1 =18-21 mmhg , class2 =23-32mmhg , class3 =34-46mmhg</b></li> <li>• Closed toe or open toe</li> <li>• Sand or black</li> </ul>	
Product	Size
<b>Class 1: 18-21mmHg</b>	
Below knee	S M L XL XXL
Below knee – open toe	S M L XL XXL
Petite Class 1 Below Knee	S M L XL
Thigh – Standard top band (black only)	S M L XL
Thigh – Standard top band – open toe black / sand	S M L XL XXL
Thigh – Wide top band (sand only)	S M L XL
<b>Class 2: 23-32mmHg</b>	
Below knee	S M L XL XXL
Below knee – open toe	S M L XL XXL
Petite Class 2 Below Knee	S M L XL
Petite Class 2 Below knee – open toe	S M L XL XXL
Thigh – Standard top band (black only)	S M L XL
Thigh – Standard top band - open toe black / sand	S M L XL XXL
Thigh –Wide top band (sand only)	S M L XL
Thigh –Wide top band – open toe (sand only)	S M L XL
<b>Class 3: 34-46mmHg</b>	
Below knee – open toe	S M L XL XXL
Actilymph Class 3 Thigh –Wide top band – open toe (sand only)	S M L XL

<b>JOBST (RAL Standard) Ready to Wear</b>	
Product information available <a href="#">here</a> .	
<p><b>Uses</b> – JOBST stockings are RAL standard hosiery.</p> <ul style="list-style-type: none"> <li>• Helps prevent recurring venous ulcers</li> <li>• Chronic Venous insufficiency</li> <li>• Primary or Secondary lymphoedema</li> <li>• Moderate to severe varicosis</li> </ul> <p><b>Choices:</b></p> <ul style="list-style-type: none"> <li>• JOBST Opaque/ Ultrasheer: Below knee, thigh high (with wide top band option), tights. Regular/ petite length, open / closed toe, 6 sizes, 6 colours</li> <li>• JOBST for Men Explore below knee, closed toe, 6 sizes, 4 colours</li> <li>• Class 1, Class 2</li> <li>• RAL Compression (6 Month manufacturers guarantee)</li> </ul>	
Product	Size
<b>Class 1: 18-21mmHg</b>	
Ultrasheer Below knee, closed toe (regular / petite)	I, II, III, IV, V, VI



Ultrasheer Thigh high, open or closed toe (regular/petite)	I, II, III, IV, V, VI
Ultrasheer / Opaque Tights, closed toe (regular / petite)	I, II, III, IV, V, VI
Opaque Below knee, open or closed toe (regular / petite)	I, II, III, IV, V, VI
Opaque Thigh high, open or closed toe (regular/ petite)	I, II, III, IV, V, VI
Men Explore Below knee, closed toe (regular/long)	I, II, III, IV, V, VI
<b>Class 2: 23-32mmHg</b>	
Ultrasheer -Below knee, open or closed toe (regular / petite)	I, II, III, IV, V, VI
Ultrasheer Thigh high, open or closed toe (regular / petite)	I, II, III, IV, V, VI
Ultrasheer / Opaque Tights, closed toe (regular / petite)	I, II, III, IV, V, VI
Opaque Below knee, open or closed toe (regular / petite)	I, II, III, IV, V, VI
Opaque Thigh high, open or closed toe (regular / petite)	I, II, III, IV, V, VI
Men Explore Below knee, closed toe (regular/long)	I, II, III, IV, V, VI

## 2. MADE TO MEASURE (MTM) FLAT KNIT COMPRESSION GARMENTS

### Uses:

This is a 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 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 –softer or firm
- Class 1, class 2, class 3 3cm or 5cm silicone top band
- T-heel ankle seam & slipform.

**Please note: tights and the full compression body part along with ankle pads are NOT options available on the formulary.**

### Sizes:

The limb should be measured as per the MTM order form following the accompanying guidelines. The garment details should be indicated on the form by ticking the relevant boxes.

**ActiLymph MTM Ease (soft fabric)**– for patient with chronic oedema and misshapen limbs  
Product information available [here](#).

Product	Size
<b>Class 1: 18-21mmHg</b>	
Below Knee A-D	N/A
Thigh A-G	N/A

<b>Class 2: 23-32mmHg</b>	
Below Knee A-D	N/A
Thigh A-G	N/A
<b>Class 3: 34-46mmHg</b>	
Below Knee A-D	N/A
Class 3 Thigh A-G	N/A

<b>ActiLymph MTM Dura (firm fabric)– Specialist use only</b> for patient with chronic oedema/ lymphoedema and misshapen limbs Product information available <a href="#">here.</a>	
<b>Product</b>	<b>Size</b>
<b>Class 1: 18-21mmHg</b>	
Below Knee A-D	N/A
Thigh A-G	N/A
<b>Class 2: 23-32mmHg</b>	
Below Knee A-D	N/A
Thigh A-G	N/A
<b>Class 3: 34-46mmHg</b>	
Below Knee A-D	N/A
Thigh A-G	N/A

<b>Lymphoedema garments made-to-measure</b>	
<b>Jobst Elvarex – for chronic oedema/lymphoedema and misshapen limbs</b> Product information available <a href="#">here.</a>	
<b>Brand Name</b>	<b>Size</b>
<b>Class 1: 18-21mmHg</b>	
Below Knee	N/A
Below Knee footless	N/A
Thigh	N/A
Thigh footless	N/A
<b>Class 2: 23-32mmHg</b>	
Below Knee	N/A
Below Knee footless	N/A
Thigh	N/A
Thigh footless	N/A
<b>Class 3: 34-46mmHg</b>	
Below Knee	N/A
Below Knee footless	N/A
Thigh	N/A
Thigh footless	N/A

<b>Jobst Elvarex SOFT – for chronic oedema/lymphoedema and misshapen limbs</b>	
<b>Class 1</b>	
Below Knee footless	N/A
Thigh	N/A
Thigh footless	N/A
<b>Class 2</b>	
Below Knee footless	N/A
Thigh	N/A
Thigh footless	N/A
<b>Class 3: 34-46mmHg</b>	
Below Knee footless	N/A
Thigh	N/A
Thigh footless	N/A

### **3. VENOUS ULCER COMPRESSION SYSTEMS – contain two liners and one stocking**

#### **Uses:**

- To enable self-care, helping patients 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 with white liner
- Black upper with sand liner
- **Activa compression system for limbs WITHOUT oedema** – liners and class 3 Activa stocking will deliver 40mmHg.
- **Actilymph compression system for limbs WITH oedema** – liners and class2 Actilymph stocking. One liner and class2 European Actilymph stocking will deliver 40mmHg.
- **Jobst UlcerCARE compression system for limbs WITH or WITHOUT oedema** – The system comprises 2 components (a medical stocking with optional zipper and a compression liner) which together provide a nominal compression of 40mmHg at the ankle with decreasing gradient pressure from distal to proximal.

#### **Length of use:**

These hosiery kits **last 3 months per kit** before they require replacing although extra packs of 3 liners can be ordered separately. Advice - including written/verbal information on care of the hosiery and application technique should be given to all patients.

<b>Activa compression system for limbs WITHOUT oedema</b> Product information available <a href="#">here.</a>	
<b>Brand Name</b>	<b>Size</b>
Leg Ulcer Hosiery Kit 40mm Hg (1 x class 3 BKOT stocking & 2 x liners)	S M L XL XXL

<b>Actilymph compression system for limbs WITH oedema</b> Product information available <a href="#">here.</a>	
<b>Brand Name</b>	<b>Size</b>
Hosiery Kit 38mm Hg (1 x Class2 European and one liner 10mm Hg)	M L XL XXL

<b>Jobst <i>UlcerCARE</i> compression system for limbs WITH or WITHOUT oedema</b> Outer stocking available with or without zipper and in choice of beige or black. Product information available <a href="#">here.</a>	
<b>Brand Name</b>	<b>Size</b>
Medical stocking and compression liner with or without zip (pack contains 1 stocking and 2 liners)	S M L XL XXL XXXL XXXXL

<b>Custom Made Compression Systems</b>	
<ul style="list-style-type: none"> <li>Seamed flat-knitting process allows for individual fit for all leg shapes and sizes, including abnormally shaped legs</li> <li>Straight and slant open toe options</li> </ul>	
Choice of lateral and medial zipper positions	
<b>Brand Name</b>	<b>Size</b>
Jobst UlcerCARE Custom medical stocking	MTM

<b>4. LINER PACKS</b>
Product literature, codes and measuring, prescription codes and request form available at: <a href="#">Activa</a> <a href="#">Jobst <i>Ulcercare</i></a>
<p><b>Uses:</b></p> <p>They may be useful if lower limb assessment indicates some mixed venous and arterial disease e.g. ABPI 0.6-0.8, or in palliative situations. If necessary advice can be sought from the tissue viability nurse. <b>Note</b> – Different brands of liner packs provide different levels of compression.</p> <p>They can be layered to provide higher levels of compression , either:</p> <ul style="list-style-type: none"> <li>Wearing one 10mmHg liner on top of another, e.g. 2 x 10mm Hg liners = 20mmHg or</li> <li>Can be worn under a higher compression stocking. The silky liner material enables the top stocking to slip over the leg. This can be easier to put on than a single compression garment, e.g. 1 x 10mmHg liner plus activa British standard 14-17mmHg = 25mm Hg</li> </ul>

**Choices of liners:**

- Black, sand or white closed toe/Open toe – Dependant on brand.

**Sizes** – use the measuring guide

**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.**

Brand Name	Size
Activa Liners closed toe/Open toe (contains x3 liners)	S M L XL XXL
Jobst <i>UlcerCARE</i> compression liner pack (contains 3 liners)	S M L XL XXL XXXL XXXXL
Jobst <i>UlcerCARE</i> custom compression liner pack (2 liners)	MTM

## 5. LYMPHOEDEMA GARMENTS READY MADE

**Sigvaris Cotton Compression Hosiery** - for use in limbs with a graduated shape and with lymphoedema – Thigh allows widest circumference measurements.

Product literature, codes and measuring, prescription codes and request form available at.

[Sigvaris](#)

Brand Name	Size
<b>Class 1 RAL: 18-21mmHg</b>	
Below Knee	XXS to XL plus
Thigh	XXS to XL plus
<b>Class 2 RAL: 23-32mmHg</b>	
Below Knee	XXS to XL plus
Thigh	XXS to XL plus
<b>Class 3 RAL: 33-46mmHg</b>	
Below Knee	XXS to XL plus
Thigh	XXS to XL plus

**Sigvaris Urban FOR MEN Compression Hosiery** - for use in limbs with a graduated shape and with lymphoedema

Brand Name	Size
<b>Class 2 RAL: 23-32mmHg</b>	
Below Knee – Black, Marine	S to XXL
Thigh - Black	S to XXL

**Haddenham Toe caps**  
[Haddenham Product Literature](#)

Brand Name	Size
<b>20-36 mmHg</b>	
Haddenham Toe Caps	XS, S, M, L, XL

## 6. COMPRESSION WRAPS – Specialist use only TVNs via pathway

Product literature, codes and measuring, prescription codes and request form available at.

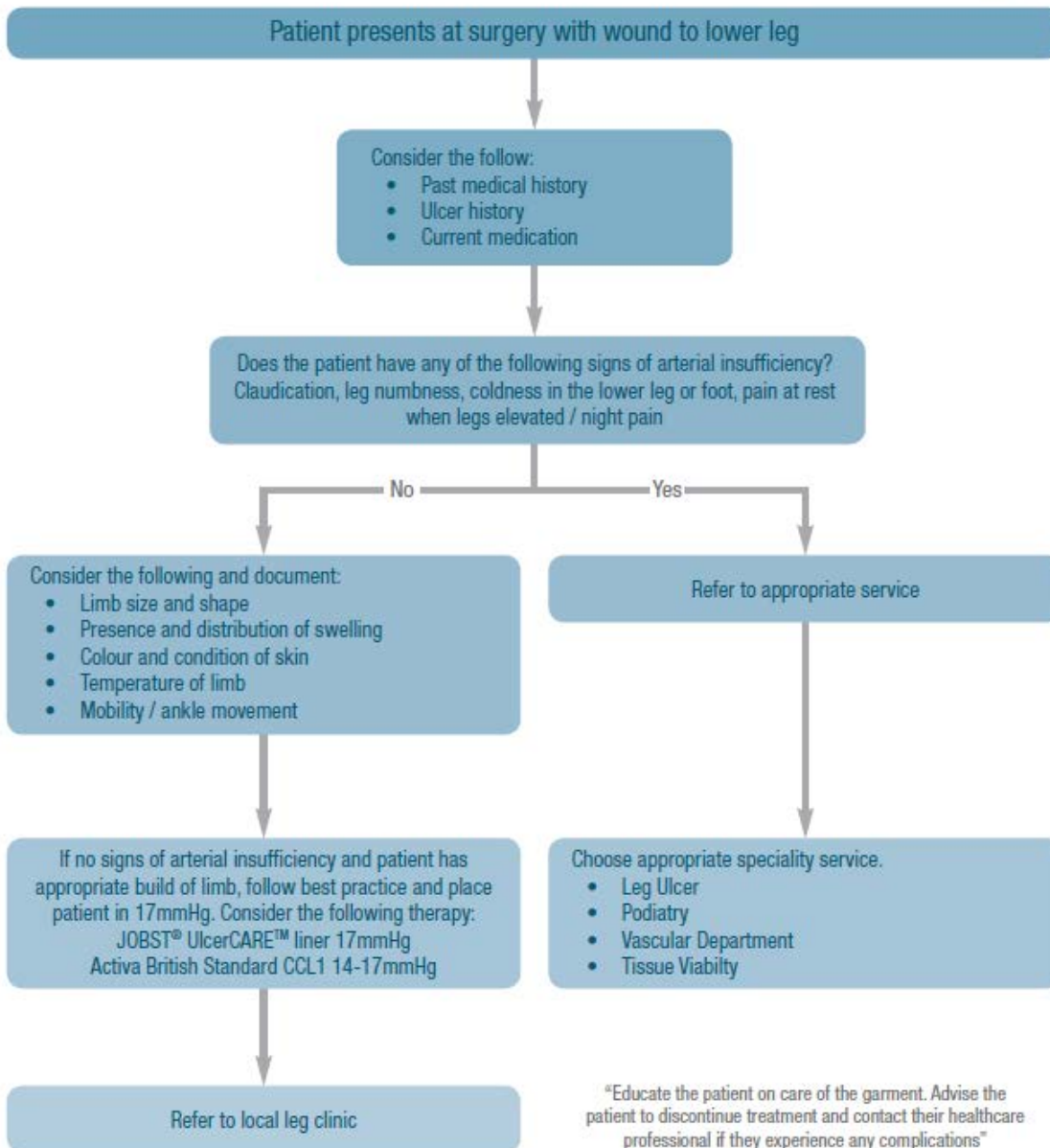
[Juzo](#)  
[Jobst](#)

Brand Name	Size
Juzo lower limb -Variable 30-60mmHg	adjustable
Jobst Farrow Wrap Lite – an option for lighter compression - <b>20- 30mmHg</b>	adjustable

## 7. STOCKING APPLICATOR – only for use to aid self-management

Brand Name	Size
First Line- Most Cost-Effective	
Neo-Slip for <b>open toe</b> stockings	S shoe 1-4
	M shoe 5 -8
	L shoe 9-14
ACTi Glide Stocking Applicator for <b>CLOSED toe use ONLY – only for OPEN toes where the Neo-slip is not successful.</b>	One size
Easy slide	
Sockaid	
Second line – Least Cost-Effective	
Juzo Easy Fit	
EZY-AS for patients with limited mobility	

# NORFOLK PRACTICE NURSE LEG MANAGEMENT PATHWAY



Produced in line with Best Practice Statement Holistic Management of Venous Leg Ulceration Wounds UK 2016 in association with BSN medical Limited  
Endorsed by NCHC Tissue Viability Service



## Appendix TWO

Patient name \_\_\_\_\_

Date: \_\_\_\_\_

### The CHROSS checker form

*NB: Please retain this form in the patient's notes for future reference of previous assessment(s)*

It is important to check for the signs and symptoms of venous and lymphovenous disease, which are listed in the chart below.

1. The chart should be used as a prompt to check for skin and limb changes as part of holistic patient assessment.
2. The compression products recommended should be used as part of an overall management plan, which includes medical management of underlying disease(s), skin and wound care, and patient education.
3. Vascular status must be determined before applying compression. If in doubt, do not use and refer for specialist advice.
4. If no ticks are recorded, the limb is healthy and no action is needed, other than a good skin care regimen.
5. In the 'early/medium intervention' and 'intensive management' phases, before managing with hosiery, a period of treatment with compression bandaging (e.g. Actico®) may be required.
6. For further information on the signs/symptoms listed below, including photographs and description, please refer to the hosiery selector app or the CHROSS checker images.


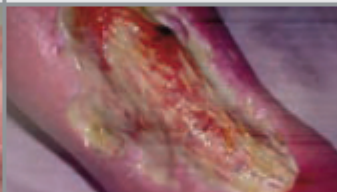

	1. Tick the box below if the sign/symptom is reported, or present on the limb of the patient	2. Is oedema also present? Tick 'YES' or 'NO' (in the colour band of the lowest tick in step 1)	3. Consider application of the compression below, depending on disease severity (mild, moderate or severe) as part of management
Prevention	Tired, aching, heavy legs <input type="checkbox"/>	NO <input type="checkbox"/>	Active® British Standard hosiery†
	Spider veins <input type="checkbox"/>		Mild: Class 1 (14–17mmHg) <input type="checkbox"/>
	Ankle flare <input type="checkbox"/>		Moderate: Class 2 (18–24mmHg) <input type="checkbox"/>
	Mild/moderate hyperkeratosis <input type="checkbox"/>	YES <input type="checkbox"/>	ActiLymph® European Class hosiery**
	Mild/moderate varicose veins <input type="checkbox"/>		Mild: Class 1 (18–21mmHg) <input type="checkbox"/>
	Hyperpigmentation <input type="checkbox"/>		Moderate: Class 2 (23–32mmHg) <input type="checkbox"/>
	Venous dermatitis <input type="checkbox"/>		
Early/medium intervention	Varicose eczema <input type="checkbox"/>	NO <input type="checkbox"/>	Active® British Standard hosiery†
	Atrophie blanche <input type="checkbox"/>		Moderate: Class 2 (18–24mmHg) <input type="checkbox"/>
	Induration <input type="checkbox"/>		Severe: Class 3 (25–35mmHg) <input type="checkbox"/>
	Moderate/severe varicose veins <input type="checkbox"/>		Active® Leg Ulcer Hosiery Kit <input type="checkbox"/>
	Moderate/severe hyperkeratosis <input type="checkbox"/>	YES <input type="checkbox"/>	ActiLymph® European Class hosiery**
	Healed ulcer*/** <input type="checkbox"/>		Moderate: Class 2 (23–32mmHg) <input type="checkbox"/>
	Recurring ulcer/open ulcer/** <input type="checkbox"/>		Severe: Class 3 (34–46mmHg) <input type="checkbox"/>
	Cellulitis*** <input type="checkbox"/>		ActiLymph® Hosiery Kit <input type="checkbox"/>
Before hosiery can be effectively used in the intensive management phase, the use of compression bandaging may be required			
Intensive management	Lipodermatosclerosis (acute or chronic) <input type="checkbox"/>	NO <input type="checkbox"/>	Active® British Standard hosiery†
	Chronic oedema/lymphoedema <input type="checkbox"/>		Severe: Class 3 (25–35mmHg) <input type="checkbox"/>
	Severe hyperkeratosis <input type="checkbox"/>		ActiLymph® European Class hosiery**
	Skin folds <input type="checkbox"/>	YES <input type="checkbox"/>	Moderate: Class 2 (23–32mmHg) <input type="checkbox"/>
	Papillomatosis <input type="checkbox"/>		Severe: Class 3 (34–46mmHg) <input type="checkbox"/>
	Lymphangiomas <input type="checkbox"/>		ActiLymph® Hosiery Kit <input type="checkbox"/>
	Lymphorrhoea (wet legs) <input type="checkbox"/>		ActiLymph® MTM Ease or MTM Dura
	Moderate: Class 2 (23–32mmHg) <input type="checkbox"/>		
	Severe: Class 3 (34–46mmHg) <input type="checkbox"/>		
* Active® Leg Ulcer Hosiery Kit (40mmHg) ** ActiLymph® Hosiery Kit *** Acute cellulitis should be treated before using compression Once the correct Class of hosiery has been selected for disease severity, if limb measurements do not match stock sizes, use either ActiLymph® Made to Measure flat knit hosiery or Crodalast® Velvet Made to Measure hosiery			





## Guideline for Lower Limb Conditions

adapted by kind permission of Winnie Furlong, Clinical Lead Leg Ulcer Service, Princess Alexandra Hospital

Venous Ulcer	Arterial or Mixed Aetiology Ulcer	Chronic Oedema/Lymphovenous
		
<p><b>ABPI 0.8 – 1.3</b></p> <ul style="list-style-type: none"> <li>Presenting with open ulcer</li> <li>Presenting with signs of venous disease</li> <li>Oedema to the lower leg <b>excluding the foot/toes</b></li> </ul>	<p><b>ABPI 0.6 – 0.8</b></p> <ul style="list-style-type: none"> <li>Consider referral to vascular for differential diagnosis</li> <li>Presenting with an open ulcer with or without signs of venous disease</li> </ul>	<p><b>ABPI 0.8 – 1.3*</b></p> <ul style="list-style-type: none"> <li>With an open leg ulcer/lymphorrhoea</li> <li>With or without signs of venous disease</li> <li>Oedema to leg may extend from the thigh to toes</li> </ul>
<b>Compression Therapies</b>		
<p><b>Leg Ulcer Hosiery Kits should be used first line where appropriate or step down from bandaging as soon as possible.</b></p> <ul style="list-style-type: none"> <li>Leg Ulcer Hosiery Kit - 40mmHg</li> <li>Actico® 10cm <i>Measure ankle size: 18-25cm - 1 layer of Actico® Over 25cm - 2 layers (second in reverse spiral from ankle)</i></li> <li>K Two <i>(measure ankle size 18-25 25-32 to ensure correct kit is used)</i></li> <li><i>If no improvement with initial compression choice then consider changing to an alternative system</i></li> </ul>	<p><b>Mixed ABPI 0.6 – 0.8</b>                  With no clinical indication of intermittent claudication or rest pain (pain in foot) - may consider reduced compression.</p> <ul style="list-style-type: none"> <li>K Two reduced</li> <li>Class 1 British Standard or European Hosiery</li> <li>Actico® - may be used under TV guidance</li> </ul> <p><b>ABPI 0.6 or less:</b>  <b>no compression - refer to Vascular team</b></p>	<ul style="list-style-type: none"> <li>Comiffast/Cellona to protect, using pleating or pillows to shape leg to inverted cone</li> <li>Actico® 8cm/10cm/12cm (12cm if full limb bandage required)</li> <li>Commencing with 8cm at foot</li> <li>Toe bandages may be required if oedema to toes (Mollelast® 4cm)</li> <li>Consider Made to Measure hosiery</li> </ul>
<p><b>All patients should be assessed by a Registered Nurse who holds an accredited leg ulcer management qualification or who has undertaken NCH&amp;C leg ulcer training and completed respective competencies.</b></p>		
<p style="text-align: center;"><b>NOTES</b></p> <p>Minimise use of adhesives (dressings, tapes) and use of foam dressings under compression bandaging. All patients must have an ankle circumference of 18cm prior to the application of compression bandaging (achieved by using additional padding).                  *If ABPI is unobtainable a decision should be made as to the suitability for compression by clinical and holistic assessment.</p>		

**Tissue Viability Clinical Leads: Rachel Sweeney (West) 07919 565 189**  
**Libby Gray (North, South Norfolk and Norwich) 07771 872 960**

## Limb Shaping

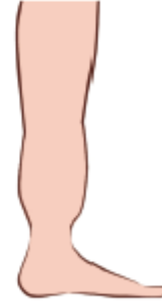
Aim for 10cm gradient between the ankle and the calf  
(calf 10cm larger in circumference than ankle)



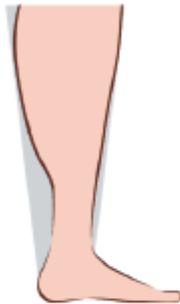
Inverted champagne bottle leg where the gradient is too steep



Calf muscle wastage



Fibrosis of the ankle showing an inverted gradient



Remember to re-check any ankle measurements after padding (where used) to ensure correct bandage regime is chosen.

## Appendix FIVE: JOBST IFUs

Type	Range	Oedema / Limb shape	Instructions for use
Prevention / Maintenance hosiery	JOBST Elvarex JOBST Elvarex Soft (RAL) Made to measure, flat knit. CCL1 (18-21mmHg)	- Mild oedema / lymphoedema - Mishapen limbs	- Primary or secondary lymphoedema - Tired, heavy legs - Slight tendency of ankles, feet or legs to swell - Slight varicosis - Onset of pregnancy related varicosis - Arthritis patients - Controlled cardiac oedema
Prevention / Maintenance hosiery	JOBST Elvarex JOBST Elvarex Soft (RAL) Made to measure, flat knit.  CCL2 (23-32mmHg)	- Moderate oedema/ lymphoedema - Misshapen limbs	- Primary or secondary lymphoedema - Helps prevent recurring venous ulcers - Chronic venous insufficiency - Post-traumatic and post-operative oedema - Moderate oedemic tendency - Lipoedema - Phlebo-lipoedema -Tired, heavy legs - Moderate to severe varicosis - Following vein surgery
Prevention / Maintenance hosiery	JOBST Elvarex JOBST Elvarex Soft RAL Made to measure, flat knit. CCL3 (34-46mmHg)	- Moderate to severe oedema / lymphoedema - Misshapen limbs	- Active primary or secondary lymphoedema - To prevent recurrence of venous ulcers - Chronic venous insufficiency - Risk of rapid oedema - Severe lipodema - Severe varicosis - Severe oedemic tendency - Following vein surgery - Following initial treatment of superficial thrombophlebitis
Prevention/ Maintenance hosiery	JOBST (RAL) Ready to wear: Circular knit CCL 1 (18-21mmHg) -JOBST Ultrasheer -JOBST Opaque -JOBST for Men	- None to mild oedema/ lymphoedema - Minimal shape distortion	- Primary or secondary lymphoedema - Tired, heavy legs - Slight tendency of ankles, feet or legs to swell - Slight varicosis - Onset of pregnancy related varicosis - Arthritis patients - Controlled cardiac oedema
Prevention/ Maintenance hosiery	JOBST (RAL) Ready to wear: Circular knit CCL2 (23-32mmHg) -JOBST Ultrasheer -JOBST Opaque -JOBST for Men	- Moderate oedema / lymphoedema - Some shape distortion	- Primary or secondary lymphoedema - Helps prevent recurring venous ulcers - Chronic venous insufficiency - Post-traumatic and post-operative oedema - Moderate oedemic tendency - Lipoedema - Phlebo-lipoedema - Tired, heavy legs - Moderate to severe varicosis - Following vein surgery
Active Venous Ulcer / Maintenance	JOBST Ulcercare Ready to wear liner pack (17mmHg)  JOBST Ulcercare kit (40mmHg)	- Mild oedema - Regular limb shape	-Management of venous leg uclers after oedema reduction -Helps prevent recurrence of venous leg ulcers -*JOBST Ulcercare liner can be worn pre-doppler inline with BPS. Refer to pathway*
Active Venous Ulcer / Prevention/ Maintenance	JOBST FarrowWrap Lite, Ready to wear(20-30mmHg)	-Mild to moderate oedema/ lymphoedema - Some limb shape distortion	- Control of moderate to severe swelling from oedema, lymphatic and other swelling disorders - Moderate to severe lymphoedema - Chronic oedema due to venous insufficiency - Venous insufficiency - Leg ulceration - Mild to moderate post thrombotic syndrome

**Document Approved by:**

*The Prescribing Reference Group on behalf of the Norfolk and Waveney Therapeutics Advisory Group (TAG), 7<sup>th</sup> February 2019*

*NCHC Medicines Management Committee, 19<sup>th</sup> March 2019*

**Version Control**

<b>Version no.</b>	<b>Date</b>	<b>Name and Title of Author/ Committee</b>	<b>Document Approval Status</b>	<b>Description of change to document or status</b>
1.0	Jan 2018	Medicines Management NEL CSU	Draft	Reviewed and added made to measure and wraps
1.1	Mar 2018		Draft	Review and added sizes and updated costs
1.2	Sept 2018	Medicines Optimisation Team AGEM CSU	Draft	Discussed and amended wraps
	Oct 2018		Draft	Removed prices from the main document for use by TVNs and Venous ulcer nurses. To have a master copy once finalised and add prices to this for reference Added specialist use to some items as these should be agreed via TVNs
1.3	Nov 2018		Draft	Added bandages and reviewed wraps again due to cost. Updated the Appendices to show most recent pathways available via NCHC.
1.4	Dec 2018		Draft	To TVNs for final review and sign off at NCHC.
2.0	Mar 2019	Medicines Optimisation Working Group- Norfolk Community Health and Care	Ratified	