

# Squeeze Me Please!

An Evidence Based Program to Reduce Recidivism of Venous Leg Ulcers in Patients with Chronic Venous Disease.

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## Introduction

- Venous disease/Venous insufficiency develops when there are abnormalities in the venous system which result in impaired venous return and persistent high venous pressures.
- These wounds affect the physical health, psychological health, and quality of life for individuals.
- Venous leg ulcers is the most prevalent etiology of wounds seen at the outpatient wound healing center with identified issues of noncompliance with compression and recidivism needing intervention. It is not remarkable that upon literature review it is recognized that venous etiology contributes to around 60% to 70% of lower legs wounds. Ironically, of those venous wounds 60%-70% reoccur after closure with a majority of reoccurrence in 12 months.
- Compression therapy is the golden rule to treating and maintaining venous disease. Compression improves calf pump, facilitates blood flow, and reduces venous reflux.
- Compliance is a problem with the usage of compression hosiery with common reasons such as pain, inability to don or doff, and lack of education about venous disease prevention and maintenance.

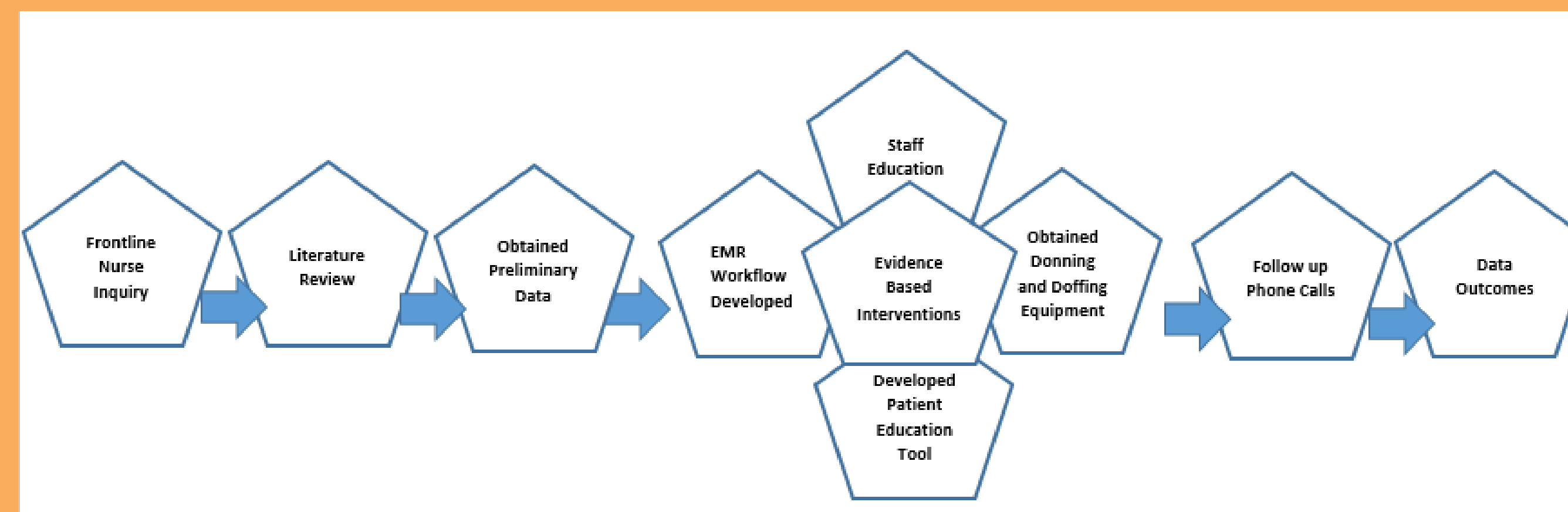
## Objective/Purpose

The purpose of this Evidence Based Practice (EBP) project is to identify methods to overcome the barriers to compliance with compression garments of the patients diagnosed with venous disease.



## Methods & Intervention

- The Johns Hopkins Nursing Model for Evidence-Based Practice (JHNEBP) was used to guide this EBP. A literature review was performed on noncompliance with compression hosiery to determine barriers and to identify best practices in this area.
- A multi-pronged intervention was designed to address the complex and multifactorial issue of adherence to compression.
- We obtained samples of compression hosiery, donning, and doffing equipment and have applied for departmental funds for compression donning and doffing equipment.



- Performed a retrospective review to determine venous ulcer recidivism for VLU patients admitted from January 2017 to July 2018.
- A patient education tool on compression and preventative care was developed for distribution. Staff will be in-serviced on new interventions.
- Initiated follow up phone calls two to four weeks after discharge to investigate patient concerns and trouble shoot any problems with their compression garments.
- Collected data on a self-reported adherence prior to implementation and after new interventions.

## Results and Discussion

- ✓ Retrospective Review (Pre- Intervention) of patients seen at the Morristown Medical Center Outpatient Wound Healing Center January 2017 to July 2018
  - ✓ 171 unique patients admitted for VLU
  - ✓ 25 VLU patients (14.6%) recidivism within 12 months
  - ✓ 7 of these 25 VLU patients (28%) had multiple recidivism occurrences
- ✓ Post- Intervention review in progress



## References

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