

OAPL ANTI EMBOLISM STOCKINGS

Training & Education

IMPROVING LIFE
THROUGH MEDICAL
INNOVATION

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DEEP VEIN THROMBOSIS (DVT) PREVENTION

DVT occurs in over 50% of some categories of patients in the hospital setting if some form of DVT prophylaxis either pharmacological (drug therapy eg. Heparin) or mechanical (anti embolic stockings) is not used.

DVT can be responsible for increased costs to the health care system and causes potentially fatal pulmonary embolism.

Risk of DVT without prophylaxis:

Stroke	56%
Hip Replacement	51%
Multiple Trauma	50%
Knee Replacement	47%
Hip Fracture	45%
Spinal Cord Injury	35%
General Surgery	25%
Myocardial Infraction	22%
Neurosurgery	22%
Gynaecological Surgery	18%

With incidence rates like this as reported by the national Working Party on the management and Prevention of Venous Thrombolism best practice guidelines for Australia and New Zealand, it is important that DVT prophylaxis is performed. In the use of anti-embolic stockings (graduated compression stockings) it is very important that they are fitted correctly to provide prophylaxis. If not sized, or fitted correctly and the patient is not informed of their proper use, a DVT may occur.

Reference:

Fletcher J, MacLellan, DG Fisher. "Management and prevention of venous thromboembolism." Best guidelines for Australia & New Zealand. 2nd Edition. Canberra HEMI, 2001

RECOMMENDATIONS, INDICATIONS & PRECAUTIONS

Indications

Recommended for:

- Dvt prophylaxis
- Every recumbent patient
- Before, during and after procedure until the return of full ambulation
- Patients at risk and those with a history of thrombosis or phlebitis
- Immobile or aged patients

Precautions

Do not use in case of:

- Skin diseases, dermatitis
- Ligature of veins
- Open ulcers
- Severe arteriosclerosis
- Peripheral vascular disease
- If thigh circumference exceeds 81cm, consider below knee

References:

Belcarno, G. Laurora, G. Cesarone, MR & De Sanotis, MT. "Prophylaxis of recurrent deep vein thrombosis. A randomised, prospective study using indobufen and graduated compression stockings." *Angiology* 1993; 44(9): 695-699.

Callam, M.J. Ruckley, CV & Dale JJ. "Hazards of compression treatments of the leg, an estimate from Scottish surgeons." *British Medical Journal* 1987; 294: 929-931.

Flanc, C. Kakkar, V. & Clarke, MB. "Postoperative deep-vein thrombosis, effects of intensive prophylaxis", *Lancet* 1969; 1: 477-478.

Kay, TW & Martin, FI. "Heel ulcers in patients with long standing diabetes who wear anti-embolism stockings." *Medical Journal of Australia* 1986; 145: 290-291.

Merret, ND & Hanel, KC. "Ischaemic complications of graduated compression stockings in the treatment of deep venous thrombosis." *Postg. Grad. Med. Journal* 1993; 809: 232-234.

Tsapogas, MJ. Miller, R. Peabody, RA & Eckert, CL. "Detection of postoperative venous thrombosis and effectiveness of prophylactic measures." *Archives of Surgery* 1970; 101: 149-154.

Wells, PS. Lensing, AWA & Hirsh J. "Graduated compression stockings in the prevention of post operative venous thromboembolism." *Arch, Int Med* 1994; 154: 67-72.

HOW TO MEASURE

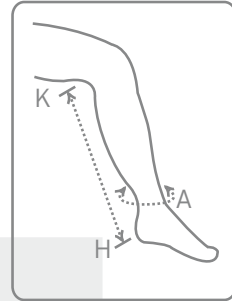
Sizing the Stockings

Care should be taken in determining the correct size of the stocking.

Measuring

Knee Length Stockings

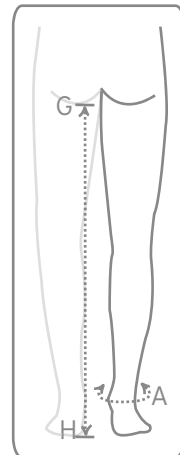
- Start by measuring the circumference 2cm above the ankle 'A'
- Next measure the length of the leg 'H' to 'K' measuring from the heel to the back of the knee. (popliteal fossa)
- **Please Note:** Knee Length stockings should finish 3cm below the popliteal fossa



Knee Length

Thigh Length & Thigh with Waist Belt Stockings

- Measure circumference 2cm above the ankle 'A'
- Next measure the length of the leg from the heel, 'H' to the gluteal fold 'G'
- **Please Note:** Thigh Length stockings should end at Gluteal fold. Thigh Style with garter must be worn with gusset at the front of the thigh



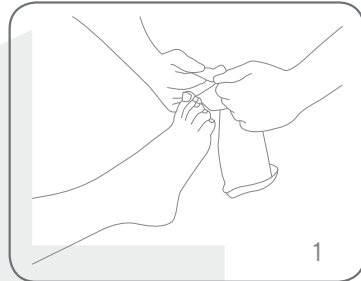
Thigh Length

Important

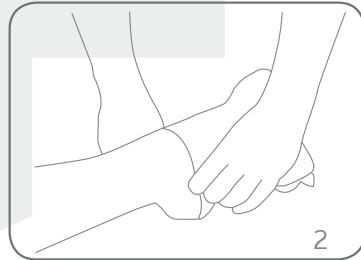
For best results, instructions for applying the stockings should be carefully followed. Failure to do so could result in restricted circulation or reduced effect.

APPLICATION INSTRUCTIONS

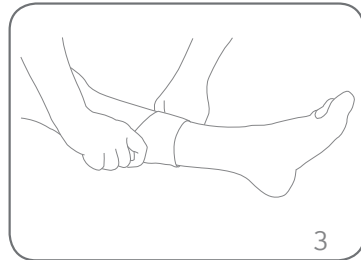
1. Place hand in stocking and turn the stocking inside out.



2. Draw the stocking over the patient's foot with exact placing of the heel. The inspection window then lies above the toes.



3. Draw the stocking slowly over the heel, calf (knee and thigh). Ensure final fit is free from folds or creases.



Important

- Below knee stockings should finish 3cm below the popliteal fossa
- Thigh with garter stockings should finish at gluteal fold. Gusset must be at front of thigh
- Thigh with waist belt stockings should finish at gluteal fold with belt fastened with plastic buckle

PATIENT INSTRUCTIONS

Why do I have to wear them?

They help prevent blood clots from forming in your legs, These clots can be very painful and even lead to swollen legs or in some cases death. This is caused from blockage of the heart and lungs by the clots.

When should I wear them?

You need to wear your stockings correctly at all times in hospital. The stockings may actually cause the formation of blood clots in your legs if not worn correctly. You need to wear these, even when you are sleeping. If they are long stockings they need to be always fastened at the belt and they should be pulled so they are smooth.

How do I care for my stockings?

- Hand wash in warm water with mild soap
- Do not use bleach
- Drip dry
- Avoid sunlight or direct heat
- Do not iron
- 76% Nylon
- 24% Spandex
- Latex Free

PATIENT INSTRUCTIONS

Things you should do

- Thigh length stockings should always be fastened with the plastic buckle
- Wash stockings when you are up and walking around
- Remove stockings when bathing
- Make sure the stockings are smooth all over, **never wrinkled**

Things you should NOT do

- Do not leave your stockings off overnight
- Do not fold down the top of stockings below the knee like a pair of socks
- Do not let the top of your thigh length stockings fold down
- Do not iron
- Do not dry clean
- Do not expose to grease or oil (eg baby oil) as this will effect the elasticity of the stockings

SIZING CODES

Knee Length

Code	Size
41031J	Extra Small Regular
41031A	Small Regular
41031B	Small Long
41031C	Medium Regular
41031D	Medium Long
41031E	Large Regular
41031F	Large Long
41031G	Extra Large Regular
41031H	Extra Large Long
41031I	Extra Extra Large

Thigh Length

Code	Size
41028A	Small Regular
41028B	Small Long
41028C	Medium Regular
41028D	Medium Long
41028E	Large Regular
41028F	Large Long
41028G	Extra Large Regular
41028H	Extra Large Long

Thigh Length

Code	Size
41027A	Small Regular
41027B	Small Long
41027C	Medium Regular
41027D	Medium Long
41027E	Large Regular
41027F	Large Long
41027G	Extra Large Regular
41027H	Extra Large Long

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Care should be taken in determining the correct size of the stocking.

MEASURING

Knee Length Stockings

1. Start by measuring the circumference 2cm above the ankle.
2. Measure the length of the leg; measuring from the heel to the bend in the back of the knee.

NOTE: Knee length stockings should finish 3cm below the popliteal fossa.

Thigh Length Stockings & Thigh with Waist Belt Stockings

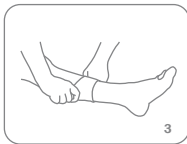
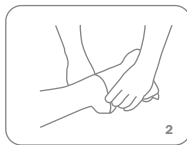
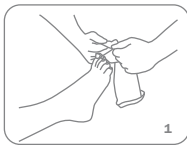
1. Measure the circumference 2cm above the ankle.
2. Measure the length of the leg from the heel to the gluteal fold.

IMPORTANT

For best results, the instructions for applying the stockings should be carefully followed. Failure to do so could result in restricted circulation or reduced effect.

STOCKING APPLICATION INSTRUCTIONS

1. Place hand in stocking and turn the stocking inside out.
2. Draw the stocking over the patient's foot with exact placing of the heel. The inspection window then lies above the toes.
3. Draw the stocking slowly over the heel, calf (knee and thigh). Ensure final fit is free from folds or creases.



INDICATIONS

- Recommended for:
- DVT Prophylaxis
 - Every recumbent patient
 - Before, during and after a procedure
 - Patients with history of phlebitis or thrombosis
 - Immobile or aged patients

PRECAUTIONS

- Do not use in case of:
- Skin diseases or dermatitis
 - Ligature of veins
 - Open ulcers
 - Severe arteriosclerosis
 - Peripheral vascular disease

NOTE

Product codes with (*) are not made in Australia
 2XL, 3XL & 4XL sizes are outside state contract pricing range. POA

KNEE LENGTH

SIZE	REGULAR YELLOW TOP	CODE	LONG BLUE TOP	CODE
X-Small Black Toe	Ankle to 18cm Height to 40cm	41031J	N/A	N/A
Small Green Toe	Ankle to 21cm Height to 40cm	41031A	Ankle to 21cm Height over 40cm	41031B
Medium Yellow Toe	Ankle 22-26cm Height to 42cm	41031C	Ankle 22-26cm Height over 42cm	41031D
Large Red Toe	Ankle 26-29cm Height to 48cm	41031E	Ankle 26-29cm Height over 45cm	41031F
X-Large Blue Toe	Ankle over 30cm Height to 48cm	41031G	Ankle over 30cm Height over 48cm	41031H
2X-Large* Beige Colour	Ankle 29-32cm Calf 37-43cm Height to 53cm	75304	N/A	N/A
3X-Large* Beige Colour	Ankle 32-35cm Calf 42-52cm Height to 53cm	75305	N/A	N/A
4X-Large* Beige Colour	Ankle 35-38cm Calf 51-61cm Height to 53cm	75306	N/A	N/A

THIGH LENGTH

SIZE	REGULAR YELLOW TOP	CODE	LONG BLUE TOP	CODE
Small Green Toe	Ankle to 21cm Height to 82cm	41028A	Ankle to 21cm Height over 82cm	41028B
Medium Yellow Toe	Ankle 22-26cm Height to 82cm	41028C	Ankle 22-26cm Height over 82cm	41028D
Large Red Toe	Ankle 26-29cm Height to 82cm	41028E	Ankle 26-29cm Height over 82cm	41028F
X-Large Blue Toe	Ankle over 30cm Height to 82cm	41028G	Ankle over 30cm Height over 82cm	41028H

THIGH LENGTH WITH WAIST BELT

SIZE	REGULAR YELLOW TOP	CODE	LONG BLUE TOP	CODE
Small Green Toe	Ankle to 21cm Height to 82cm	41027A	Ankle to 21cm Height over 82cm	41027B
Medium Yellow Toe	Ankle 22-26cm Height to 82cm	41027C	Ankle 22-26cm Height over 82cm	41027D
Large Red Toe	Ankle 26-29cm Height to 82cm	41027E	Ankle 26-29cm Height over 82cm	41027F
X-Large Blue Toe	Ankle over 30cm Height to 82cm	41027G	Ankle over 30cm Height over 82cm	41027H

ADVICE

Anti-Embolism Stockings can be washed or sterilised (maximum temperature 105° C). Graduated Compression 18mmHg at the ankle.

CARE INSTRUCTIONS

- Hand wash in warm water with mild soap
- Do not tumble dry
- Drip dry
- Avoid sunlight or direct heat
- Do not iron

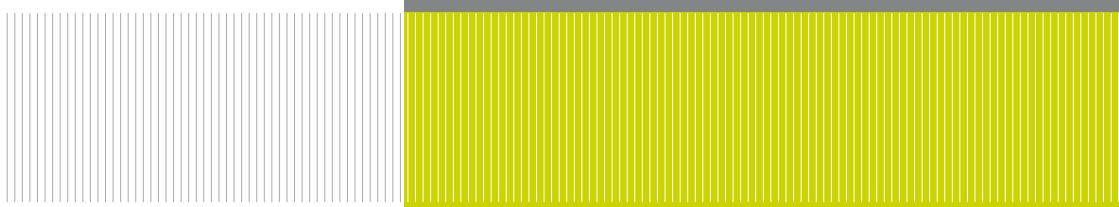
CONTENT

Latex Free
 76% Nylon
 24% Spandex

ARTG: 139356

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