

# Turning the life around of a patient suffering from lymphovenous disease with cohesive inelastic compression bandages and compression hosiery

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Mr B is a thirty-nine year old, morbidly obese gentleman with a BMI of 52.7 who had suffered from lymphovenous disease for five years. This had severely affected his quality of life and his level of mobility. Mr B has consented to this case study submission.

This gentleman also had gravitational eczema and frequent episodes of cellulitis, causing repeated damage to the superficial lymphatics. This was managed utilising the new BLS Consensus Document (2010) on the management of cellulitis in lymphoedema.

Mr B's condition particularly highlights the issues surrounding the morbidly obese and the management of lymphoedema, which is the subject of emerging new research (Greene et al, 2012).

Despite having low Ankle Brachial Pressure Index Doppler readings, Mr B had normal Toe Brachial Pressure Index readings with clear triphasic waveforms. Cohesive inelastic compression bandages (short stretch)\* have been shown to have a positive effect on arterial blood flow (Parsch, 2010) and therefore, for patients who cannot

access Doppler assessment, may not be a contraindication to applying cohesive inelastic compression (Neill, Turnbull 2012).

Mr B demonstrated how patient involvement is very important in the management plan to gain concordance with the compression bandaging and, ultimately, long term management of the condition with flat knit, made to measure hosiery\*\*. He also demonstrated an ability to move freely in cohesive inelastic compression bandages.

With the correct, evidence-based management, Mr B saw a reduction in oedema, reduction in pain, significant wound healing, no further episodes of cellulitis or recurrent episodes of gravitational eczema and a return to his swimming, mobility and normal footwear.

## References

BLS (2010) British Lymphology Society Consensus Document on the management of Cellulitis in lymphoedema August 2010.

Greene AK, Grant FD, Slavin SA (2012) Lower-Extremity Lymphoedema and Elevated Body-Mass Index. N Eng J Med. 366: 2136-2137. May 2012.

Parsch H (2010) Rationale for compression in leg ulcers with mixed arterial and venous aetiologies. EWMA J. 10(3), 5-8.

Neill K, Turnbull K, (2012) Use of specialist knowledge and experience to manage patients with mixed aetiology leg ulcers. Journal of Wound Care 21(4), 168-174.

\* Actico® cohesive inelastic bandages from Activa Healthcare

\*\* ActiLymph® MTM hosiery from Activa Healthcare