

Title of Document	Compression Stockings and Compression Wraps		
Name of Department	Clinical Team		

What type of document is this?	Work Instruction (WI)	This is a simple guide to follow in order to complete a particular task	
Which Helping Hands policy/SOP does this WI relate to?	NA	Index number of policy/SOP	NA

Which Operational Priority/Priorities does this document link to?	Governance Framework	Superior Client Care	People, Performance & Culture	

Custodian of document	Clinical Team	Committee/Group responsible for this document	Compliance and Governance Meeting
Approval date and committee chairperson signature	10.11.23	When is its next scheduled review?	10.11.26

Who does it apply to?	All staff working with clients				
	Does it apply to bank workers?	Yes	Does it apply to agency staff?	No	Does it apply to third party contractors?

Purpose of the Work Instruction	To ensure that all staff who work with customers have competency, knowledge and understanding to deal with compression stockings and compression wraps.				
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Compression Stockings and Compression Wraps Work Instruction.

1.0 Purpose

- 1.1 Compression stockings are elasticated stockings (hosiery) which provide graduated pressure from the bottom of the lower leg to the knee or top of the thigh (if the customer wears compression tights) and improve the action of the calf-muscle pump.
- 1.2 Compression wraps are devices that consist of a series of inelastic bands that extend from the central portion of the wrap.
- 1.3 Compression stockings and wraps can be used to treat conditions associated with poor venous circulation including; varicose veins, venous leg ulcers, venous eczema, post-thrombotic syndrome (DVT), lymphoedema and Lipodermatosclerosis. They are a prescribed long-term treatment and customers must be assessed for suitability by a healthcare professional trained in compression therapy assessment to exclude arterial disease, ensure that the correct level of compression is prescribed and measure for sizing.

2.0 Process for compression stockings

- 2.1 Carer must wash their hands and ensure that they have short finger nails and minimal jewellery on their hands.
- 2.2 Ideally the customer should be seated in a chair, with the carer kneeling in front of them (a kneeling pad or cushion may be needed if there is hard flooring) otherwise apply when the customer is lying in bed, ensuring that the bed is at a safe working height for the carer.
- 2.3 Carer inserts their hand into the clean stocking as far as the heel and turn the stocking inside out to the heel.
- 2.4 Position the stocking over the customer's foot and heel.
- 2.5 Feed the stocking up the leg once over the foot and heel until it is two fingers width below the bend of the knee.
- 2.6 Application aids such as 'Actiglide' or 'Sockaid' may be used. For open toes stockings a clean plastic apron or a silk foot pocket may be used.
- 2.7 Stockings should be put on first thing in the morning and removed when the customer goes to bed unless otherwise advised by a healthcare professional, and a moisturising cream applied to the legs.
- 2.8 Stockings can be hand washed in warm water and mild detergent or placed on a 30-degree wash in the washing machine. Fabric softeners should not be used. Stockings

should be air dried. They should not be tumble dried. It is recommended stockings are replaced every 6 months.

3.0 Process for compression wraps

- 3.1 Carer must wash their hands and ensure that they have short finger nails and minimal jewellery on their hands.
- 3.2 There are many different manufacturers of compression wraps. Manufacturer guidelines should be followed to the specific compression wrap prescribed. Please liaise with your Clinical team @clinicalcare for specific advice.
- 3.3 Compression wraps can be washed as often as needed in the washing machine on a gentle setting with mild detergent. Fabric softener or bleach must not be used. It is advised to place wraps into a mesh laundry bag for protection. Wraps should be air dried.

4.0 Training

- 4.1 All carers must complete Academy on line video and then in person delegated training from an ACID trained person and competency sign off before carrying out this procedure.

Note – Equality Impact Assessments are not required for Work Instructions

What was the previous version number of this document?	Version 01	
Changes since previous version	Amendments to 1.0, 2.0 and 3.0	
Author of the document	Clinical Team	
Who was involved in developing / reviewing/ amending this work instruction?	Clinical Team	
How confidential is this document?	Public	Can be shared freely within and outside of Helping Hands
Associated Documents	Compression Stockings Fact Sheet Training & Competency Form – Academy	