Compression Therapy in Everyday Life: Let the Patients Have the Floor!

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Objective

Compression Therapy from the patient's point of view:

- What motivate them
- What are the difficulties in everyday life
Compression Therapy In Everyday Life

**Methods**

- **Survey carried out** in August 2015 (22/07 - 08/09) and May 2016 (15/04 – 31/05)

- **By 15 vascular physicians:** Jean-François Auvert, Sophia Bensédrine, Sophie Blaisse, Myriam Chanut, Véronique Comté, Marie Christine Coqueran, Chantal Elbhar, Rolf Engelberger, Philippe Kern, Didier Lurel, Valérie Mascarel Maillet, Monira Nou, Gilles Miserey, Pierre Ouvry

- **Consecutive patients with previously prescribed compression stockings for venous disease, willing to participate**

- **Medical Form:** filled by the physician
  - pathological description, venous status
  - characteristics of the stockings
  - prescription and delivery

- **Patient's Auto-questionnaire:** open questions

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1. How is life with your stockings: are they integrated in your everyday routine, or is it a problem for you to wear them? How do you cope with this treatment?

2. When you wear your stockings, do you feel better? or do you experience discomfort? or do you have both benefits and difficulties? Which ones?

3. What are the three main motives that encourage you to wear your stockings?

4. What are the three main difficulties that hamper your will to wear your stockings?

5. What was the most helpful to you when you had to start the compressive treatment?

6. What kind of help could have been useful at that time, if available?
### Compression Therapy In Everyday Life

#### Patients

<table>
<thead>
<tr>
<th></th>
<th>August 2015 (n=89)</th>
<th>May 2016 (n=194)</th>
</tr>
</thead>
<tbody>
<tr>
<td>F : M (%F)</td>
<td>84%</td>
<td>88%</td>
</tr>
<tr>
<td>Age (med; min-max)</td>
<td>61 yrs [20 - 87]</td>
<td>65 yrs [20 - 87]</td>
</tr>
<tr>
<td>BMI &gt; 30</td>
<td>18%</td>
<td>16%</td>
</tr>
<tr>
<td>Symptoms (Cs)</td>
<td>79%</td>
<td>67%</td>
</tr>
<tr>
<td>CEAP C3-C4-C5</td>
<td>51%</td>
<td>27%</td>
</tr>
<tr>
<td>Ankle pressure &gt; 20 mm Hg</td>
<td>23%</td>
<td>20%</td>
</tr>
<tr>
<td>Dispensation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>pharmacist</td>
<td>81%</td>
<td>84%</td>
</tr>
<tr>
<td>orthopedist</td>
<td>19%</td>
<td>15%</td>
</tr>
<tr>
<td>other (internet...)</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>Measurements performed by MD</td>
<td>11%</td>
<td>9%</td>
</tr>
<tr>
<td>Practice with doctor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>with pharmacist/orthopedist</td>
<td>14%</td>
<td>5%</td>
</tr>
<tr>
<td>none</td>
<td>23%</td>
<td>40%</td>
</tr>
<tr>
<td>none</td>
<td>63%</td>
<td>55%</td>
</tr>
</tbody>
</table>

### Compression Therapy In Everyday Life

**Patients took advantage of the bargain**

**Indeed, they spoke their mind!**

1. How is life with your stockings: are they integrated in your everyday routine, or is it a problem for you to wear them? How do you cope with this treatment?

According to which company you get your stockings from, it can be a great comfort or quite the hell!

2. When you wear your stockings, do you feel better? or do you experience discomfort? or do you have both benefits and difficulties? Which ones?

I feel much better with my stockings, especially after I removed them!
1. How is life with your compression stockings?

1. Comment vivez-vous le port de vos bas de compression : Est-ce pour vous une habitude acquise qui ne vous pose plus de problème, ou au contraire cela reste-t-il difficile et vous demande des efforts, peut-être même vous êtes-vous découragé de les porter ? Comment vous situez-vous vis-à-vis de ce traitement ?

1. How is life with your stockings: are they integrated in your everyday routine, or is it a problem for you to wear them? How do you cope with this treatment?

Difficult to put on. I feel discouraged!

Socks are OK, but thigh-high stockings give me anxiety attacks!

Stockings are my everyday attributes. No problem at all.

I wear stockings for more than 40 years. Without them, I feel I am naked!

I feel very well with them. They are essential.
Compression Therapy In Everyday Life

2. Influence of stockings on legs comfort

2. Lorsque vous portez vos bas de compression, ressentez-vous une amélioration de votre confort au niveau des jambes, ou au contraire vous sentez-vous moins bien, ou y-a-t-il à la fois des choses qui vont mieux et d’autres moins bien ? Lesquelles ?

2. When you wear your stockings, do you feel better? or do you experience discomfort? or do you have both benefits and difficulties? Which ones?

3. Your three main motives

3. What are the 3 main reasons that encourage you to wear your stockings?

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevention</td>
<td>0.84</td>
</tr>
<tr>
<td>Skin condition</td>
<td>0.10</td>
</tr>
<tr>
<td>Edema</td>
<td>0.06</td>
</tr>
<tr>
<td>Symptom relief</td>
<td>0.10</td>
</tr>
<tr>
<td>Comfort</td>
<td>0.06</td>
</tr>
</tbody>
</table>
4. Your three main difficulties

4. What are the 3 main inconveniences that hamper your will to wear your stockings?

- Summer/heat
- Donning
- Aesthetics
- Time consuming
- None

4. Who spontaneously declares "no difficulty"?

- > 20 mmHg
- CVI
- BMI > 30
- Hot climate
- Age > 65
- Male
4. Difficulty: "Hot Temperature"

- > 20 mmHg
- No CVI
- BMI < 30
- Hot climate
- Age < 65
- Female

4. Difficulty: "Time Consuming"

- > 20 mmHg
- No CVI
- BMI < 30
- Cool climate
- Age < 65
- Female
4. Aesthetics Concerns

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4. Difficulty with Donning
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5. Initial help

5. At the beginning of your compressive treatment, what did help you most to wear your stockings?

![Bar chart showing responses to question 5. Initial help: Doctor's advices, Pharmacist's advices, Efficacy, Fear.]

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5. Initial "Help" = Fear?

- I was afraid to have a 3rd pulmonary embolism
- I heard about people who travelled without their stockings and died!
- I was afraid of the worst!
- I wanted it, but my doctor said it was useless
6. Initial help sought for

6. What kind of help could have been useful, if available, when starting with your compression treatment?

- Education workshop
- Show how to put it on
- Meet with an angiologist
- Doctors explanations
- Nothing else

Conclusions

- We, doctors, have a lot of prejudices regarding compression therapy, and pass them onto the patients. Corollary = patients can teach us a lot,... if we are able to listen to them!
- Patients consistently acknowledge:
  - the efficacy on symptoms and edema
  - the large technical improvement over the recent years
  - the importance of initial practical teaching
- Motivation is everything. Practical difficulties do remain substantial, but they are experienced with a very high degree of subjectivity
- Therapeutic education can help a lot in this context, and the development of educational programs and tools is necessary