

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

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**for the Compression Interface Group
of the French Society of Vascular Medicine**

Compression Therapy In Everyday Life

Objective


**Compression Therapy
from the patient's point of view:**

- **What motivate them**
- **What are the difficulties in everyday life**

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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 Blaise, 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**

	 <p>COMITE INTERFACE COMPRESSION de la SFMV Intégration du traitement compressif dans la vie quotidienne Auto-questionnaire pour patients atteints d'affections veineuses chroniques</p> <p><i>Ce questionnaire a pour objectif de comprendre quelles sont les motivations qui vous aident et les difficultés que vous rencontrez pour porter vos bas de compression médicaux. Vous devez le remplir seul en vous appuyant sur vos propres mots, comme vous le sentez ; ce sont vos perceptions et vos avis que nous analysons ensuite. Nous vous remercions de votre aide précieuse !</i></p> <p>Patient : _____ (les 3 premières lettres) Sexe : <input type="checkbox"/> F <input type="checkbox"/> M Département : _____ Date : _____</p> <p>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 ?</p> <p>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 ?</p> <p>3. Quelles sont les 3 principales motivations qui vous encouragent à porter vos bas de compression ?</p> <p>4. Quelles sont les 3 principales difficultés qui vous gênent pour les porter régulièrement ?</p> <p>5. Qu'est-ce qui vous a le plus aidé à mettre en route et à adapter votre traitement compressif au début ?</p> <p>6. Quel type d'aide ou d'information auriez-vous aimé trouver à ce moment de la mise en route de votre traitement ?</p>	
<p>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?</p> <p>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?</p> <p>3. What are the three main motives that encourage you to wear your stockings?</p> <p>4. What are the three main difficulties that hamper your will to wear your stockings?</p> <p>5. What was the most helpful to you when you had to start the compressive treatment?</p> <p>6. What kind of help could have been useful at that time, if available?</p>		

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Patients

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

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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?

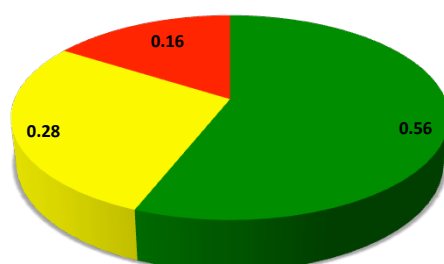
I feel much better with my stockings, especially after I removed them!

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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?



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1. How is life with your compression stockings?

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!

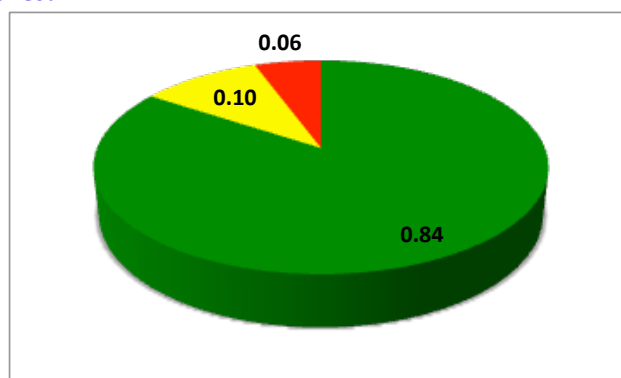
I feel very well with them. They are essential

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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 ?

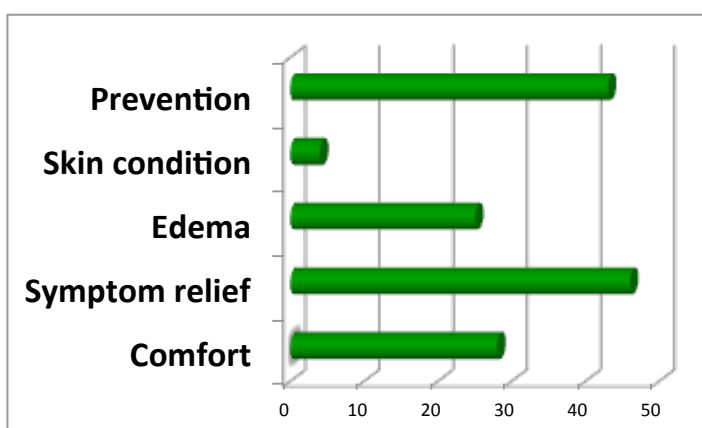
2. When you wear your stockings, do you feel better? or do you experience discomfort? or do you have both benefits and difficulties? Which ones?



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3. Your three main motives

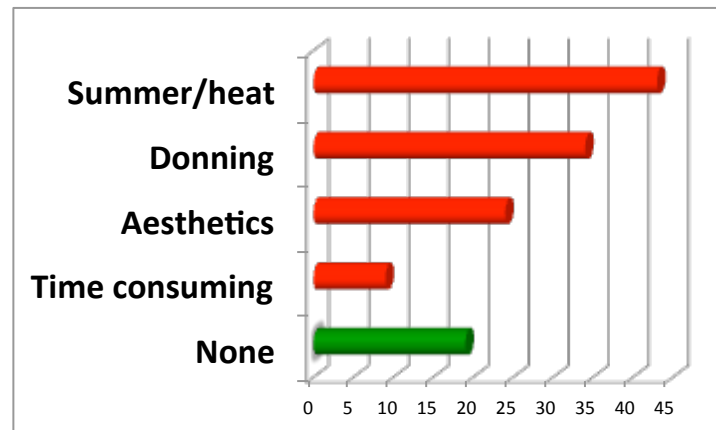
3. What are the 3 main reasons that encourage you to wear your stockings?



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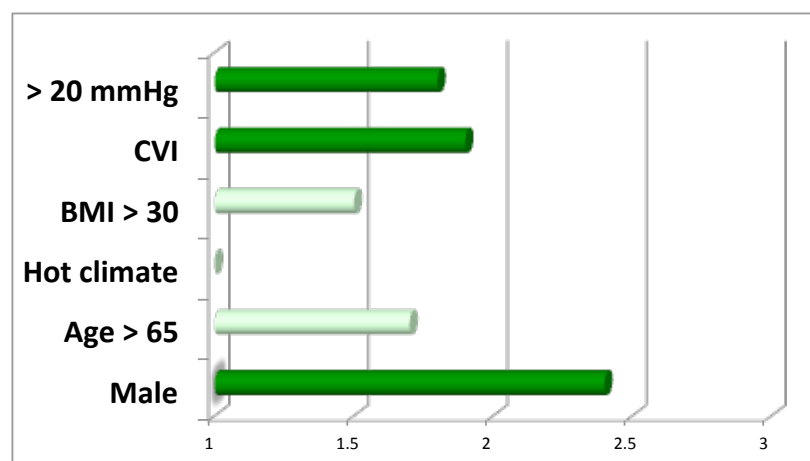
4. Your three main difficulties

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

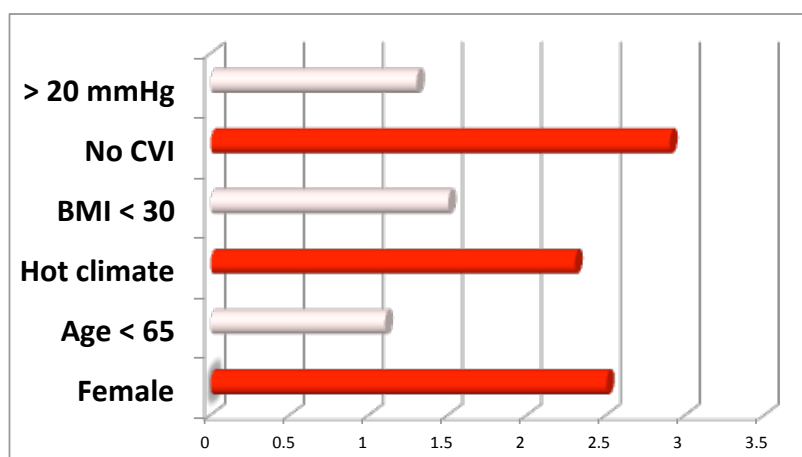


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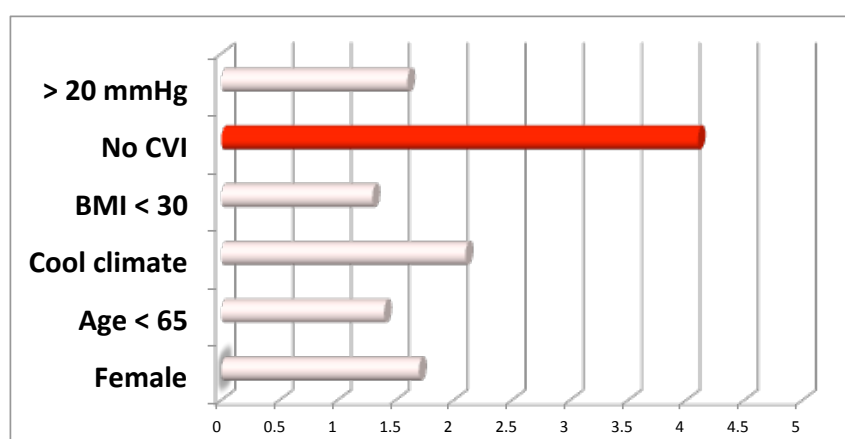
4. Who spontaneously declares "no difficulty"?



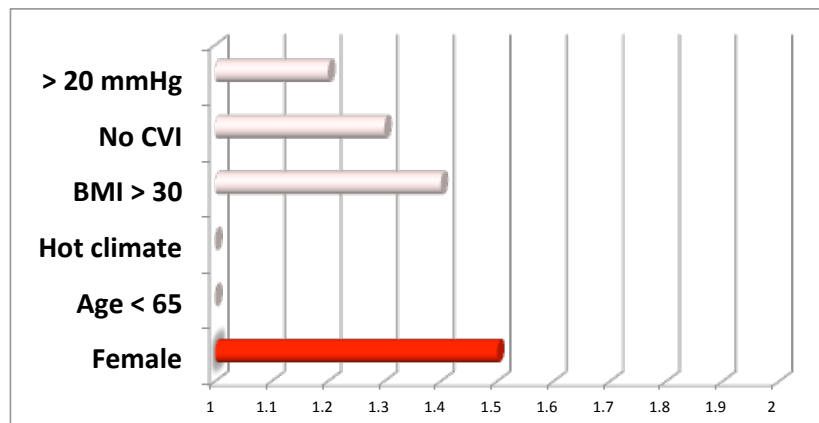
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4. Difficulty: "Hot Temperature"

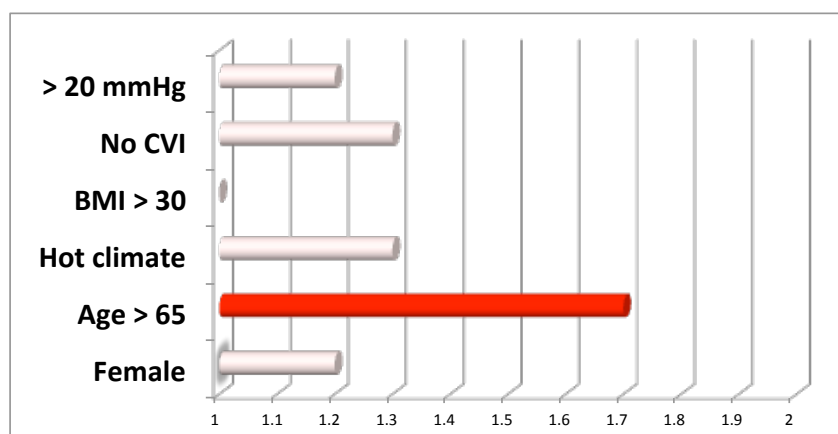
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4. Difficulty: "Time Consuming"

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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?



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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

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6. Initial help sought for

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



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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