Compression Stockings: The Untold Stories
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Problem: Skin breakdown was noted in post-operative orthopedic patients related to the use of compression stockings. Decreased patient compliance with stocking use resulted from the skin breakdown. A staff nurse-led evidence-based project team was formed to explore the problem.

Evidence: Compression stockings are widely utilized as a means to avert post-operative complications such as Deep Vein Thrombosis (DVT) in post-surgical patients. This evidence-based practice has been incorporated into the clinical setting based on the results of several research studies that have demonstrated their effectiveness when properly applied. Compression stockings can be harmful to skin and even increase the risk of thrombosis if the wrong size is used (Winslow & Brosz, 2008).

Strategies:
- Pre-intervention data collection of compression stocking usage
- Collaboration to ensure tape measure availability
- Post-intervention data collection of compression stocking usage

Practice Change:
- Tape measure availability
- Sizing chart availability
- Nursing staff education

Evaluation:
- Number of compression stocking sizes ordered per patient
- Number of compression stocking pairs ordered per patient
- Number of staff nurses educated in select units

Results:
- Post-intervention data will be presented
- Selection of different compression stocking vendor

Recommendations:
- Thorough assessment of the situation must be undertaken before planning intervention to solve the problem
- Conduct product evaluation to ensure availability of appropriate stockings sizes

Lessons Learned:
- Proper measurement is key
- Proper application and maintenance is critical
- Ensure availability of appropriate compression stockings sizes