

 <p>Saskatchewan Health Authority</p>	<p>POLICIES & PROCEDURES</p> <p>Title: COMPRESSION GARMENT SYSTEM (CircAid® Juxta-Lite & Juxta-Fit) - CARE AND MANAGEMENT OF CLIENTS</p> <p>RNSP: RN Procedure: Compression Garment System (CircAid® Juxta-Lite & Juxta-Fit) - Care and Management of Clients</p> <p>LPNAC: Compression Garment System (CircAid® Juxta-Lite & Juxta-Fit) - Care and Management of Clients with an Established Plan of Care</p> <p>I.D. Number: 1174</p>
<p>Authorization</p> <p><input checked="" type="checkbox"/> Former SKtnHR Nursing Practice Committee</p>	<p>Source: Nursing</p> <p>Date Effective: January 24, 2018</p> <p>Scope: Former SKtnHR and Affiliates Home Care and LTC</p>

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INTRODUCTION:

Adjustable compression garment systems are one of a variety of devices available for compression therapy in the management of people with lower limb problems associated with venous, lymphatic and fat disorders such as lipedema. Adjustable compression garments consist of low-elastic material sections that wrap across the limb and are secured with hook and loop (Velcro) fasteners. They are designed for self-application over the short or long term, enabling the Client or caregiver to apply or adjust the device as required, in their own setting (Williams, 2016). When the Client or caregiver are not capable of managing the therapy, a RN or LPN is required to provide this care.

Note: Compression garment system cannot be used with arterial insufficiency

DEFINITIONS:

Client: For the purpose of this policy, client will be used when referring to clients, patients, and residents.

Established Plan of Care - Based on a Registered Nurse (RN) assessment of care needs, the plan of care for Clients with CircAid® Juxta compression garment systems may be considered established once the initial change has occurred without complications. The CircAid® Juxta compression garment system plan of care must be documented in a nursing care plan. If the client develops complications or any alteration in the plan of care is required, the plan of care is no longer considered established.

ROLES:

Registered Nurses (RNs) – RNs identified by their manager in targeted practice settings will be certified in the Registered Nurse Specialty Practice RN Procedure: Care and Management of CircAid® Juxta compression garment systems. If a change is required to a plan of care within an LPN’s assignment, an RN will provide consultation as needed and work collaboratively with the LPN until a new plan of care is established. At any time, CircAid® Juxta compression garment systems care needs are beyond the individual competence of a certified RN, she will consult and work collaboratively with another certified RN, Wound Resource Nurse, RN(NP) or physician to provide care.

Registered Psychiatric Nurses (RPNs) – RPN certification for this Specialty Practice is under review by the SHR Nursing Practice Committee. As assigned, currently educated or certified RPNs may continue to provide care and management of CircAid® Juxta compression garment systems. RPNs requiring initial certification or education will not be certified or educated until the review is complete.

Licensed Practical Nurse (LPN) - LPNs identified by their manager in targeted practice settings will be certified in the LPN Additional Competency: Care of Clients with CircAid® Juxta compression garment systems who have an Established Plan of Care, and may maintain and apply CircAid® Juxta compression garment systems autonomously, as assigned, for clients who are less complex, more predictable and at lower risk for negative outcomes. If a change is required in the CircAid® Juxta compression garment systems plan of care, the LPN will consult with a certified RN, Wound Resource Nurse, RN(NP) or physician and work collaboratively to establish a new plan of care.

In practice settings which are not targeted, LPNs currently educated or certified may continue to provide care and management of CircAid® Juxta compression garment systems, as assigned, but LPNs requiring initial certification will not be certified until targeting is approved for the practice setting.

1. PURPOSE

- 1.1 To ensure all clients requiring assistance with a CircAid® Juxta compression garment systems receive safe and competent care and management that is in keeping with best practice guidelines.

2. POLICY

- 2.1 The RN certified in the RNSP or LPN certified in the LPNAC will have first completed the following learning module/activities prior to caring for and managing a client’s Circaid Juxta-Lite & Juxta-Fit compression garment systems independently:
 - Complete the Juxta Garments e-learning package and quiz, <https://learning.saskatoonhealthregion.ca/course/view.php?id=380> (teaching and learning methods may vary e.g. classroom and/or self- study using paper module or online).
 - Complete a skills checklist with a certified RN (or for LPNs, a certified RN or LPN) during simulation or during first client care, to ensure safety checks are followed appropriately.
 - Provide documentation of completed learning module quiz and skills checklist to educator/supervisor.
- 2.2 All clients will have a Practitioner order for CircAid® Juxta-Lite & Juxta-Fit compression garment systems care and management, including the prescribed amount of compression (i.e. 20-30, 30-40, 50-60 mmHg).

- 2.3 Prior to initiation of CircAid® Juxta-Lite & Juxta-Fit compression garment systems care and management, a holistic client assessment will be completed to determine if there are any concerns or potential for complications. This will also include the completion of a lower limb assessment and ankle brachial pressure indexes. Refer to Doppler Assessment (ABPI/TBP) for Compression Therapy Policy #1018.
- 2.4 Notify the Most Responsible Physician (MRP) if there are signs and symptoms of infection, pain, skin breakdown, and/or any other complication.
- 2.5 CircAid® Juxta compression garment systems are contraindicated in individuals with arterial insufficiency, decompensated congestive heart failure, and/or an allergy to the product.
- 2.6 Complications that occur with the system include but are not limited to: allergic reactions to the product, skin breakdown from improper application, does not stay in place causing a tourniquet effect, too much compression or not enough compression applied resulting in ineffective treatment, and recurrence of ulcerations and/or cellulitis.

3. PROCEDURE

3.1 Supplies:

- PPE: Gloves and gown
- Juxta garment components
- Hand sanitizer

3.2 Juxta garment application:

3.2.1 Perform hand hygiene.

3.2.2 Get the client into a comfortable position.

3.2.3 Set up supplies.

3.2.4 Perform hand hygiene, don PPE.

3.2.5 Apply the leg undersleeve, covering the heel and pulling all the way up. Make sure there are no creases.

3.2.6 Align the CircAid® Juxta lower leg garment above the ankle bone and below the knee crease. Shortest bands at the bottom.

NOTE: *The black side is against the skin, beige side out.*

3.2.7 Fasten the Velcro bands up loosely to keep the garment in proper place. Start with the top band, then the bottom band, and then work your way back up to the top until all of the bands are fastened into place.

DO NOT tuck any bands inside against the skin as this can cause skin breakdown

- 3.2.8 Starting with the bottom set of bands, pull on both opposing bands at the same time pulling them above and below each other across the front of the leg. Secure the Velcro straps slightly to “firm and comfortable” tension. Make sure the straps are applied straight across. The bands will overlap slightly.

NOTE: *There should be no exposed skin peeking through between the bands. The garment should lay flat and wrinkle free against the leg.*

- 3.2.9 Once all bands are secure, use the Built-in Pressure System™ (BPS™) to make sure the amount of compression applied is as ordered.
- 3.2.10 Use the BPS guide card and start with the bottom band. Line up the pressure guide line on the garment with the line card marked with ▼.
- 3.2.11 Note where the second pressure guide line is on the garment in relation to the correct color coded pressure range on the card.
- 3.2.12 If the pressure guide line on the garment falls short, readjust the band as necessary so the second guide line is aligned with the prescribed pressure range. If the pressure guide line goes outside the correct pressure range completely loosen band before readjusting.
- 3.2.13 Repeat steps 3.3.8 – 3.3.12 for each of the bands going up the leg.
- 3.2.14 Verify prescribed tension range of the garment by ensuring the same tension is on the BPS card scale from bottom to top are ordered.
- 3.2.15 Bands may need to be readjusted throughout the day to ensure the correct prescribed pressure range is being applied. If possible this should be taught to the client or caregiver.
- 3.2.16 If there is excess material from the undergarment sleeve, you can fold it over the top and bottom of lower leg garment.
- 3.2.17 Apply the CircAid® compression anklet onto the foot so it overlaps the CircAid® juxta garment. Ensure there are no wrinkles.
- 3.2.18 If using the comfort cover-up, after donning the juxta legging, slide the comfort cover-up over the compression garment and secure the hook tabs on the comfort cover-up to the garment once it is in its desired position.
- 3.2.19 Confirm with the client that the garment is comfortable.
- 3.2.20 Remove PPE. Perform hand hygiene.
- 3.3 Juxta garment removal:
- 3.3.1 Perform hand hygiene, don PPE.

- 3.3.2 Disengage each band of the legging, folding each band back onto the body of the garment, starting at the top and working your way down.

NOTE: Do not roll the band back onto itself as this will cause the hook material to bend, reducing its adherence strength.

- 3.3.3 If using an anklet or ankle-foot wrap, follow the same directions as above to remove.

- 3.3.4 Slide the sock or liner off the leg.

- 3.3.5 Remove PPE. Perform hand hygiene.

3.4 Cleaning the garment:

- 3.4.1 Perform hand hygiene, don PPE.

- 3.4.2 Hand wash garment(s) with mild soap and warm water.

- 3.4.3 Rinse thoroughly.

- 3.4.4 Allow to air dry.

- 3.4.5 Remove PPE. Perform hand hygiene.

3.5 Documentation:

- 3.5.1 Document on the appropriate nursing record:

- Skin integrity
- Complications
- Client's response to the treatment

3.6 Teaching the client/caregiver:

- 3.6.1 Rational for treatment.

- 3.6.2 The garments should feel comfortable.

- 3.6.3 Adjust tension throughout the day to the prescribed tension range as needed.

- 3.6.4 Complications that can occur with the use of the garments and when to notify the nurse and/or MRP.

4. REFERENCES

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Mullings, J. (2012). Juxta-Fit compression garments in lymphedema management. *British Journal of Community Nursing*, 17(10), 1-6.

Williams, A. (2016). *A review of the evidence for adjustable compression wrap devices*. Edinburgh, UK: Queen Margaret University, 1-12. Retrieved December 20, 2017 from <http://eresearch.qmu.ac.uk/4365/2/eResearch%204365%20pp.pdf>