Chronic Venous Insufficiency (Venous Stasis Ulcer) Interventions

Chronic venous insufficiency is a condition that occurs when leg veins and valves fail to maintain blood movement. This can lead to the development of venous stasis ulcers, which are painful and debilitating. In order to promote healing and prevent ulcer recurrence, patients should avoid sitting for long periods of time, use elastic compression stockings, and apply appropriate wound dressings.



PLAY PICMONIC

Frequently Elevate Legs

Frequent Elevation of Legs around the clock

Frequent elevation of the legs helps to promote blood flow from the veins of the lower legs, decreasing venous stasis and its complications.

Avoid Standing/Sitting for Long Periods of Time

Avoiding Standing and Sitting at Long Clock

Patients should avoid sitting or standing for long periods of time, where the leg is in a dependent position. This promotes pooling of venous blood and exaggerates venous insufficiency. Avoiding prolonged sitting and standing positions and elevating the legs above the level of the heart reduces edema.

Elastic Compression Stockings

Compression Stockings

Compression stockings are essential for chronic venous insufficiency treatment. These come in various forms, including elastic support bandages, velcro wraps, sequential compression devices, and multilayer compression bandages. Be sure to assess the peripheral pulses prior to applying any type of compression therapy.

Bilayer Artificial Skin

Bilayered Artsy-fish Skin-suit-man

Bilayer artificial skin, Orcel or Apligraf, is used with compression therapy to promote healing more than a simple dressing with compression. Grafts can also be used to replace damaged skin.

Daflon

Daffodil-dolphin

Daflon is a more advanced therapy, which is an oral multivitamin. It is a micronized purified flavonoid fraction, which helps ulcer healing and is given with compression therapy.

Wound Dressings

Wound being Dressed

Use of proper wound dressings helps to heal these ulcers and prevents their recurrence. These can be antimicrobial dressings, but can be hydrocolloid dressings, or dressings that are applied with hydrogel.

Proper Foot and Leg Care

Caring for Foot and Leg with Lotion

Patients should have proper foot and leg care to avoid additional trauma. Lotions should be applied to moisturize the skin, which also helps to prevent itching and cracking of the skin. Clean dressings should be used, and products with additives should be avoided in order to prevent venous dermatitis.

Sign up for FREE at picmonic.com