

Squeezing Out Barriers

making compression therapy accessible in the community

Background

There was no community-based compression bandaging service for VLU in Singapore. Approximately 150 patients seeking such treatment at the SGH outpatient clinic every week. This strains hospital resources & poses impractical challenges for patients with impaired mobility. A transformative solution is needed to improve efficiency & accessibility.



Aims

1. To equip community nurses with skills & knowledge to perform compression bandaging
2. To implement & assess for feasibility of community-based compression bandaging service

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Training

Using train-the-trainer approach, 15 HNF nurses underwent training & competency by SGH vascular nurses.



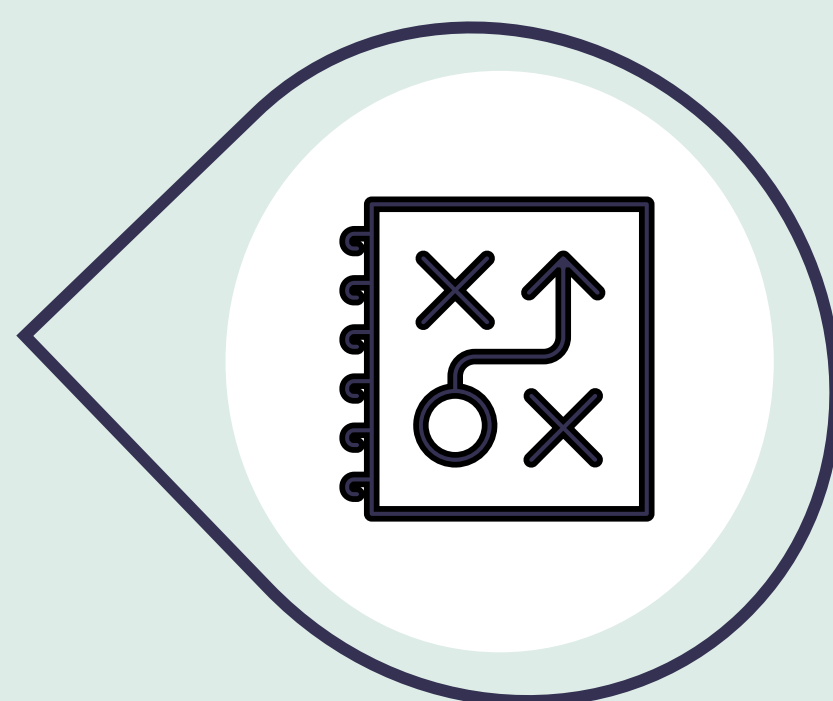
Approvals

- 15 Nov 2019, SGH received research funding to collaborate with HNF
- Obtained ethics approval & completed research collaborative agreement.



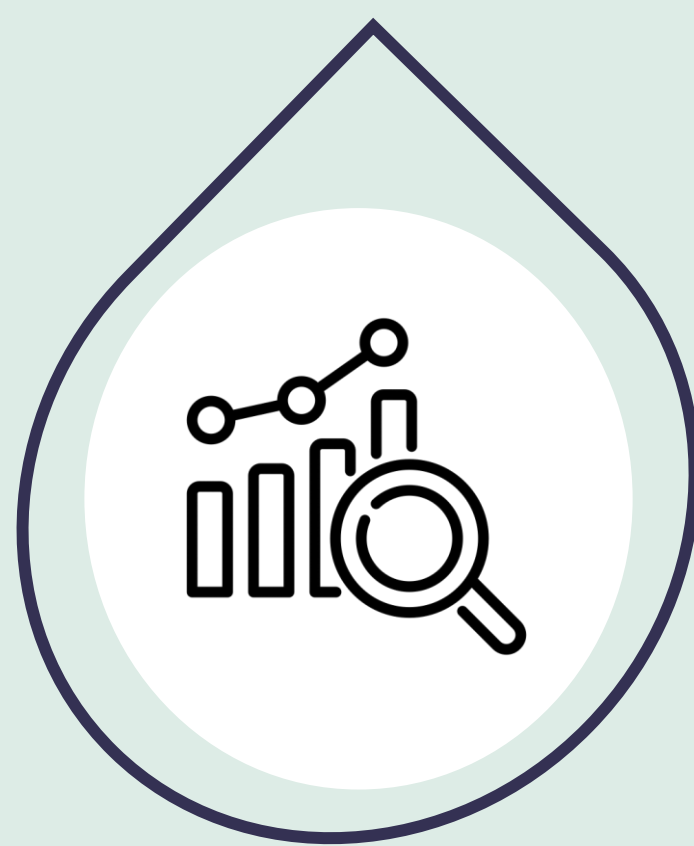
Method

This was a pre-post study design. A convenience sample of uncomplicated VLU patients who needed 2 or 4 layer compression bandaging were offered to receive their weekly dressing & compression bandaging at home by the HNF nurses or in SGH outpatient clinic. We compared the healing rate, quality of life (QOL), cost expenditure and patient satisfaction at baseline & at 12 weeks.



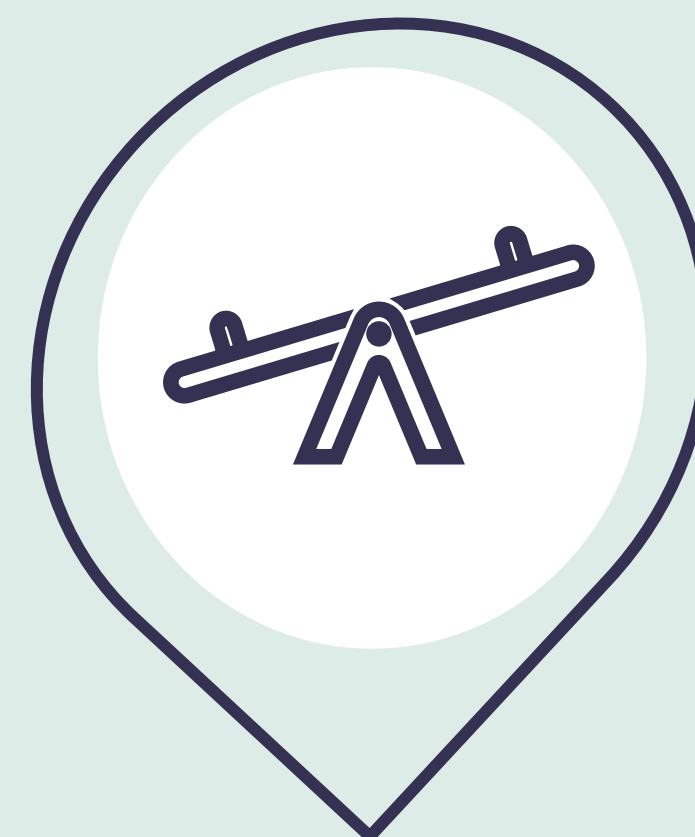
Results

A total of 47 patients were recruited. 27 patients were followed up in HNF and 20 in SGH. There was no difference in the healing rate or QOL between service providers ($p > 0.05$). Meaning the care was comparable. Patients were satisfied with the care provided by the HNF nurses. Compression bandaging services in acute care were more expensive, the mean cost ($\$181.54 \pm 220.98$) and mean transport cost ($\$143.41 \pm 171.07$) than in the community ($\$144.36 \pm 277.81$) with no transport cost. Community-based compression bandaging is feasible. SGH started referring to HNF w.e.f. 15 May 2023.



Sustainability

Obtained support from MOH to use MediFund for dressing consumables. Annual competency for the HNF nurses by lead trainer in HNF. Engaged vendor for training updates & materials. Set up referral process in AIC. Offer compression bandaging service nationwide w.e.f. 20 Nov 2023.



JOURNEY

TEAM MEMBERS

SGH: SNM Fazila Aloweni, NC Goh Wei Ting, NC Nanthakumahrie, DDN Ang Shin Yuh, Prof Chong Tze Tec

HNF: ANC Joan Hendriks

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