

Improving Efficiency And Effectiveness In Managing Chronic Oedema In Community :

On The Ground Education Project (OGEP)

KAREN MORGAN

NATIONAL LYMPHOEDEMA EDUCATION AND RESEARCH LEAD WALES



Llywodraeth Cymru
Welsh Government

BSN medical

ACTIVA
HEALTHCARE
an  Company

SCHE Swansea
Centre for
Health Economics
Research Led, Analysis Driven, Real World Perspective

WHAT'S THE PROBLEM?



Workbook

Name: _____ Location: _____

Managing Chronic Oedema in Community Settings

Unit Code: PH54CY022
Level: Four Credit Value: 3

Llywodraeth Cymru Welsh Government | Agored Cymru

GIG CYMRU NHS WALES

PROPOSAL / BID

- Health Technology Funding (131k) – pilot in Cardiff (population of 479,000)
- **On the Ground Education Project** employed two lymphoedema specialists for 9 months
- New education model
- Take the education directly to the community nurses
- Video Prescriptions – patient story/ training
- Support from industry

AIM OF THE PROJECT

- Raise awareness to identify patients with oedema and refer earlier
- Deliver education to enable effective prompt management of oedema
- Treat leaking “wet legs” and superficial wounds quickly

Reduce waste, harm and variation

METHOD

- Qualitative and Quantitative research
- Purposive sample ($n=100$)
- Data collection (3 months pre and post intervention)
- Health Economics (data form) and QOL (EQ5D5L)
- Focus Groups with community nurses
- Ethical approval

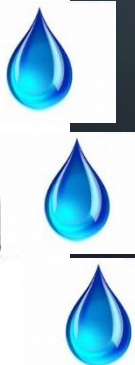


ON THE GROUND EDUCATION (OGEP)



- Day to day workload
- Prompt treatment
- Early identification of patients
- Challenge practice
- Reflection

WHAT HAPPENED ON THE GROUND?



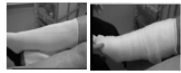


Reactive not Proactive care

THE INTERVENTION

- Actively treated patients with community nurses
- Why do the same thing if not improving?
- Reflection in practice
- Accredited learning
- Video prescription – patients story
- Evidence based care?
- Opposition to change



Chronic Oedema/Wet Legs' (Lymphorrhoea) Care Plan Appendix 3
Lymphoedema Network Wales

PATIENT NAME:		DATE OF BIRTH:	DISTRICT NURSE CONTACT:	DATE:
LEVEL 1 SUPPORT BANDAGING	GOAL	INSTRUCTIONS		PHOTOGRAPHS
<ul style="list-style-type: none"> One layer of blue/yellow line tubular stockinette 3 rolls of wool padding One layer of blue/yellow line tubular stockinette 	<ul style="list-style-type: none"> Stop leaking Provide comfort and support Reduce oedema 	<ul style="list-style-type: none"> Wash leg in emollient/ointment/lotion and apply moisturising cream Apply wound dressings as per formulary One layer of blue/yellow line tubular stockinette 3 rolls of wool padding One layer of blue/yellow line tubular stockinette A DOPPLER IS NOT REQUIRED* 		
LEVEL 2 SUPPORT BANADAGING	GOAL	INSTRUCTIONS		PHOTOGRAPHS
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LEVEL 3 COMPRESSION	GOAL	INSTRUCTIONS		PHOTOGRAPHS
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*REFER TO LOCAL LYMPHOEDEMA SERVICE FOR ONGOING ADVICE AND SUPPORT

The image features a dark blue background with white, stylized circuit board traces in the corners. These traces consist of straight lines and small circles, resembling electronic components or data paths. The central focus is the text "THE RESULTS" in a large, white, sans-serif font.

THE RESULTS

8 – Radyr 01/04/17 – 26/05/17

Patients seen:	64
Patients referred to LO:	15
Nurses worked with:	12
Attended Agored:	1
Attended Wellbeing:	10

2 – Cowbridge 11/08/16 - 10/09/16

Patients seen:	51
Patients referred to LO:	13
Nurses worked with:	7
Attended Agored:	7
Attended Wellbeing:	4

5 – Whitchurch 12/12/16 – 27/01/17

Patients seen:	117
Patients referred to LO:	17
Nurses worked with:	15
Attended Agored:	15
Attended Wellbeing:	17

4 – Rhiwbina 31/10/16 – 02/12/16

Patients seen:	97
Patients referred to LO:	22
Nurses worked with:	10
Attended Agored:	0
Attended Wellbeing:	6

9 - Pentwin 29/05/17 – 30/06/17

Patients seen:	47
Patients referred to LO:	9
Nurses worked with:	6
Attended Agored:	

10 – Roath 03/07/17 – 21/07/17

Patients seen:	30
Patients referred to LO:	11
Nurses worked with:	7
Attended Agored:	

11 – Splott 24/07/17 – 11/08/17

Patients seen:	40
Patients referred to LO:	6
Nurses worked with:	7
Attended Agored:	

6 – Riverside 06/02/17 – 31/03/17

Patients seen:	68
Patients referred to LO:	13
Nurses worked with:	13
Attended Agored:	5
Attended Wellbeing:	9

1 – Barry 1 & Barry 2 15/06/16 -10/08/16

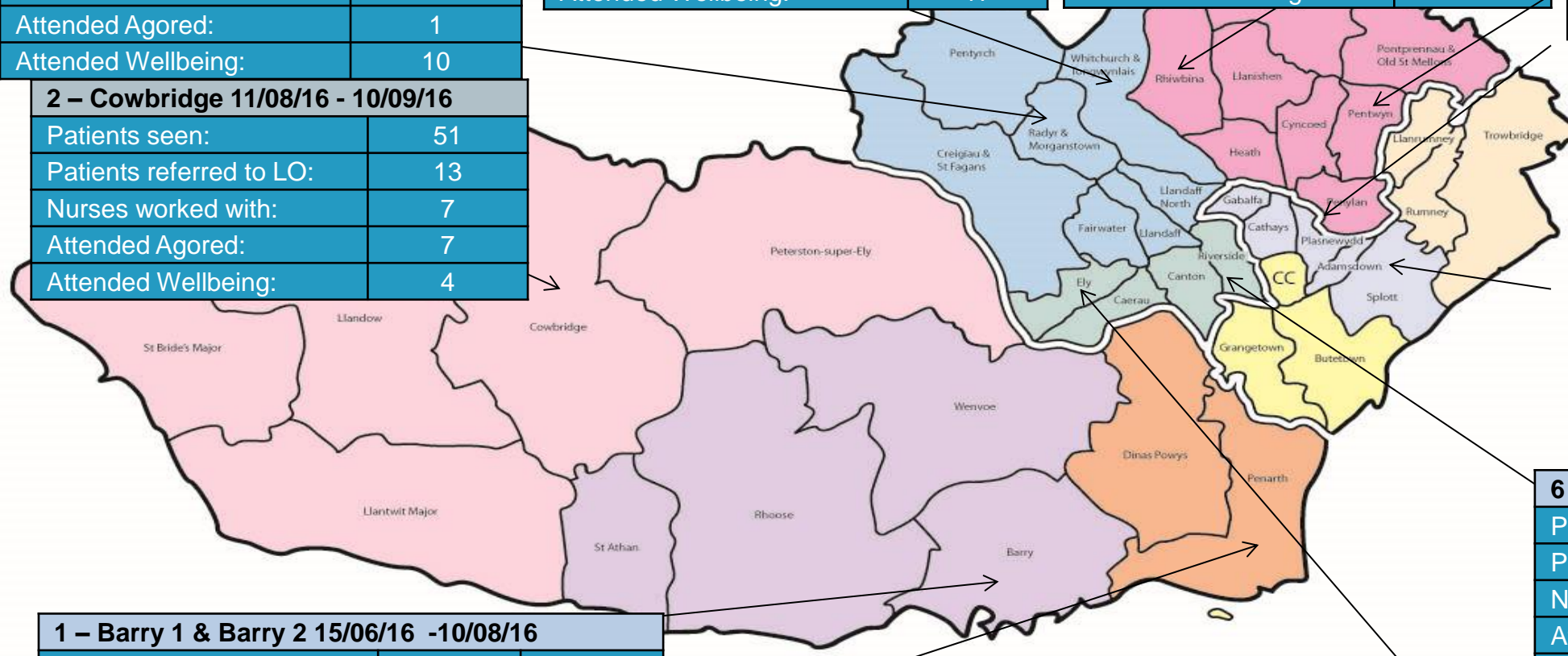
	Barry 1	Barry 2
Patients seen:	81	64
Patients referred to LO:	20	14
Nurses worked with:	11	13
Attended Agored:		3
Attended Well Being:		8

3 – Penarth 12/09/16 – 28/10/16

Patients seen:	113
Patients referred to LO:	31
Nurses worked with:	18
Attended Agored:	17
Attended Well Being:	16

7 - Ely 06/02/17 – 31/03/17

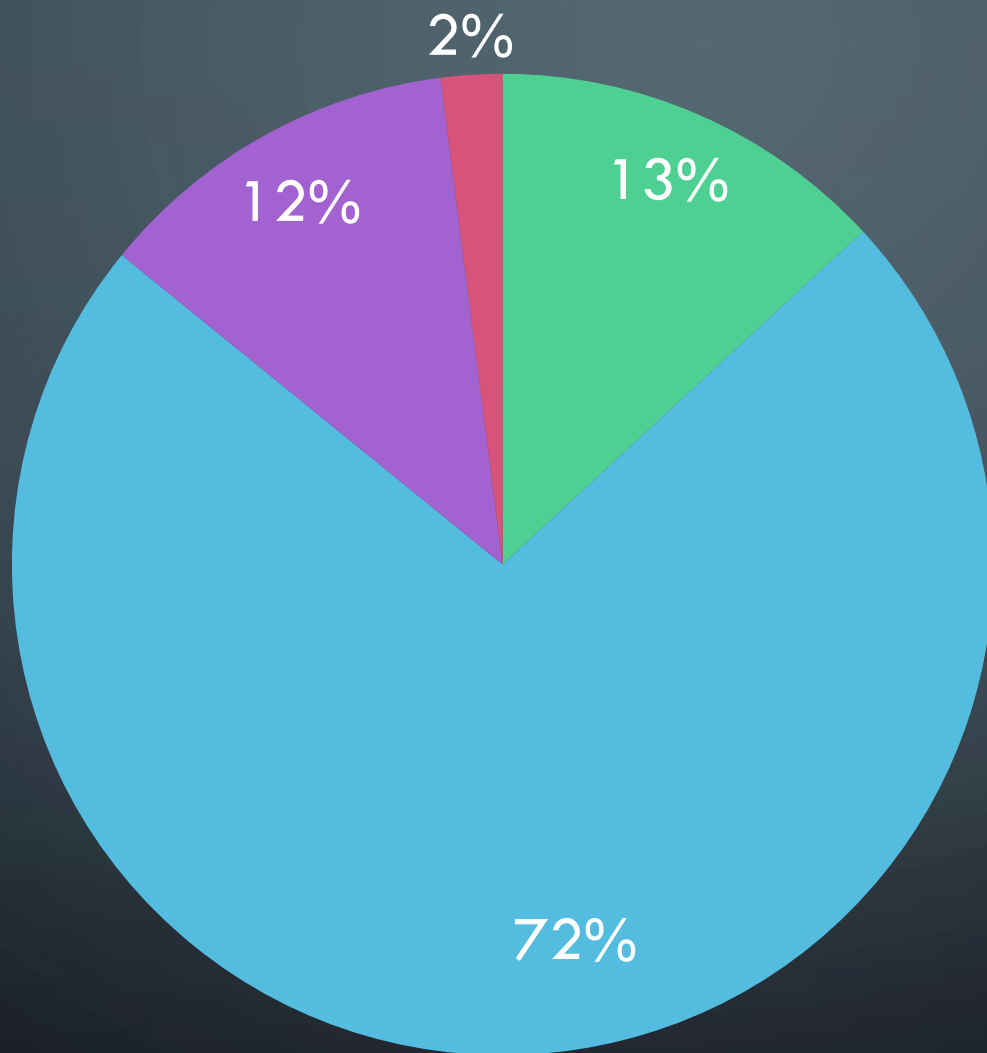
Patients seen:	70
Patients referred to LO:	13
Nurses worked with:	11
Attended Agored:	2
Attended Well Being:	9



SUMMARY

Patients seen	842
Patients referred to Lymphoedema	167
Number of Nurses worked with	130
Number attended AGORED session	83
Attended Wellbeing session	75

COMMUNITY NURSES



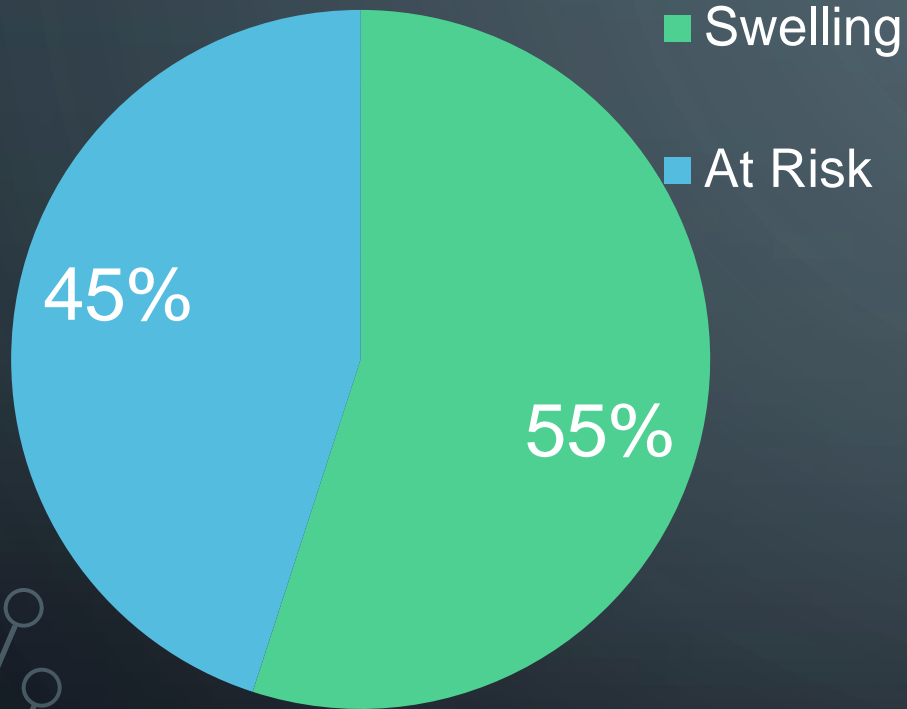
- Band 3
- Band 5
- Band 6
- Band 7

**Total nurses
worked with = 130**

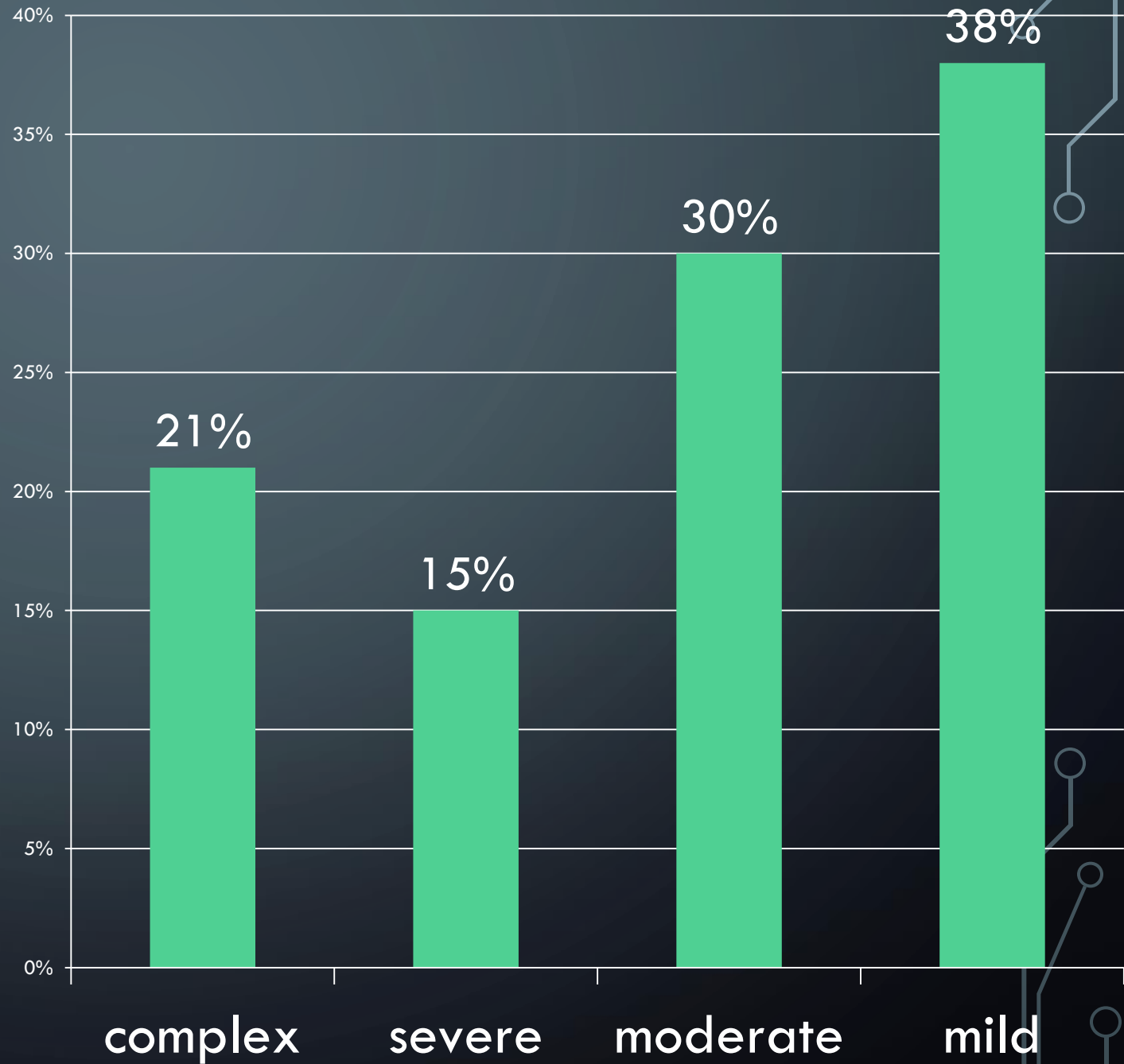


TOTAL PATIENTS SEEN

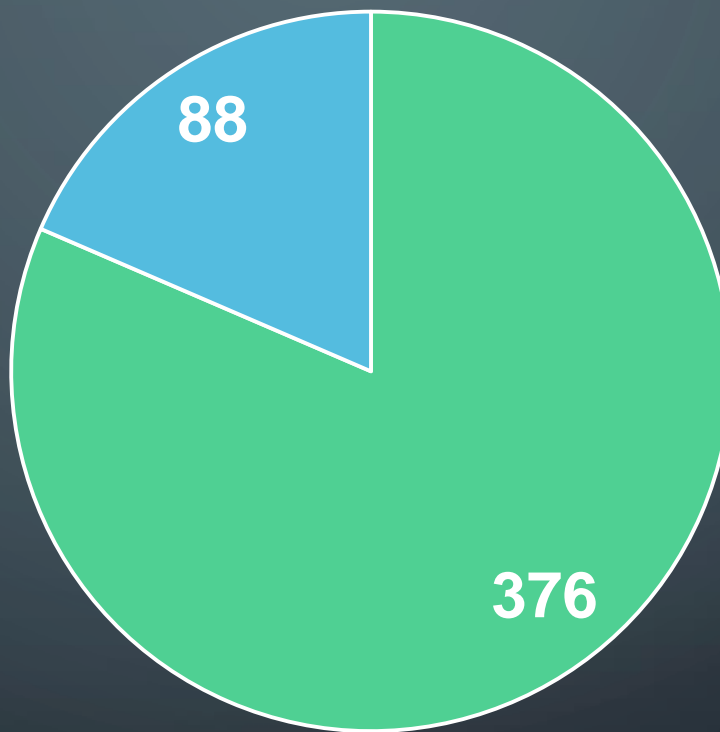
Swelling vs At Risk



842 patients

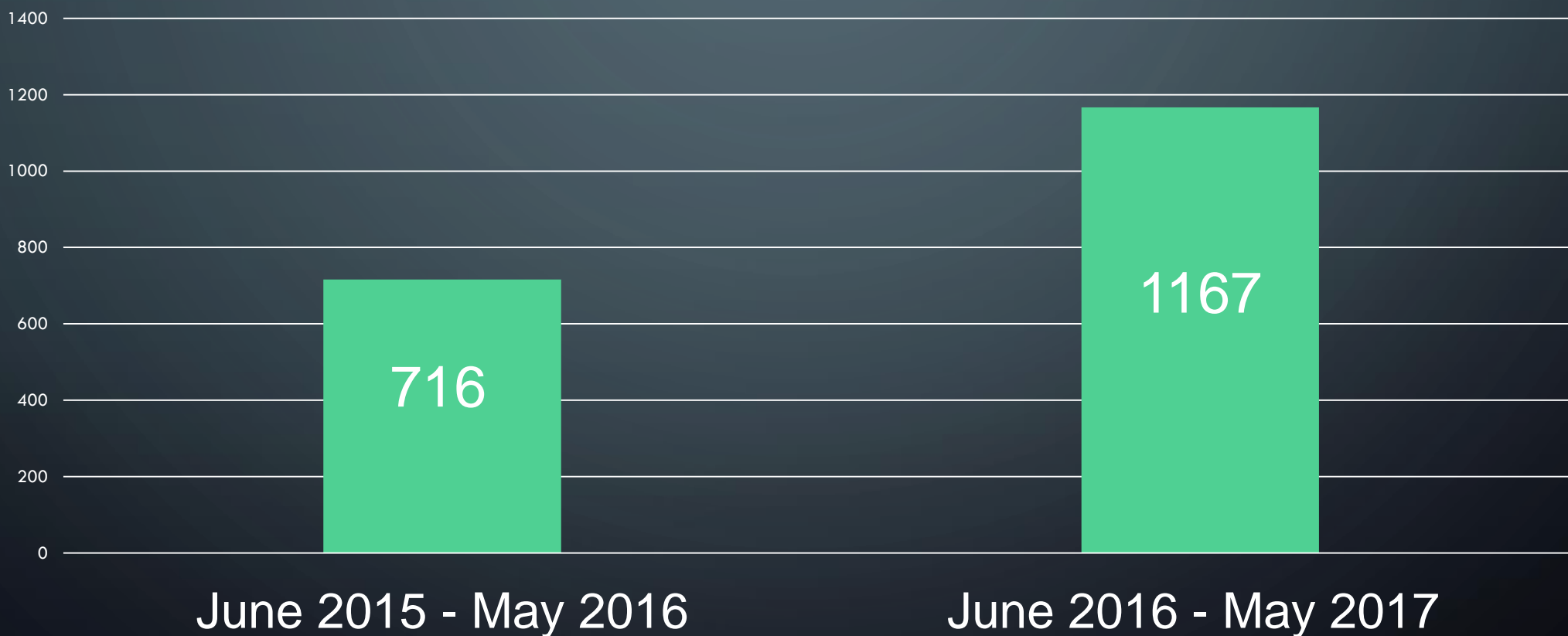


19% OF PATIENTS WITH OEDEMA HAD ONE OR MORE EPISODES OF CELLULITIS



oedema oedema and cellulitis

62% INCREASE IN REFERRALS TO LYMPHOEDEMA SERVICE



HEALTH ECONOMIC RESULTS

	Pre Intervention	Post Intervention	Cost savings
District Nurse Visits	£117,156	£54,886	-£62,270
Cost of Dressings	£52,419	£19,667	-£32,752
Cellulitis hospital admission	£22,950	£2,550	-£20,400

*** 97 Patients over a 3 month period**

		Baseline	3 month later	
Healthcare Resource	n	Sum (£)	Sum (£)	P-value
Cost of times District Nurse visited home	97	£117,156	£54,886	0.000
Cost of times GP visited home	97	£5,760	£3,480	0.063
Cost of times telephoned GP	97	£628	£248	0.002
Cost of times visited GP surgery	97	£828	£144	0.003
Cost of times you attended A and E	97	£966	£414	0.208
Cost of nights on ward	97	£70,125	£48,464	0.585
Cost of Hospital Cellulitis admissions	97	£22,950	£2,550	0.059
Cost of IV Cellulitis home	97	£88	£0	0.181
Cost of dressings	97	£52,419	£19,667	0.000

IMPACT

Quality of Life EQ-5D-5L

Mobility ↑ **44%**

Self Care ↑ **40%**

Usual activities ↑ **30%**

Pain and Discomfort ↓ **48%**

Anxiety and depression ↓ **29%**

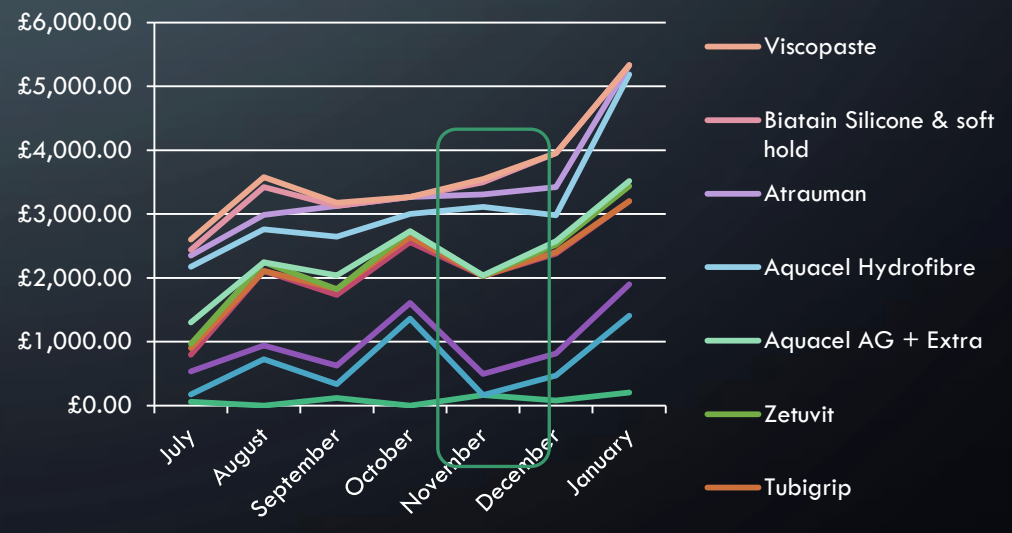
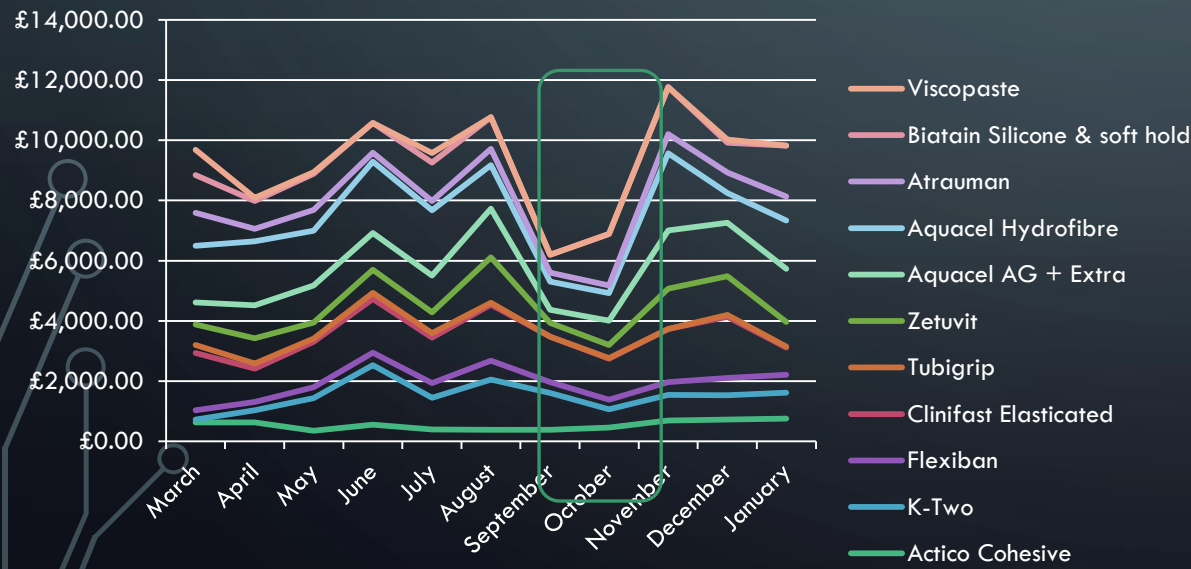
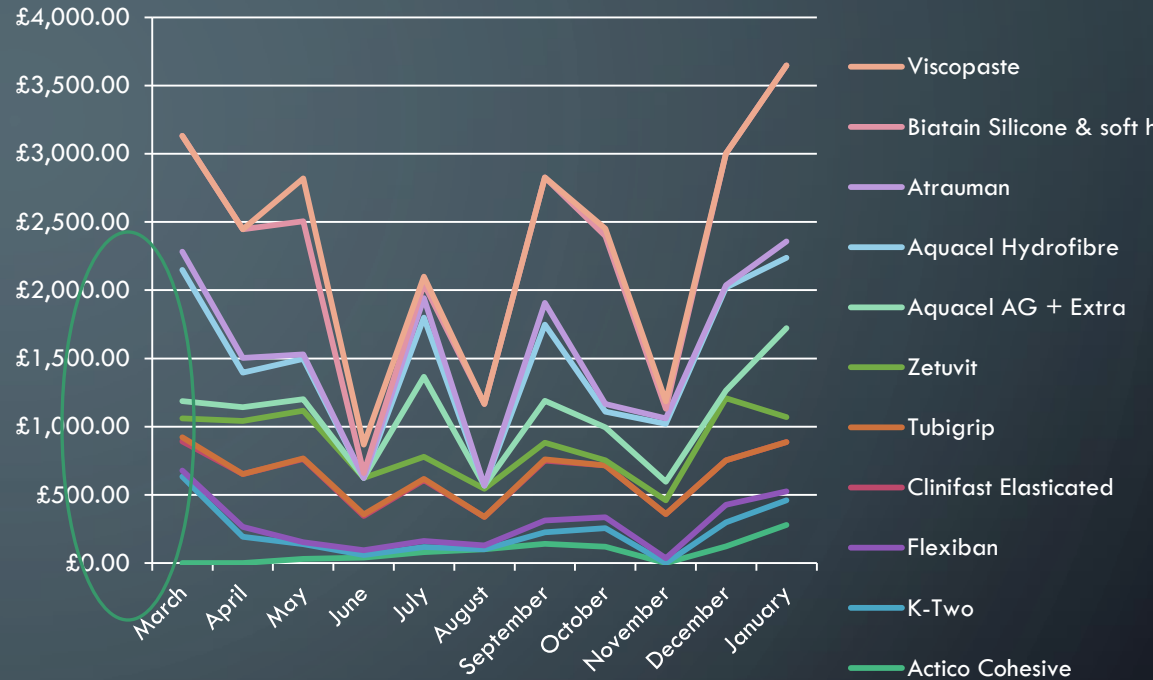
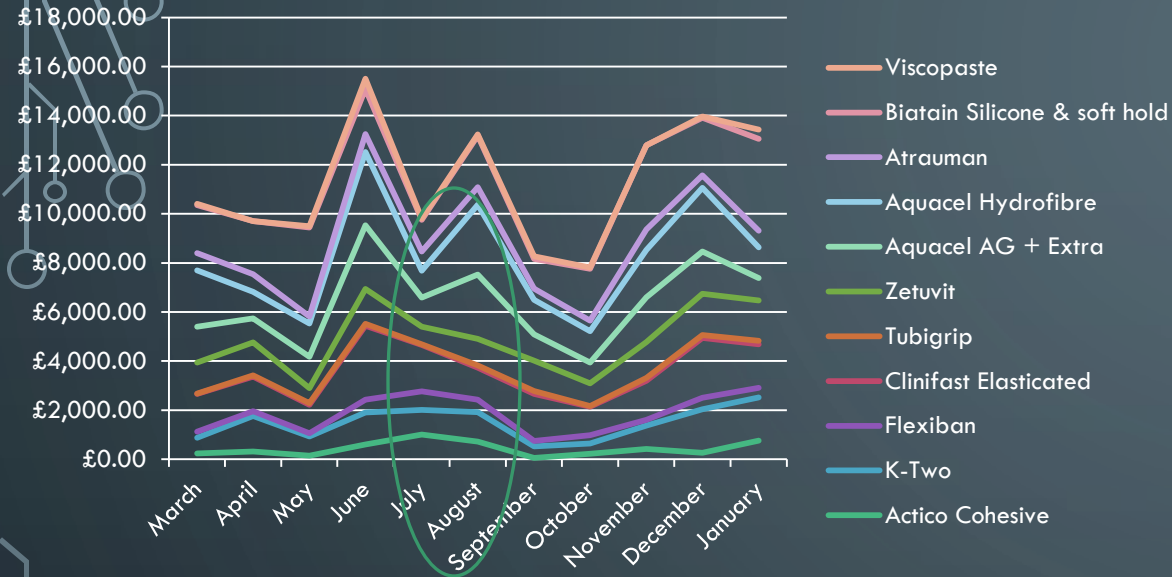
Health Economics

Cellulitis admissions
89% reduction

District Nurse visits
54% reduction
Time back to Care

Dressing Costs
63% reduction

DRESSINGS



OUTPUT

The Chronic Oedema 'Wet Leg' (Lymphorrhoea) Pathway

May 2017

Developed by

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Lymphoedema in Wales

Karen Morgan, RGN, BSc, PGCEd, NMP, National Lymphoedema
Research and Education Lead in Wales



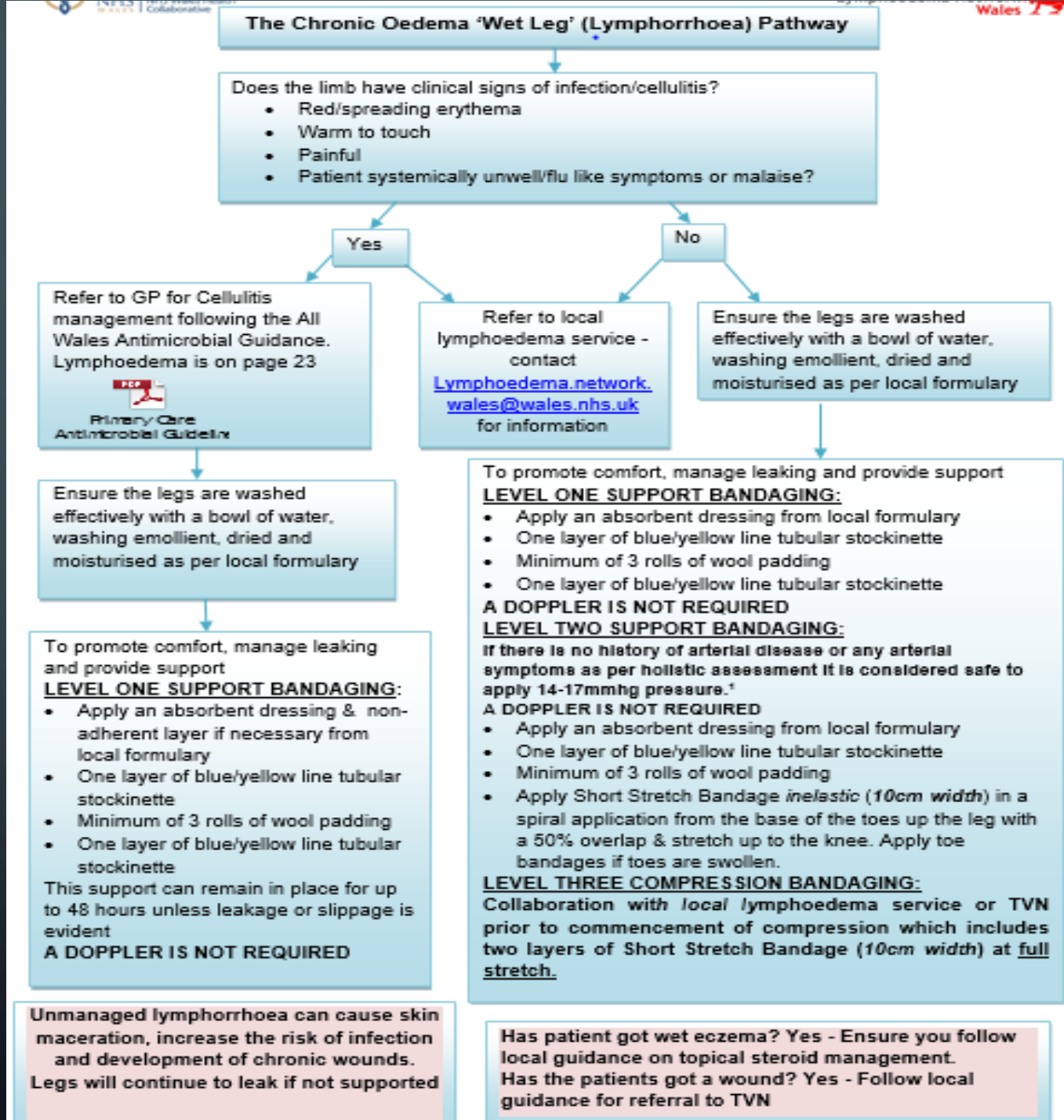
'WET LEG' PATHWAY?

- The annual costs of leg ulcer management is estimated at least £200 million in the UK.
- Care is reactive not proactive.
- Waiting lists for TVN/ Doppler
- Chronic oedema patients also suffer repeated cellulitis episodes and account for 2-3% of all hospital admissions.
- It is vital that we implement prompt management to reduce escalating costs

HOW DO WE INFLUENCE CHANGE?

- **Education**
- **Rationale**
- **Missing link**
- **Evidenced Based Guidelines to support change**
- **Need a Chronic Oedema “Wet Leg” Pathway**
- **Literature review – documents, guidelines and protocols.**

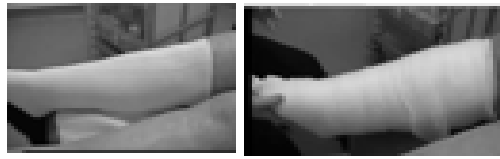


Chronic Oedema "Wet Leg" Pathway



CHRONIC OEDEMA “WET LEG” PATHWAY

Level One Support Bandaging	Level Two Support Bandaging	Level Three Support Bandaging
<p>One Layer Stockinette</p> <p>3 rolls Padding</p> <p>One layer Stockinette</p>	<p>One Layer Stockinette</p> <p>3 rolls Padding</p> <p>One layer short stretch inelastic bandage</p>	<p>One Layer Stockinette</p> <p>3 rolls Padding</p> <p>Two layer short stretch inelastic bandage</p>

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SUPPORTING DELEGATION

Community Nursing services have to respond to the increasing demand and capacity gap within their services.

The Kings Fund (2016) suggest having a greater skill mix within teams and delegating some tasks to healthcare support workers, has the potential to enable senior staff to deliver care for patients with advanced or complex needs.

DISSEMINATION

Chronic Oedema “ Wet Leg” Pathway – National Rollout

Up Scale across Wales- 2 business cases submitted for Health Boards- ABM and AB

Creation of Wound / chronic oedema joint posts

Publications- JWC/ BJCN/ BJN and IJPCN

Support to take forward.....

THANKS TO:

- Welsh Government Health Technology Fund supporting the project
- Karen.morgan6@wales.nhs.uk