

The Sigvaris Coolflex™ Calf & Foot enhances patient independence



Study aim & design

This study assessed whether a 6 week treatment with the Coolflex adjustable compression garment (ACG) promotes self-care in patients with chronic leg edema.

Further parameters assessed were leg volume reduction (LegReader) and patient reported satisfaction and functional changes in the lymphedema patients (Lymph-ICF-UG).

The study was performed in 4 outpatient centers in Germany and Poland. Outcome was assessed prior to treatment, after 2 to 3 days and after 6 weeks of treatment.

Participants

99 patients with chronic edema of the lower extremity (lymphedema, venous edema, and phlebolymphe-
dema) were included in the study. 86 patients completed the study and could be followed up for 6 weeks.

Product information

The Coolflex™ Standard Calf and Coolflex™ Standard Foot (SIGVARIS INC, USA) were used. The products are lightweight and breathable. An integrated pressure adjustment via hook fastener allows for compression ranges of 20–50 mmHg (2.7–6.7 kPa).

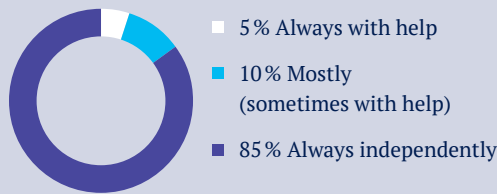


Results

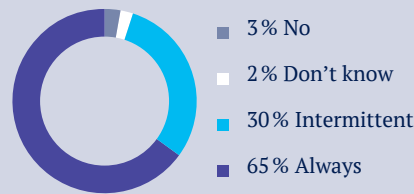
95.3% of the patients were able to put on the wrap independently or with a little help from relatives. The overall satisfaction rate was 88.5%. A significant leg volume reduction could be achieved

(–4.7%). The questionnaire for patients with lymphedema in the lower extremity (Lymph-ICF-UG) showed significant improvements from the baseline to the final follow-up.

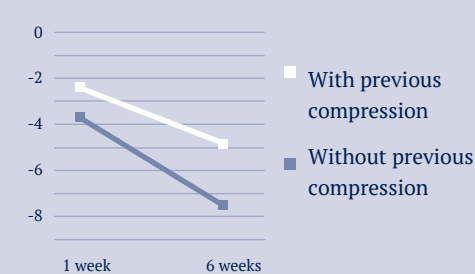
Ability to put on wrap independently



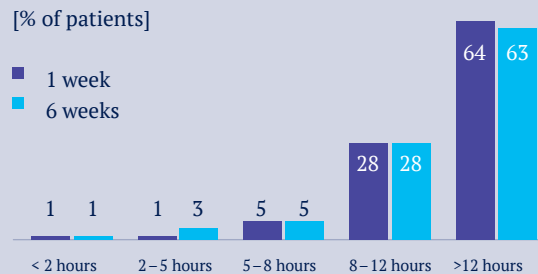
Further use after the study



Volume reduction [%]



Daily hours wearing the wrap



Conclusion

Based on the findings of the study, the Coolflex™ ACG promotes self-care in a high proportion of patients with chronic leg edema, with nearly 95% of those who completed the study being satisfied or rather satisfied.

A significant reduction in edema was observed in patients who did and did not undergo prior compression therapy. Therefore, in patients with chronic edema, the more widespread use of ACGs such as the Coolflex™ should be considered.

What the paper adds

The authors state that the study highlights the ease of use, high patient satisfaction, and the potential to reduce healthcare costs by minimizing the need for daily professional intervention. Furthermore, they state that the findings emphasize the significance of Coolflex™ in enhancing patient independence and improving overall clinical outcomes in the management of chronic leg edema.

