

## Leg Club newsletter November 2008

### Leg Club News

A 2 day Leg Club conference took place at Worcester Ruby Club on 1<sup>st</sup> & 2<sup>nd</sup> October, during our National Healthy Legs for Life week (Sept 28 – 4<sup>th</sup> Oct 08). The first day comprised a series of workshops with delegates attending on a rotational basis throughout the day. Our expert clinicians (Mary Jones, Jacqui Fletcher, Dr Hildegard Charles, Geoff Thompson, Pam Kirby & Elaine Gibson) and healthcare industry partners undertook the task of presenting their topics and demonstrating hands-on practice through the course of the day under strict time keeping by Keith Cutting. The workshops were specifically designed to be interactive and addressed many areas / issues confronting clinicians in their daily work. Subjects covered included dressing selection, Topical Negative Pressure, Nutrition, Doppler, Compression bandaging (below knee & full leg) and hosiery measurements.



Mary Jones MBE

The exhausting day ended with everyone attending the Leg Club fundraising Gala Dinner to which we were delighted to welcome Keith Cutting as our After Dinner Speaker.

The Leg Club model and ethos relies heavily on the work of community volunteers. Volunteers keep our Leg Clubs thriving without any reward or personal gain. And it is for this reason that the Foundation acknowledged their efforts with the presentation of the Leg Club 2008 Volunteers Awards at the conference dinner. The finalists were chosen after a rigorous selection process by a team of assessors who are experts in the field of the Leg Club service delivery. The judges were looking for examples of innovation, team-working and the ability to motivate and inspire fellow volunteers and members. The awards were presented by Alistair McInnes, Foundation Patron

The Leg Club Volunteer award for 2008 went to Frances White-Hole from Llandrindod Wells Leg Club. Frances was a founder member of Llandrindod Wells Leg Club (in 2006). She has been instrumental in expanding the service of the club by seeking funds through local organisations, Age Concern and the Lottery for the provision of transport and a chiropody service. Thanks to Frances the work of the Leg Club volunteers has been recognised by the Wales Council for Volunteer Action who were highly commended in the Wales Group Volunteer of the Year Award 2008.



Alistair McInnes (Patron) Frances White-Hole & Keith Cutting

The standards were very high and the judges highly commended teams from Speyside, Blaenau Gwent, Mablethorpe & Sutton-on-Sea and Thetford. There was a tie for second place between the Volunteer Committee for Southend Leg Club and Fred James from Worcester Leg Club. We were delighted to see Fred James collect his award and Marilyn Goodman and Christine Gibb accepted the award on behalf of Southend Leg Club.



There was a special award for an individual who had shown outstanding commitment to patient empowerment. On hearing that his local Leg Club might close due to decommissioning of the leg ulcer service, Paul Jenkins of Blaenau Gwent Leg Club mounted a successful campaign to keep it going by rallying the community, lobbying parliament, local politicians and the Welsh Assembly,



Janine Dobbs & Paul Jenkins

The second day of the conference was formally opened by Dr Mike Clark and the programme commenced with Foundation Patron Professor Christine Moffatt CBE presenting an overview of the global challenges of Lymphoedema. The next speaker Mr Kirti Moholkar, Consultant Orthopaedic Surgeon, described the ageing process and surgical intervention for people living with arthritis. Mary James, Leg Club Lead (Worcester), & Mary-Rose Fawkes (Leg Club Member) discussed the implementation and benefits of patient empowerment within their club. Jacqui Fletcher, Principle Lecturer University of Hertfordshire, presented her research on 'The position of the patient & ABHI monitoring – does it have an impact?' and Mary Jones MBE, Clinical Nurse Specialist, Zoobiotic Ltd had the audience captivated with her Magic Maggot presentation which included some very nice non-medical pictures! Adding to the diversity of the programme, Sir George Castledine Professor & Consultant in Nursing, informed delegates about the charity he works alongside in the countryside and islands of Uganda. Finally, given the wide ranging topics covered by the previous speakers, it was appropriate that our concluding speaker, Jackie Stephen-Haynes Consultant Nurse & Senior Lecturer, Worcester PCT & University of Worcester, addressed the challenges and opportunities that confront nursing today.

The concurrent Healthcare Exhibition was extremely busy throughout the two days and the final tea break of the conference saw the cutting of a delicious celebratory Leg Club cake (kindly made & donated by Val Westwood) by Sir George Castledine.



Sir George Castledine & Ellie Lindsay

### **3M Skin Care Events - Scotland & Wales**

This year the joint 3M & WCAUK study days are again proving to be extremely successful. Aberdeen hosted the summer event at which Tissue Viability Nurse Consultant, David Gray talked about the implementation of the Best Practice Statement: Care of the Older Persons Skin and Clinical Audit of Practice across UK Care Homes. The groups participated in workshops looking at how to use the clinical audit tool and its implementation within care homes. This excellent clinical audit document will enable staff in the care homes to self assess their compliance.

As always the skin care days attracted committed staff working in diverse care home settings. One group working in a large dementia and nursing unit described the diversity of their residents, ranging from young disabled people with complex needs to the frail elderly. The staff stated that tissue viability is a major consideration and challenge for a large proportion of their residents.

In Llandrindod Wells, Wales Jackie Griffin (TVN Powys) and Jessie Bergstrom (Leg Club Lead) captivated the group with their informative presentations on pressure care and exudate management and its impact on quality of life. Again, through small workshops the group participated in the Best Practice Statement: Care of the Older Persons Skin and Clinical Audit. The evaluations from both study days clearly demonstrated that this innovative education programme has been well received within the nursing care home sector.



#### **Press release on START!**

START is a new dressing recently launched by Urgo containing a compound called NOSF (Nano-OligoSaccharide Factor). This exclusive compound limits the harmful action of matrix metalloproteases, re-establishing wound equilibrium and is designed to kick-start healing in wounds at risk of delayed healing. Simon Barrett (TVN East Riding of Yorkshire Primary Care Trust) participated in a Randomised Control Trial exploring the clinician and patient experience of the Urgo Start Range. He also addressed the impact that delayed wound healing causes clinical, operational and financial problems for the health service. Simon presented his findings based on three patient studies at a recent press launch. The presentations outlined the challenges faced by individuals ranging from 54 to 93 years of age, living with chronic leg ulcers. His approach considered the humanistic aspects and the impact for individuals unable to work, living with pain and experiencing reduced mobility and subsequent social isolation and the high costs of long term health care treatment.

Simon described the challenges the nursing team had confronted over many months prior to participating in the RCTs. He reported that the findings from the case studies demonstrate the clinical application of Urgo Start in the management of wounds with

delayed healing. The improvements seen in clinical practice supported the in-vitro study results and mirror those demonstrated by Dr. Munter in the large scale observational study undertaken in Germany of Urigo Start (*Munter K.C. UrigoCell Start, results of an observational study in Germany, Poster presentation, Harrogate 2008*).