

THE JOURNEY TO CLACTON ON SEA LEG CLUB®



WHY DID WE CONSIDER A LEG CLUB?

- Registered nurse Kelly Buxey researched patient non concordance to venous leg ulcer care and treatment whilst completing her specialist district nurse degree
- The team were seeing slow healing rates for leg ulcers
- Newly qualified registered nurses needed a space to learn more about leg ulcers
- There was a need to take a bio-psychosocial approach to leg ulcer care



GATHERING INFORMATION ON BEST PRACTICE



- The team visited Leg Club in other areas to increase their understanding of how they work
- The team initiated contact with Lindsay Leg Club
- Nurses visited the Wounds UK conference to learn more about best practice

IDENTIFYING THE NEED FOR A LEG CLUB

- It was estimated that 65% of a registered nurses time was spent on leg ulcer management
- Caseloads were reviewed and a definite need in this area was identified

PLANNING

- The team began thinking about what they needed to start the Leg Club
- The decision is made that a non NHS premises is required
- Colleagues say they are very happy to support the project
- The team met with Ellie Lindsay to discuss their ideas
- They gain support and involvement from industry



FUNDRAISING



24 hour run with the district nurse team and families: **RAISED £2300** over 270 miles!

Team and family BBQ: **RAISED £80!**

Funding from ACE Innovation secured to pay for equipment: **£15000**

The fundraising continues...

THE GREAT VOLUNTEERS

- The team find volunteers that are happy to be involved
- Volunteers meet to discuss their roles and responsibilities
- The volunteers decide on a uniform
- A great team is established that support the Leg Club weekly



11TH MAY 2017: THE FIRST LEG CLUB IN CLACTON ON SEA IS OPEN FOR PATIENTS!

- On the first week of the Leg Club 19 members attend
- Each member of the team plays an important role and is free to express their opinions on the running of the Leg Club
- Every week the Leg Club is improved by learning from the experiences gained
- Because of the success of the Leg Club a new premises that can hold more patients is being discussed

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
19 MEMBERS	34 MEMBERS	38 MEMBERS	43 MEMBERS	53 MEMBERS	62 MEMBERS	76 MEMBERS	72 MEMBERS	81 MEMBERS	90 MEMBERS

THE BENEFITS WE HAVE SEEN ALREADY

- A significant reduction in the caseload of the community nursing service. The leg ulcer clinic now has no waiting list and is closed 3 days a week
- Closing of the clinic free up time for others clinics e.g. complex wounds clinic
- Improved patient care and outcomes
- Patients receiving best practice in leg ulcer management
- Building strong links with multidisciplinary teams
- Improved nursing competence
- Dressing trials carried out in a controlled environment



PLANS FOR THE FUTURE

- Leg Club to re-open the books primarily to the community nursing caseload and then re-open to everyone
- Plans to work closer with GP's so patients receive best practice before arriving at Leg Club
- The goal is to open Leg Club in other localities including Tendring North and Colchester
- To engage with further disciplines that members may benefit from e.g. Age concern

MULTIDISCIPLINE INTEGRATION FROM NURSING TEAM



- Community matron
- Nurse prescribers
- Tissue viability
- Nursing leads/managers

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