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.

IDENTIFYING THE NEED FOR A LEG CLUB
- It was estimated that 65% of a registered nurse's time was spent on leg ulcer management.
- Caseloads were reviewed and a definite need in this area was identified.

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.

PLANNING
- The team began thinking about what they needed to start the Leg Club.
- The decision was 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...

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.
- Membership continues to rise.
- 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.

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.

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.

AUTHORS:
- Kelly Buxey – Clinical lead
- Louise Pingram – TVN
- Sian Cousins – Matron
- Annalisa Hagel – Leg Club Lead nurse.

THE WEEKS THAT FOLLOW...
- Week 1: 19 members
- Week 2: 34 members
- Week 3: 38 members
- Week 4: 43 members
- Week 5: 53 members
- Week 6: 62 members
- Week 7: 76 members
- Week 8: 72 members
- Week 9: 81 members
- Week 10: 90 members