

## Considerations (continued)

### Is there scarring that the patient is concerned about?

- Does the garment provide therapeutic compression to improve hypertrophic scarring?
- Is the application of silicone products beneficial – if so,
  - would the scar benefit from silonTEX® being sewn into the garment?
  - does the garment design allow for the insertion of gel sheets?
- Is the garment easy enough to don and doff to enable removal for scar management interventions?

### Are there design features that can be included into the garment that will assist adherence?

- The choice of contemporary designs mean a patient's pressure garment can look like, for example, sporting wear, or lingerie.
- Colour choice can be a defining factor with adherence, whether it be a preferred colour, a more discrete colour, or a garment that 'flies the flag' for a sports club.
- Add cute or colourful motifs to the garment – engage a child in the process by inviting their choice.
- If possible, patient input into garment features is helpful.
- As always, patient education is essential.



**Cardiac Insufficiency:** compression reduces *local* blood volume and redistributes blood volume to *central* parts of the body. This may lead to an increased load on the heart and increase cardiac output by 5%. <sup>1</sup>

**Arterial insufficiency:** An ABPI <0.8 indicates patient should only have compression of <25mmHg applied as this may indicate mixed venous arterial disease. <sup>2</sup>

## Benefits of Jobskin for lymphoedema and vascular garments

**Graduated compression** – which can be modified to suit individual patient requirements eg reduced graduation to enable adequate proximal compression

**Minimal seaming** – seaming can be specifically placed to minimise impact on lymphatic flow

**Many options and modifications possible**

**No sizing restrictions**

**Fully customised garment** – including linings, seam placement, style modification, options to enhance donning and doffing

**Many colour and style options** to accommodate patient preference and lifestyle, and to enhance adherence

**No charge levied for first-fit alterations**

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# Making a good garment great

- prescription guidelines for patients  
with oedema or lymphoedema

[www.jobskin.com](http://www.jobskin.com)



**Jobskin**

Working together for better solutions

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The success of a custom-made compression garment has two key elements: **excellence in design and fabrication, and in therapist prescription.**



The Jobskin team is comprised of clinical advisors, experienced designers and specialised machinists to ensure clinical efficacy, and design and fabrication excellence. Our clinical advisors and designers are willing to work with you to provide the best custom garment, with the right compression, that your patient needs.

**This means a garment that:**

- . honours the principle of graduated compression
- . is manufactured to specified ranges of compression
- . fits well
- . is therapeutically effective
- . provides compression where its needed
- . can accommodate varying skin states
- . a patient is willing to live in

**So how do you prescribe the garment that is 'just right'?**

Clinical reasoning guides the prescription of garments. Initially, and to ensure your patient's safety, a basic screening for co-morbidities should be undertaken.

Compression is contra-indicated when a patient has either congestive cardiac failure<sup>1</sup> or severe arterial insufficiency (ABPIs <0.5)<sup>2</sup>. Caution should be exercised for patients with poor cardiac function, unstable cardiac conditions, renal failure, severe peripheral neuropathy or with arterial insufficiency (ABPIs 0.5-0.8)<sup>2</sup>.

Once you have determined your patient's fitness for compression, you need to identify what specific needs the person has that the garment must accommodate.

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## Considerations

### What type of garment is clinically warranted?

Properties	Circular-knit (RTW)	Cut and sew (Jobskin)	Flat-knit
Fabric construction	Knitted – continuous	Multi-directional powernet	Knitted – custom
Garment construction	Continuous knit	Cut and sewn	Knitted and sewn
Sizing	Limited ranges	Custom-sized	Custom-sized
Tension	Based on sizing	Variable tension	No tension
Compression level	Up to 40mmHg	Up to 70mmHg	Up to 70mmHg
Fabric characteristics	Tendency to curl	Low stiffness	High stiffness, holds shape

#### Is the limb normally proportioned?

- Yes or no, can the limb volume be reduced? If so, reduce first, then measure for garments when volumes are stable.
- Does the limb have lobules or folds into which a garment will settle? If so, a flat-knit garment is clinically warranted.
- Yes, but the patient does not fit within the sizing parameters for Ready-to-wear garments. A Jobskin garment is a good solution.

#### Is the skin fragile or prone to breakdown?

- Consider adding lining to fragile areas.
- Consider using an alternative to powertex – eg powernet or CDA.
- Review possible design alternatives eg change seam placement, add or move zips, insert gussets.
- Ensure patient is able to don and doff garments without risk of shearing skin.

#### Are there lifestyle or environmental factors that will affect the patient's ability or willingness to wear the garment?

- Is the patient returning to manual work or a harsh working environment? Consider a heavier gram-tension fabric, padding or reinforcement to increase durability.
- Colour choice may assist at work eg black for hospitality work.
- Reinforcement on soles/palms improve durability.
- Consider patient's usual footwear when selecting lower limb garments eg open toe vs closed toe vs thong toe.

#### Is the patient able to put on and remove the garment?

- Zips may but do not necessarily assist with independence. Zip placement is important.
  - Modifying garment design may assist with donning eg separate glove and armsleeve rather than an All-in-one.
  - Remember that the higher the compression of a garment, the more difficult it is to put on (and possibly remove).
  - Ensure a patient is able to remove the garment in a timely manner for toileting.
  - A Jobskin garment is entirely customisable, so that donning issues can be readily addressed.
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