

## Story

### Patient history including:

- Age
- Details and history of the complaint
- Medical and family background
- Current medical, nutritional and psychological status
- Lifestyle and socio-economic situation
- Previous experience of condition and of compression

## Self-care

### Is the patient willing and able to self-care?

- Health status
- Understanding of condition and treatment
- Desire to be involved and make changes
- Cognitive ability and skills
- Social pressures, family/carer situation
- Previous treatment experience

## Site

- Examine the whole of both legs from the groin to the toes
- If swelling is present above the knee, examine abdomen, genitalia and sacrum as well
- Is swelling acute/chronic, unilateral/bilateral, localised/generalise?

## Skin

### Assess the skin for the following:

- Dryness
- Sensitivities to topical treatment
- Signs of cellulitis, fungal infections, hyperkeratosis, leaking or wounds
- Colour/circulation

## Size

- Gain baseline measurements which can be charted throughout the patient's journey
- Use the following measuring points



## Shape

- Is the limb longer/shorter or thinner/fatter than average?
- Is the limb shape regular or irregular?
- Like an inverted champagne bottle?
- Skin folds present?
- Is oedema pitting or non-pitting?
- Is swelling confined to the feet/foot or to the thigh?
- Are the toes affected?