

Useful Patient Resources

Website Resources

- Information and self-care leaflets for patients and carers:
<https://www.ahsnnetwork.com/patients-and-carers>
- Information on pressure ulcer prevention advice:
<http://www.reactoredskin.co.uk/>
- Information on clinical signs of an infection:
<https://www.nhs.uk/conditions/leg-ulcer/symptoms/>
- How to apply compression hosiery:
<https://www.ahsnnetwork.com/bandaging-wrap-systems-and-compression-hosiery>
- How to apply compression wrap garments:
<https://www.ahsnnetwork.com/bandaging-wrap-systems-and-compression-hosiery>
- For people with pre-existing lymphoedema, advice can be found on the British Lymphology Society advice sheet:
<https://www.ahsnnetwork.com/wp-content/uploads/2020/03/BLS-Lymphoedema-Advice-for-patients.pdf>

Video Demonstrations

- Self-management lower limb care -How to cleanse the lower limb – undertaken by Alison Schofield NHS Tissue Viability Nurse Specialist (TVN network):
<https://www.youtube.com/watch?v=gut88wTd-EQ&feature=youtu.be>
- Wound dressing a practical presentation – developed through Penine Care NHS Foundation trust: * You can find the video at
<https://www.youtube.com/watch?v=sNS67ZJQVDA>

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