

## Supporting people with prescribed anti-embolism stockings and prescribed compression stockings

### Course Description:

Anti-embolism stockings are commonly used after surgery to prevent blood clotting by gently compressing the leg. This increases blood flow and prevents the veins expanding which then stops pooling of the blood in the lower leg forming clots.

### Course Outline:

Overview of anti-embolic stockings and compression stockings  
Measuring the leg  
Demonstration of the correct application of the stockings  
Tips for making application easier  
How often they should be changed/provision of personal hygiene  
What to do if you have any concerns  
Who to contact if you have any concerns

### Course Duration:

1.5 hours

### Assessment:

Practical Demonstrations

