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## Innovative and sustainable method for anti-embolism stocking placement: Reducing discomfort and improving patient's experience

Soraia Samira Peixoto Queiros, Edileusa Dias Miranda, Fátima Araci Tahira, Gabriela Sinzato, Luciana Aparecida da Silva Brasiel, Natascha Gonçalves Francisco Palmeira and Yzadhora Bauerman Quaresma de Oliveira  
Hospital Israelita Albert Einstein, Brazil

The study is an experience report with 300 patients, conducted in 2017 at a private hospital, certified by the Joint Commission Accreditation Health Care Certification (JCAHO), located in São Paulo, Brazil, which addresses efforts in the safe use of anti-embolism stocking by nurses in daily practice. Inadequate placement of elastic stocking by the nursing team may lead to ineffective antithrombotic treatment, skin lesions, and increased risk of developing thrombosis due to poor adjustment and misuse of the device. Taking into consideration this scenario of risk and therapeutic ineffectiveness, a simple economical and innovative proposal to solve issues related to practice in order to improve the delivery of patient's care was presented. This innovative and practical method is based on the use of a low density polyethylene plastic bag, which will be coupled inside the elastic stocking to facilitate sliding of the stocking in the lower limbs, thus improving the correct ergonomic positioning by the nursing team, reducing the risks of musculoskeletal injuries related to elastic stockings placement. The elastic stockings used in the institution have an opening in their tips to provide a better control of blood circulation and to facilitate the removal of the plastic accessory used for this stocking placement. This simple and innovative method provides practice based on evidence for collaborator's and patient's best experience and safety.

### Biography

Soraia Samira Peixoto Queiros holds a Postgraduate Degree in Nursing from Centro Universitário São Camilo, Postgraduate Degree in Child and Adolescent Health from the Medical School of USP and a Master's Degree in Nursing from Albert Einstein College of Sciences and Health. She is Coordinator of the Medical Clinical Surgical Unit directed to Gastroenterology at Hospital Israelita Albert Einstein with development of several scientific projects focused on the quality of nursing care.

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