



Title	Compression Stockings for Prevention of Varicose Veins and Deep Vein Thrombosis Among Nurses
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Reference	Technology Review Report, 020/08. http://medicaldev.moh.gov.my/uploads/20.stockings.pdf

Aim

To determine the safety, effectiveness, and cost effectiveness of graduated compression stockings to prevent varicose veins and deep vein thrombosis in nurses.

Conclusions and results

Compression stockings are safe, provided proper type and size are used. Evidence is insufficient on the efficacy or effectiveness of using compression stockings to prevent varicose veins or deep vein thrombosis in nurses. However, they may prevent the emergence of third-trimester, long saphenous vein reflux at the saphenofemoral junction and leg symptoms in pregnant nurses. Compression stockings may also benefit nurses with a previous history of deep vein thrombosis by preventing moderate to severe post-thrombotic syndrome, and they could benefit nurses with chronic venous insufficiency by reducing symptoms and edema.

Recommendations

Based on the evidence retrieved, compression stockings are not recommended as an item to be supplied to all nurses in Ministry of Health Malaysia. However, compression stockings may be considered for use by nurses who are at risk (eg, pregnant, have a history of deep vein thrombosis, or are diagnosed as having chronic venous insufficiency).

Methods

A literature search of electronic databases included: MEDLINE, Cochrane Library, Science Direct, EBSCOhost, and general databases, eg, Google and Yahoo. The search included systematic reviews, meta-analyses, and randomized clinical trials that involved the use of compression stockings to prevent or treat varicose veins and deep vein thrombosis. Studies of hospitalized patients only, or flight passengers only, were excluded.

All relevant literature was critically appraised using Critical Appraisal Skills Programme (CASP) checklists, and evidence was graded according to the US/

Canadian Preventive Services Task Force Levels of Evidence (2001).

Further research/reviews required

Further clinical research is warranted.