The Lindsay Leg Club receives national recognition

I was delighted to see 2016 begin with national recognition of leg ulceration and the Lindsay Leg Club model of care. Dr Ellie Cannon, in the Mail on Sunday on 17 January, wrote: 'These are community-based initiatives proven to help patients treat, manage and live with leg ulcers through collective treatments and peer support.'

Leg Clubs have been providing treatment for leg ulceration for more than 20 years. However, the road to establishing the Leg Club's psychosocial model of care has not always been easy. Leg ulceration can be hidden behind a host of other illnesses that sufferers have to address, and is an area of health care that needs to come out of the shadows.

Patients with leg ulceration are often isolated, depressed and unsuccessfully attempting to self-care. While addressing the social isolation often associated with this condition, the psychosocial Leg Club model can also demonstrate its value through clinical effectiveness, cost-effectiveness, and patient satisfaction and wellbeing.

Leg Club Industry Partnership European Wound Management Association Award Winner

The Leg Club Foundation is delighted to announce that Clare Mechen, an advanced nurse practitioner/nurse manager from Dorset, has won the 2016 Leg Club Industry Partnership (LCIP) European Wound Management Association (EWMA) Scholarship Award for her work at the Best Foot Forward Leg Club in Poole.

The LCIP EWMA Award celebrates excellence and showcases the aptitudes of Leg Club teams across the UK who work continuously to make improvements that benefit their Leg Club members, volunteers and community. Although the members of the independent international judging panel were impressed with the high quality of entries, Clare's entry for the Poole Leg Club particularly stood out. The judges said the entry was 'an enthusiastic and lively submission which indicated a strong commitment to the Leg Club philosophy of member ownership and management, community involvement and a social model of health'. The team's vision to be involved in research was also commended for bringing extra value to the Leg Club by reducing low mood in leg ulcer patients. The Adam Practice in Poole only opened its Leg Club in June 2015—the first to open in Dorset, and was named the Best Foot Forward Leg Club by the practice's patient group.

2016 Tissue Viability Nursing Conference

At the Tissue Viability Nursing (TVN) Conference, held in Cardiff in April, Roland Renyi, Lindsay Leg Club Foundation Chairman, presented the Foundation's data entry system, a project that was introduced in all UK Leg Clubs in September 2014 to monitor healing progress. Ten Leg Clubs now have error-free data for a 6-month period, during which 4311 legs were treated, with 6769 in the 'well leg' phase (i.e. healed but continuously monitored). The overall leg ulcer recurrence rate was 15.15%, and the majority of ulcers healed within 2 months. Results were also obtained on the gender and referral methods, as well as healing time and recurrence rates for simple and complex leg ulcers. The Foundation's board believe that this database will support good clinical practice at the Leg Club and provide valuable information to the wider health-care community.

New opportunities with social prescribing

Social prescribing is a way of linking patients in primary care with sources of support in the community, and provides GPs with a non-medical referral option that can operate alongside existing treatments to improve health and wellbeing. The rationale is to promote integrated health and social care, partnered with the voluntary and community sector and GPs. An outstanding example of social prescribing is demonstrated at Bradford on Avon Leg Club, where an arts and walking programme and a range of creative activities take place. The success of GP-led teams committed to the psychosocial dimension of wound care has led to further expansion of the Leg Club model in Wiltshire and Somerset.

Save the date: Leg Club Annual Conference, September 2016

The conference will take place on 21–22 September at Worcester Rugby Club, and this year's theme is 'Feeling Better, Getting Better: Holistic Wound Management'. There will be a full day of workshops followed by a day of formal presentations. For further information, to view the programme and to book, call Lynn Bullock on 01473 749565 or visit www.legclub.org. CWC

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