



# What makes wearing compression a good experience?

Over 500 Daylong customers responded to our recent online survey to help us understand what makes wearing compression garments a positive experience for you.



Earlier this year, we held a survey via our Daylong website, in partnership with Urgo Medical, to find out about our customers' experiences of selecting, purchasing and wearing compression garments. The aim of the online questionnaire was to determine what factors contribute to making the process a positive experience for you. We had a great response, and thanks to everyone who took the time to take part — over 500 of you. Here, we share some of the key findings.

The majority of respondents reported having a very positive (35%) or positive (44%) experience of wearing compression, with only 8% having a negative experience and 13% feeling neutral about it (n=546).

Key contributing factors to a positive experience (n=543) were considered to be: comfort (76%); correct fit (66%); style (47%), ease of application (45%) and understanding the benefits of wearing compression (32%). Not surprisingly,



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## Survey results



negative experiences were reported as being caused by discomfort (39%), difficulty with application (35%), unsuitable style/colour (32%), incorrect fit (31%) and not being prescribed enough garments (28%).

### Quality of life

The majority of respondents felt that wearing compression had a very positive (27%) or positive (53%) effect on their quality of life, with 18% feeling neutral about their experience, and only 2% reporting a negative effect (n=543).

### Benefits of wearing compression

Most respondents reported being very aware (46%), extremely aware (33%) or somewhat aware (19%) of the benefits of compression with only 2% of wearers not aware of why they wore their garment .

### Garment choice

When discussing compression with their clinician, 68% of respondents (n=368)

were not offered a choice of which hosiery they were prescribed, while 32% were. Of these, the most common choices (n=296) concerned deciding if the garment had an open or closed toe (74%), its colour (64%), style (52%), or brand (29%).

### Education and support

Of the respondents, 71% had received no information in the last 12 months from their GP or healthcare professional informing them of the benefits of wearing compression. Similarly, 83% of respondents had received no advice, support or education in the previous 12 months in relation to applying and removing hosiery (n=541).

Despite this, 31% reported being very satisfied with the advice given, 42% satisfied and 21% were indifferent. Only 6% stated that they were dissatisfied. 

### Alison Schofield, Tissue Viability Nurse Specialist, North Lincolnshire and Goole NHS Foundation Trust comments:



'The results of the Daylong survey should help to remind all clinicians who prescribe compression garments of the importance of working in partnership with the patient when it comes to making choices about compression. Cosmetic elements such as colour and style are important decisions for the wearer. It is also no surprise that discomfort, poor fit and difficulty in applying garments are key contributors to a negative experience. We know these issues are likely to lead to garments not being worn with detrimental consequences for the patient.

The survey also helps to remind us that we should be sure to continue to offer advice and support to patients once they have received their prescription, to ensure they get the best care possible.





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Lee et al, 2009 • Dai et al, 2011 • Ahmed and Ikram, 2016 • Jayakumar et al, 2016  
Mezzana, 2008 • Okamoto, 2002 • Zarei and Soleimaninejad, 2018