



# Padding Inserts in Pressure Garments

A mixed method design to examine the use of padding inserts in pressure garments for burns scar management

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# Padding Inserts



Padding inserts → putting something extra under a pressure garment to distribute pressure more evenly, to improve hypertrophic scar outcomes

Padding can be made from any material –including foam, silicone, plastic etc.



# Method

Mixed Method Design:

## Rapid Evidence Assessment (REA)

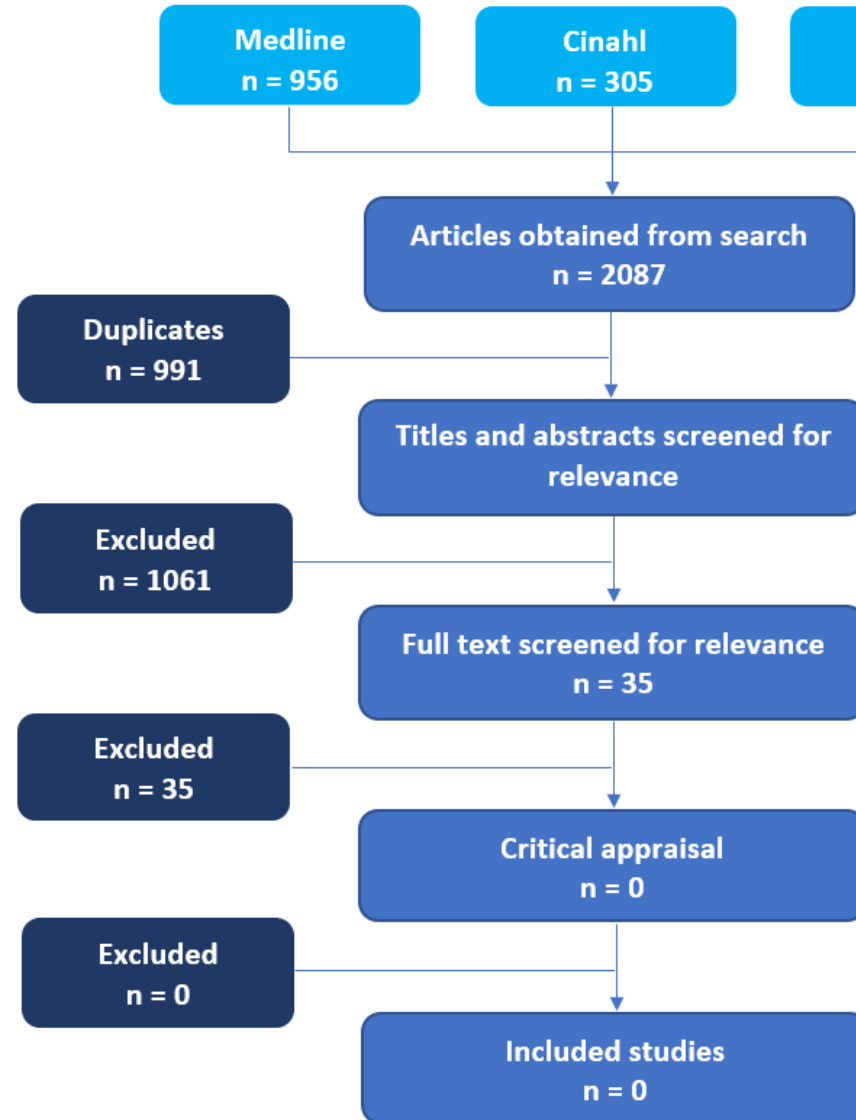
Would increased localised pressure from padding inserts in compression garments help to improve scar outcomes for burns patients with hypertrophic scarring compared to no inserts?

## Benchmarking Survey

What is the current practice regarding padding inserts amongst Australian and New Zealand burns therapists?



# Rapid Evidence Assessment (REA)



**Results:**  
No eligible studies  
were found.

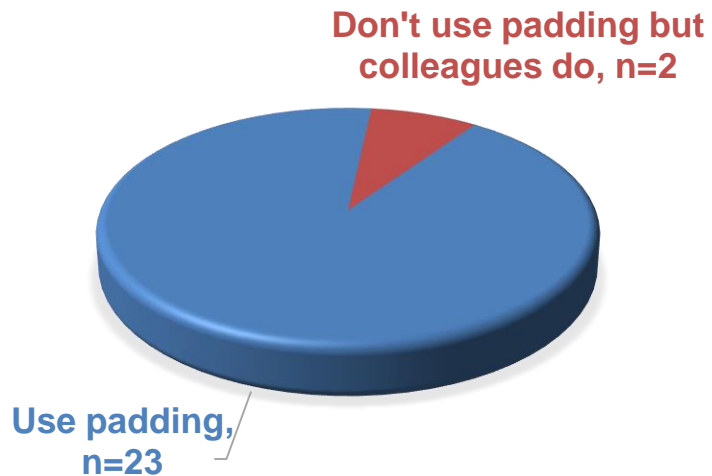


# Benchmarking Survey

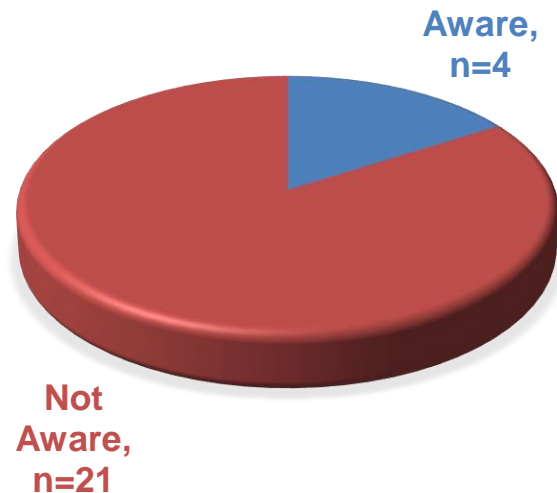
## Results:

25 Respondents: 20 from Major Burns Centres & 5 rural therapists

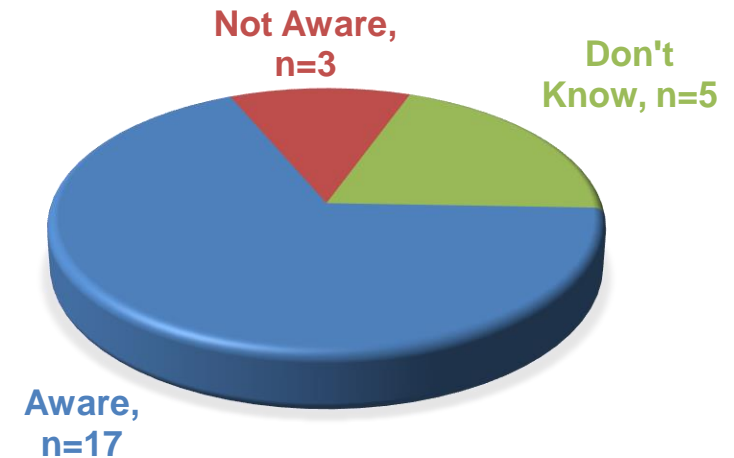
### THERAPISTS WHO USE PADDING



### THERAPISTS AWARE OF RESEARCH



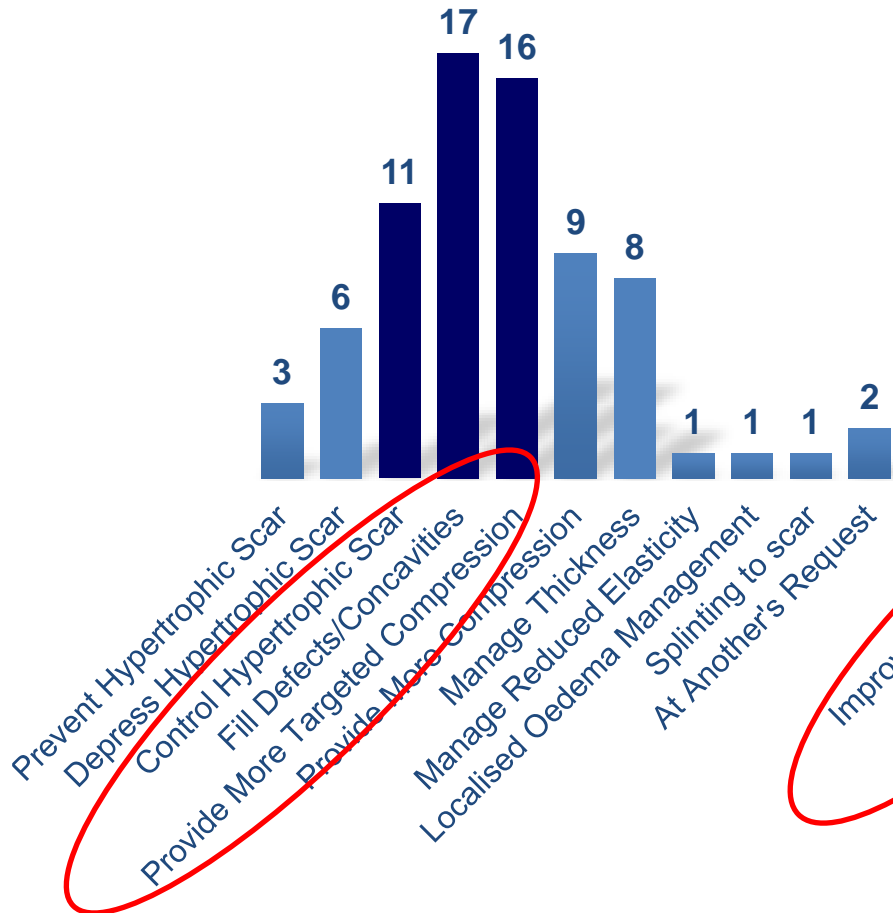
### THERAPISTS AWARE OF CONTRAINDICATIONS



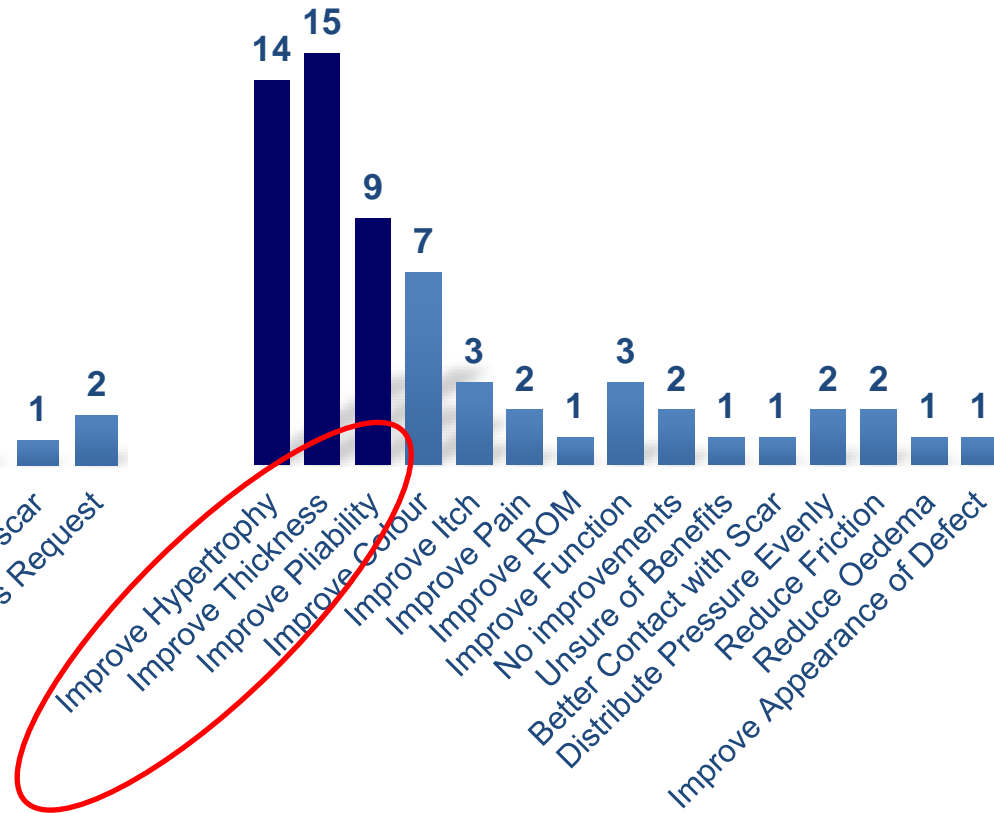


# Benchmarking Survey

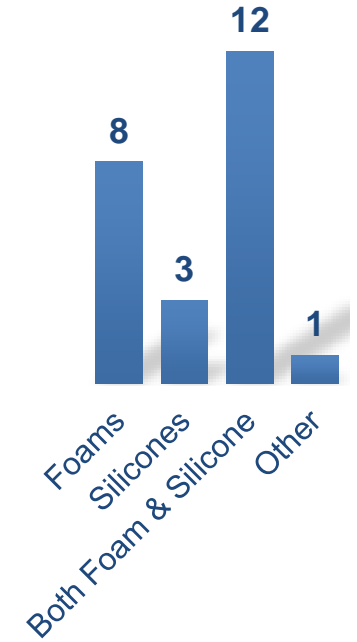
## Reasons for Using Padding



## Benefits of using Padding



## Padding Materials Used by Therapists





# Discussion

Where to next?

- RCT: comparing non-silicone based padding inserts with pressure garments alone
- Including silicone based inserts in future studies
- Comparing different types of inserts (e.g. foam vs SSCP)
- Use clinical judgement when prescribing: considering person, environment and occupational factors of the patient
- Further education: Therapists need to not only know why they are using inserts, but how to use them and what they can use.
- Reference guide for therapists: comparing available padding options with characteristics (e.g. durability, thickness, care) with contraindications
- Measuring pressure pre & post inserting padding to determine if clinically needed.



# Acknowledgements

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