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 → 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.
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
- Use padding, n=23
- Don’t use padding but colleagues do, n=2

THERAPISTS AWARE OF RESEARCH
- Not Aware, n=21
- Aware, n=4

THERAPISTS AWARE OF CONTRAINDICATIONS
- Not Aware, n=3
- Don’t Know, n=5
- Aware, n=17
**Benchmarking Survey**

**Reasons for Using Padding**
- Prevent Hypertrophic Scar
- Control Hypertrophic Scar
- Fill Defects/Concavities
- Provide More Compression
- Manage Reduced Elasticity
- Stimulating to scar
- Localised Oedema
- Provide Localised
d- At Another’s Request

**Benefits of using Padding**
- Improve Hypertrophy
- Improve Thickness
- Improve Pliability
- Improve Condur
- Improve lich
- Improve ROM
- Pain
- Function
- Unsure of Benefits
- Better Contact with Scar
- Distribute Pressure
- Friction
- Reduce Oedema
- Appearance of Defect

**Padding Materials Used by Therapists**
- Foams
- Silicones
- Both Foam & Silicone
- Other
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.
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