

Basic Introduction to Compression Hosiery

1. Show which items go together:

Veins ____

A. Connect arteries to veins

Capillaries ____

B. Transfer blood back to heart

Arteries ____

C. Carry Nutrients, Proteins, gasses, hormones to cells

2. What body part is responsible for the pump like action to allow the blood to be pumped back to the heart from the lower extremity?

- a. Calf muscle
- b. Posterior Tibial Artery
- c. Dorsalis Pedis Artery
- d. Gluteus Maximus

3. The 3 types of blood vessels include:

- a. Heart, Veins, and Arteries
- b. Veins, Nerves and Arteries
- c. Arteries, Veins and Capillaries
- d. Heart, Nerves and Veins

4. What is the purpose of valves within Veins?

- a. Keep blood moving toward the ankles
- b. Prevent the backflow of blood
- c. Keep out white blood cells
- d. Remove nutrients from the blood

5. A pathology affecting millions of Americans due to inactivity, recent surgery, or pregnancy:

- a. Deep Vein Thrombosis

Basic Introduction to Compression Hosiery

b. Superficial Vein Thrombosis

c. Diabetic Neuropathy

d. None of the above

6. What is the treatment for DVT?

a. Compression

b. Blood thinners

c. Hot Compresses

d. All of the above

7. A venous stasis leg ulcer can be treated with which of the following?

a. Inactivity

b. Compression

c. Blood thinners

d. Antibiotics

8. Venous stasis ulcers are quick to heal

a. True

b. False

9. What are some causes of Edema? Circle all that apply

a. Pregnancy

b. Venous Insufficiency

c. Medications

d. Liver/Kidney disease

10. What is edema?

- a. Losing weight**
- b. Swelling**
- c. Memory loss**
- d. Fainting**

11. The purpose of compression therapy is to:

- a. blood flow**
- b. Reduce edema**
- c. Prevent the progression of lymphatic diseases.**
- d. All of the above.**

12. mmHg stands for:

- a. millimeters of mercury**
- b. Micro mesh- Heavy guage**
- c. millimeters of pressure**
- d. meters of pressure per square millimeter**

13. What is graduated compression?

- a. Compression is highest at the knee and decreases down the leg**
- b. Compression is highest at the ankle and decreases as you move toward the knee**
- c. Compression is even on all points on the leg**
- d. None of the above**

14. Graduated compression stockings main goal is to

Basic Introduction to Compression Hosiery

- a. Hide spider veins**
- b. Help pump blood back to the heart**
- c. Make legs feel good**
- d. Ensure proper foot health**

15. mmHg measures what?

- a. The amount of force needed to don the stockings**
- b. How sheer the stocking is**
- c. The level of compression in the stocking**
- d. How far the stocking goes up the leg**

16. What compression level is considered OTC? Circle all that apply

- a. 10-15**
- b. 15-20**
- c. 20-30**
- d. 30-40**

17. When would you use a 15-20 mmHg stocking?

- a. Mild Edema**
- b. DVT**
- c. Mild varicose veins**
- d. A & C**

18. What compression level is best for preventing recurrent ulcers?

- a. 10-15**

Basic Introduction to Compression Hosiery

b. 15-20

c. 20-30

d. 30-40

True or False

19. Compression stockings are always covered by insurances because they have a HCPC code

20. Compression can be layered to get the appropriate level

21. An Ulcer compression system can never be billed to Medicare

22. The best time of day when measuring for compression hosiery is late in the day.

23. A prescription is required on all compression dispensed.

24. TED's are the same as compression hosiery.

25. Compression stockings are very durable and will last forever.

Use the following sizing chart for the next 3 questions:

Women's Sizing	Ankle Circumference	Calf Circumference	Shoe Size
Small	7-8 1/4 in	18-21 cm	Size 5-7
Medium	8 3/8-9 7/8 in	21-25 cm	Size 7.5-9
Large	10-11 3/8 in	25-29 cm	Size 9.5-12
X-Large	11 1/2-13 in	29-33 cm	12.5 +

26. A patient comes in to be measured for 15-20 mmHg compression hosiery for an unspecified condition. The measurement at the ankle is: 7 1/2" and the calf measurement is: 13 1/4 ". What size should be selected?

A. Small

B. Medium

C. Large

Basic Introduction to Compression Hosiery

D. Extra Large

27. A patient comes in to be measured for compression hosiery for DVT. The measurement at the ankle is: 10" and the calf measurement is: 12 ". What size should be selected?

A. Small

B. Medium

C. Large

D. Extra Large

28. What is the minimum ankle circumference for an extra-large?

A. 7"

B. 13 $\frac{3}{8}$ " -

C. 11 $\frac{1}{2}$ "

D. 12 $\frac{1}{2}$ plus

29. Diabetic Socks look like the shape of a foot/ankle right out of the box __True __False

30. Diabetic Socks can be sized as "one-size-fits-all" __True __False

31. Diabetic Socks should not have very much stretch __True __False

32. True Diabetic Socks are only available in white __True __False