

Chronic On-site Venous Insufficiency Damage-control (COVID)
educational project for venous-lymphatic contained patients



Lower limb venous and lymphatic alterations represent pathological conditions highly present in the population and often underdiagnosed and inadequately managed.^{1,2} Venous thrombo-embolism has been defined as leading cause of preventable death,³ while lymphedema as a “hidden epidemic”.⁴ The recent Corona Virus pandemic has led to proper containment at home of the vast majority of the world population.⁵

Sedentarism was already significantly growing in our population even before the COVID-19 outbreak, moving from interesting 15 to 69% of the active population in the last 20 years.⁶ The containment at home could favor a less active life-style, so worsening the lower limb drainage, in particular in the patients already affected by a venous and lymphatic impairment, but also in the healthy subjects.

A significant amount of medical fake news is unfortunately spread by media and internet, with a dangerous tendency to even share exponentially the same misinformation through the social networks.⁷

People contained at home could be exposed not only to a higher risk of developing or worsening venous-lymphatic issues, but also to medical inadequate information.

With this background, venous-lymphatic World International Network foundation (www.vwinfoundation.com), an international not for profit organization dedicated to venous-lymphatic education and science, has developed an open access package of video lessons dedicated to the population and to the health professionals. The project is called **Chronic On-site Venous Insufficiency Damage-control (COVID)** and is specifically aimed to provide evidence-based suggestions for proper venous-lymphatic drainage activation in times of containment at home.

The 5 videos are available in **English, Spanish, Chinese, Italian** and soon also in **other languages**, thanks to the not for profit involvement of world renowned top experts coming from all around the world.

CORONA VIRUS
has
NO LEGS
don't
WALK IT AROUND
&
protect your LEGS at HOME

Venous-lymphatic World International Network
foundation, not-for-profit educational activity

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v-WIN
foundation, ONLUS

www.who.int/emergencies/diseases/novel-coronavirus-2019

The video content is available for free to all the health professionals speaking languages different from the ones reported above and willing to record the same video for their population. If interested in this opportunity, the health professionals can write to info@vwinfoundation.com.

The videos touch all the main aspects of lower limb venous and lymphatic self-assessment and management, starting from public awareness and patho-physiology, moving to the thrombotic risk calculation, going through the correct life-style and compression stocking use, ending with tips & tricks to develop proper care of eventual venous ulceration at home.

An entire video is dedicated to venous active drugs, with the aim of pointing out which products have scientific validation, so limiting the potential spread of false commercial claims.

All the project is developed in layman terminology, so making it approachable to all audience types. A special dedication has been used in always reporting the scientific references, so allowing also the health professionals to enjoy the opportunity of verification and of eventual insights in the related literature.

The same v-WIN foundation is running a global project on **venous-lymphatic fake-news-free** information in coincidence with the EXPO Dubai. The project is described at this webpage: www.vwinfoundation.com/fake-news-free-project/, where a dedicated form is also available for the population and the health professional, allowing them to report, in whatever language and also anonymously in case, eventually encountered potentially fake news in the venous and lymphatic

field. The form is also available for the public interested in receiving an evidence-based answer from the v-WIN Scientific Committee on eventual doubts regarding venous and lymphatic topics.

All these initiatives are not for profit and aimed to improve public health by acting on so diffuse and too often diffusely not properly managed medical conditions such as venous and lymphatic disorders.

Chronic Onsite Venous Insufficiency Damage-control

www.vwinfoundation.com/education

1. Safe at home with your Veins & your Lymphatics
SELF ASSESSMENT
2. Venous Thrombosis
RISK MANAGEMENT
3. Correct Life-style & Graduated Compression Stockings
INSTRUCTIONS FOR USERS
4. Venous Active Drugs
WHICH and WHEN
5. Venous Ulcer self management

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1. Davies A. The Seriousness of Chronic Venous Disease: A Review of Real-World Evidence- Adv Ther 2019;36:S5–S12.
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5. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
6. Neville O. Sedentary Behavior: Emerging Evidence for a New Health Risk Mayo Clin Proc. 2010;85(12):1138–1141.
7. Waszak PM. et al. The spread of medical fake news in social media. Health Pol Tech 2018;7(2):115-18.

Chronic On-site Venous Insufficiency Damage-control (COVID)

Proyecto educativo venoso-linfático para pacientes con distanciamiento social en tiempos de COVID



Alteraciones venosas y linfáticas en miembros inferiores representan condiciones frecuentes en la población, subdiagnosticadas y sin manejo adecuado. El tromboembolismo venoso se ha definido como una causa de muerte relevante, pero prevenible en muchos casos; mientras que el linfedema ha constituido una "epidemia oculta". La reciente pandemia de Coronavirus ha requerido el

The poster features a central image of a coronavirus particle. Text on the left reads: "CORONA VIRUS has NO LEGS don't WALK IT AROUND & protect your LEGS at HOME". On the right, it lists three versions: Spanish (Bottini Oscar, Buenos Aires University), Chinese (Chi Yung Wei, University California Davis, USA), and English/Italian (Gianesini Sergio, University of Ferrara, ITALY / USUHS University, Bethesda USA). The top right corner says "Venous-lymphatic World International Network foundation, not-for-profit educational activity". The bottom right corner has the v-WIN logo and "foundation, ONLUS". The bottom center has the URL "www.who.int/emergencies/diseases/novel-coronavirus-2019".

distanciamiento social y la permanencia en casa en la gran mayoría de la población a nivel mundial. El sedentarismo ya iba en un crecimiento significativo en nuestra población, aún antes de brote de COVID-19, pasando de un 15 a un importante 69% de la población activa en los últimos 20 años. La necesidad de #QuedarseEnCasa podría favorecer hábitos de vida menos activos, empeorando el drenaje venoso y linfático de las piernas (extremidades inferiores), en particular en pacientes con enfermedad con afección previa del sistema venoso y linfático, pero también en personas sanas. Una significativa cantidad de #FakeNews o noticias falsas desafortunadamente se ha diseminado en los medios y redes sociales, generando una peligrosa tendencia en la difusión exponencial de esta desinformación en las diferentes plataformas sociales. La población que está quedándose en casa podrían estar expuestos no solo a un mayor riesgo de desarrollar o empeorar una su condición en relación al funcionamiento veno-linfático, pero también por la exposición a información médica inadecuada. Con estos antecedentes la fundación v-WIN - por sus siglas en inglés- venous-lymphatic World International Network y página web www.vwinfoundation.com como Organización Internacional Sin Fines de Lucro, dedicada a la educación y estudio del sistema venoso y linfático; ha desarrollado un material de libre acceso en forma de videos educativos para la población y profesionales en salud.

Este proyecto se llama traducido en español: "Control de Daños en Pacientes con Insuficiencia Venosa Crónica, Proyecto educativo venoso- linfático para pacientes con distanciamiento social en tiempos de COVID" (Chronic On-site Venous Insufficiency Damage-control (COVID), educational project for venous-lymphatic contained patients) y esta dirigido en específicamente a proveer

sugerencias y recomendaciones basadas en evidencia científica sobre la activación apropiada del drenaje venoso y linfático en tiempos de COVID al estar en casa.

Los 5 videos están disponibles en ingles, español, chino, italiano y otros; gracias a la participación solidaria y sin fines de lucro de expertos de renombre internacional de todo el mundo. El contenido de los videos estará disponible sin costo a todos los profesionales en salud en idiomas diferentes a los ya mencionados, gracias a la disposición de grabarlos para sus conciudadanos. Si le interesa esta modalidad, los profesionales en salud pueden escribir a info@vwinfoundation.com. Estos videos abarcan todos los aspectos principales de la autoevaluación y tamizaje y manejo de el sistema venoso y linfático de las piernas; desde la concientización en la población, la fisiopatología, hacia la valoración del riesgo trombótico, y llegando a los estilos de vida saludable, correcto uso de medias o soporte elástico y terminado con tips, trucos y consejos para el autocuidado de una eventual úlcera venosa en casa.

Asimismo la fundación v-WIN esta liderando un proyecto global en acceso a información libre de falsedad (fake-news-free) en coincidencia con EXPO Dubai. El proyecto está descrito en la página web www.vwinfoundationfake-news-free-project/, donde un encontrarán un formulario destinado a la población en general y otro a profesionales en salud, permitiéndoles reportar , en cualquier



The graphic features a blue wavy background on the left. The text 'Chronic Onsite Venous Insufficiency Damage-control' is arranged vertically in a large, blue, sans-serif font. To the right, there is a list of five educational topics, each with a number and a brief description. Above the list is the URL www.vwinfoundation.com/education. There are two circular logos: one at the top right with a red ribbon and the text 'v-WIN ONLINE', and another at the bottom right with the text 'v-WIN Foundation, ONLUS'.

www.vwinfoundation.com/education

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idioma y en forma anónima, en la eventualidad de encontrar potencial información tipo “fake-news” en el campo venos y linfático. El formulario también está disponible para el público en general interesado en recibir una respuesta basada en evidencia científica del Comité Científico de v-WIN con relación a dudas sobre temas venosos y linfáticos.

Todas estas iniciativas son sin fines de lucro y con el objetivo de mejorar la salud pública mediante la acción en información sobre

condiciones médicas difundidas y en muchas ocasiones con manejo no apropiado en desórdenes venosos y linfático.

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Referencias

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