

Compression for the prevention of post-thrombotic syndrome after deep vein thrombosis: What is the ideal therapy duration?



CURRENT CONSENSUS

Elastic compression stockings (ECS) are recommended in the prevention of post-thrombotic syndrome (PTS) following deep vein thrombosis (DVT).

PROBLEM

The **optimal therapy duration** still remains undefined.

OCTAVIA STUDY

The OCTAVIA study was designed to assess whether stopping ECS therapy after 12 months is non-inferior to continuing it for an additional 12 months.

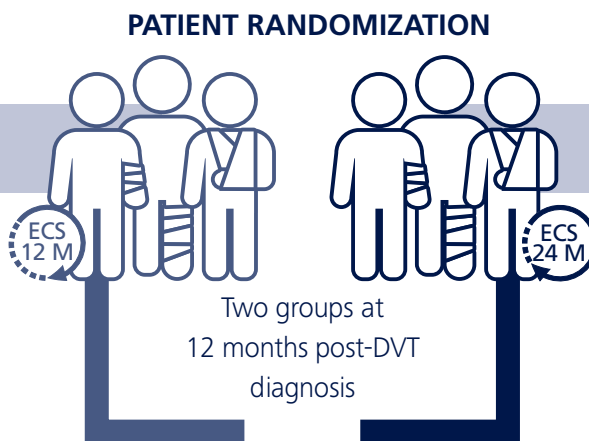
PARTICIPANTS n=518

PTS-free and compliant with ECS therapy (34-46mmHg) for 12 months subsequent to DVT diagnosis.



GROUP 1: Stop-ECS = Stop after initial 12 months

- n=260
- 4 ineligible (excluded)
- Assessed: n=256
- Lost to follow-up: n=6
- Withdrew: n=13
- Died: n=2

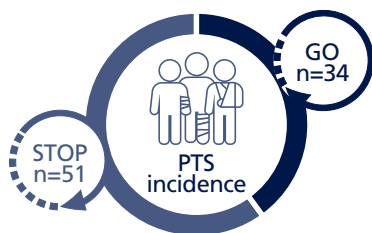


GROUP 2: Continue-ECS = Continue for +12 months

- n=262
- 0 ineligible
- Assessed: n=262
- Lost to follow-up: n=6
- Withdrew: n=6
- Died: n=0



RESULTS: Primary Outcome = PTS incidence 24 months after DVT diagnosis



60% higher risk for PTS in stop-ECS group compared to continue-ECS group



14 PATIENTS:

Number needed to treat to prevent one case of PTS by continuing ECS therapy for 24 months



High compliance rate in continue-ECS group: 85% wore ECS 6-7 days/week



CONCLUSION for preventing PTS

Stopping ECS after 12 months in compliant patients with proximal DVT was **not non-inferior** than (≈ was "not as good as") continuing ECS therapy for an additional 12 months in preventing PTS.

AUTHORS' SUGGESTION

Compression therapy should ideally be continued for 24 months after DVT.

¹ **Reference:** One versus two years of elastic compression stockings for prevention of post-thrombotic syndrome (OCTAVIA study): randomised controlled trial. Mol GC, van de Ree MA, Klok FA, Tegelberg MJ, Sanders FB, Koppen S, de Weerd O, Koster T, Hovens MM, Kaasjager HA, Brouwer RE, Kragten E, Schaar CG, Spiering W, Arnold WP, Biesma DH, Huisman MV. BMJ. 2016 May 31;353:i2691. doi: 10.1136/bmj.i2691.