

TRUSSES – PRESCRIBING INFORMATION

What is a Truss and what is it used for?

A truss is an appliance used to hold a hernia in its correct place in the abdomen, and are therefore only used in patients who have a reducible hernia.

Because most hernias are managed through surgical intervention, the use of trusses is reserved for two situations: patients who are unsuitable for surgery, and patients waiting on surgery.

A truss consists of a pad that keeps the hernia in place, and a belt to keep the pad in place.

The type of truss varies according to the type of hernia.

How do I know what type of Truss to prescribe?

In order to prescribe the most appropriate truss, the following information must be supplied by the requesting clinician: -

- (i) Position of the hernia e.g. Inguinal, Scrotal, Femoral - determines which pad to use
- (ii) Type of belt e.g. Spring or Elastic band
- (iii) Type of hernia i.e. Single (and which side – Right or Left) or Double

If any of the above information is not given, please confirm with the clinician requesting the truss.

Who is responsible for prescribing a Truss?

Trusses should be *prescribed* by the GP practice, and *dispensed* by the Community Pharmacist.

Vision: Type in 'Truss' then double click or press F3 to bring up your prescribing options. You can tick the 'Hierarchy' box to make this easier.

EMIS: 'Truss' will not work – rather type in the type of belt - 'Spring' or 'Elastic band' – to bring up your prescribing options.

Please always refer to the [Scottish Drug Tariff](#) for full details on truss items allowed on NHS prescription.

Who is responsible for measuring and fitting the Truss?

The patient should take the prescription to the Community Pharmacist for measuring and fitting (see below PJ article, "[Successful Truss Fitting](#)", for details on how to do this), then ordering the correct truss.

The prescription must always be endorsed with 'measured and fitted' to ensure a professional fee is paid.

Patient Counselling: -

- Hernias must be reduced before a truss is worn
- A truss should be put on next to the skin before rising in the morning, and worn all day
 - o Unless the patient has a bad cough, trusses are removed at night
- Patients should be reminded to keep the skin clean before applying and on removing the truss
- The truss should be cleaned by wiping with a damp cloth
- A new truss should be prescribed approximately annually