

## Lymphoedema Therapy Referral

### Patient Information or Bradma

Name: \_\_\_\_\_ NHI: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Date: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

Relevant Information: Include history of disease, spec pathology causing high protein lymphoedema, sites involved, patient status and prognosis. Blood test/medications etc.

*The Management of Lymphoedema in Advanced Cancer and Oedema at the End of Life - International Guidelines see: [www.lympho.org](http://www.lympho.org)*

Patient profile: - please tick relevant boxes (See over for lymphoedema treatment indications and limitations)

- ☐ Lives within the Nelson-Richmond city boundaries
- ☐ Lives alone or with frail spouse
- ☐ Lives with able bodied carer or receives care from home support agency
- ☐ Has good limb function and is mobile
- ☐ Is inactive
- ☐ Pain is present
- ☐ Can understand and participate in treatment
- ☐ Can attend the hospice
- ☐ Has severe cardiac or renal failure
- ☐ Could tolerate bandaging or compression garments
- ☐ Has skin leakage
- ☐ Has peripheral vascular disease or diabetes
- ☐ Has history of DVT

Referred by: \_\_\_\_\_ Designation: \_\_\_\_\_

Authorised by: \_\_\_\_\_ Dr/HMO/PC Nurse Practitioner

Office Use Only Accepted, date \_\_\_\_\_ Declined, date \_\_\_\_\_

More info. required: \_\_\_\_\_ Letter sent, date: \_\_\_\_\_ Phone to discuss, date: \_\_\_\_\_

# Lymphoedema Treatment Indications and Limitations

## Exercise & Elevation

Anytime

Active or Passive

## Kinesiotaping

Indications:

- Distinct area of overall swelling
- Scrotal, thigh and buttock oedema
- Patient can attend clinic for taping

Contraindications:

- Sensitive or allergic skin
- Fragile or broken areas
- Receiving end of life care and treatment deemed inappropriate

## Massage

Indications:

- Patient can tolerate massage
- Patient can attend Hospice clinic for massage

Contraindications:

- Skin breakdown
- Receiving end of life care and treatment deemed inappropriate

## Bandaging

Indications:

- Wishes to increase mobility or functional ability
- Has lower leg and ankle lymphoedema or
- Has lower arm lymphoedema
- Circumferential difference of more than 2 cm between affected and non-affected limb
- Skin leakage developing
- High risk of pressure areas on lower limb
- Lymphoedema nurse determines effectiveness of bandaging

Contraindications:

- Severe cardiac or renal disease
- Immobility
- Patient cannot tolerate bandaging
- Receiving end of life care and treatment deemed inappropriate

## Compressions Garments

Indications:

- Patient has a prognosis of 3 months or more
- Useful for limbs only, not body area
- Patient has good limb function and is mobile
- Careers willing to assist with applying garments or Support Care Worker arranged

Contraindications:

- Patient has severe peripheral vascular disease or a condition (e.g. diabetes) causing inadequate arterial blood flow:
- Skin breakdown or serous ooze
- Cardiac failure
- Receiving end of life care and treatment deemed inappropriate.

*Adapted from Nurse Maude Hospice, Christchurch*