

Hertfordshire Lymphoedema Service

Hertfordshire Community Trust - Our core values
Care - We put patients at the heart of everything we do
Respect - We treat people with dignity and respect
Quality - We strive for excellence and effectiveness at all times
Confidence - We do what we say we will do
Improve - We will improve through continuous learning and innovation



For further information please contact susan.hammond@hct.nhs.uk

What is the approach?

The service is community based and was established to treat people affected by lymphoedema secondary to their cancer. It also cares for patients who have complex oedema at end of life. Lymphoedema is a chronic swelling caused by the cancer itself, surgery or radiotherapy. Care is developed in 12 health clinics across Hertfordshire, in hospices, or in the patient's home. Treatment is provided based on best practice and national guidelines

What are the aims?

As lymphoedema is an incurable long term condition our aims are to:

- Minimise the progression of the oedema
- Prevent skin and tissue changes
- Educate our patients as to the cause, effect and best management of their lymphoedema and promote self care
- Maximise mobility and function
- Work with our clients to optimise their care in a way that is sustainable and acceptable to them
- Support clients with the physical, emotional and social impact that lymphoedema has after cancer

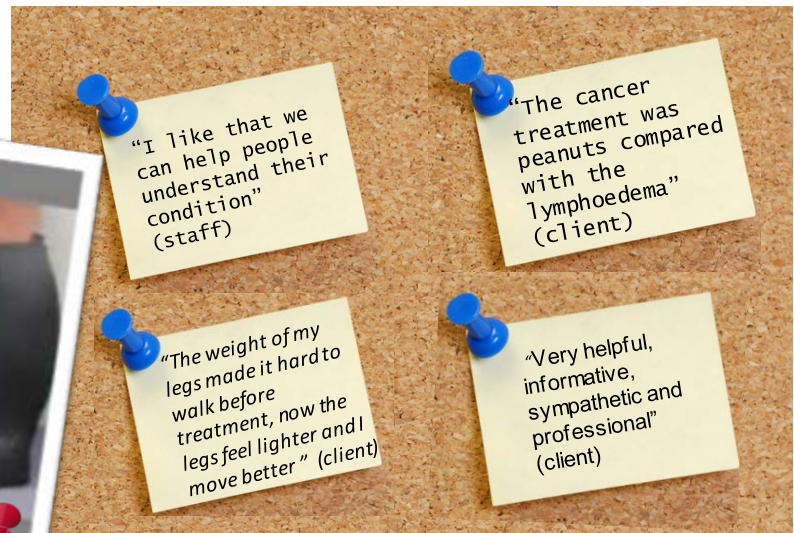
What are the benefits & outcomes?

- Reduction in size of limb/site
- Reduction in the risk of cellulitis
- Improvement in skin and tissue condition
- Improvement in range of movement and function in the affected limb (s)
- Empowered clients who understand the cause and effect of day to day life on their lymphoedema and understand how they can adapt to minimise this.

What are staff and users experiences?



Patients often describe developing lymphoedema following their cancer treatment 'as the final straw'. Being able to access a highly specialist community service has greatly improved their quality of life whilst living with this long term condition.



What are the costs?

The service is nurse lead. There are 5 clinical staff, all who have undertaken specialist training to manage lymphoedema.

What treatments are used?

- Skin-care
- Exercise
- Compression (hosiery and specialist Bandaging)
 - Manual / Simple Lymphatic Drainage

What are the impacts?

Due to it's highly skilled staff, this service provides specialist care at a local level making it accessible to all patients with cancer related lymphoedema

The service is support by Macmillan Cancer Care