



# WOODLANDS HOSPICE

## Lymphoedema Service

### Cancellation/Missed appointments

It is important that you keep your appointments. We ask you to give at least 24 hours' notice if you have to cancel or re-arrange. We will always try to accommodate your needs, however if you do not attend more than two appointments without letting us know you will automatically be discharged to your GP, and will need a new referral back into clinic.

### Discharge

You will be discharged once your swelling is under control, your condition is stabilised, and you are self-managing your lymphoedema well. Many patients will require renewal of their garments every six months - if this is the case your GP will be notified and provide you with a repeat prescription.

If you are unable to continue with your treatment programme and/or recommendations from the Lymphoedema Practitioner you will be discharged into the care of your GP.

### Transport

Woodlands cannot provide transport to clinics but if you have difficulty accessing appointments and are unable to use public transport then you may qualify for the North-West patient transport service via ambulance. The Merseyside contact number is **0151 261 2580**

### The Lymphoedema Support Group

The Lymphoedema Support Group is open to all our lymphoedema patients, it runs approx. every six weeks at the Hospice and dates are available on the hospice website **[www.woodlandshospice.org](http://www.woodlandshospice.org)**

#### Useful contacts:

**Lymphoedema Support Network**  
**020 7351 4480**  
[www.lymphoedema.org](http://www.lymphoedema.org)

For further information regarding our Lymphoedema Service please contact us on **0151 529 2299** or access the lymphoedema pages of our website: **[www.woodlandshospice.org](http://www.woodlandshospice.org)**



**Woodlands Hospice Charitable Trust,**  
**AUH Campus, Longmoor Lane, Liverpool L9 7LA**  
**Tel: 0151 529 2299**  
**[www.woodlandshospice.org](http://www.woodlandshospice.org) Charity No. 1048934**

### At Woodlands Hospice Well-being and Support Centre



**Lymphoedema  
Clinic**  
Woodlands Hospice  
**0151 529 2299**

# Lymphoedema Service



**The Lymphoedema service based in Woodlands Hospice Well-being and Support Centre provides treatment for patients with cancer related Lymphoedema who live within our catchment area.**

Lymphoedema is a condition affecting the lymphatic system. If this system isn't working properly, fluid can build up in the tissues causing swelling; this is known as Lymphoedema.

There are two types of Lymphoedema: primary, which is often hereditary - and secondary, which can develop following cancer treatment, surgery, trauma, infection or obesity. Woodlands only provides services for Lymphoedema which is secondary to cancer-related treatment.

## **Referral**

Referrals to the Service can be made by your GP or other healthcare professional. Once your referral has been accepted you will be offered an appointment to see the Lymphoedema Practitioner for an initial assessment. This assessment can take up to 90 minutes.

You will be seen in the Lymphoedema clinical room within the Well-being and Support Centre at Woodlands Hospice. Your information will be kept confidentially at all times and will only be shared with other healthcare professionals with your consent.

## **Assessment**

The Lymphoedema Practitioner will assess your condition. This includes asking about your medical history. Please bring a full list of medicines and treatments you are currently receiving.

The assessment may include questions about how you manage your daily living, any pain you are experiencing, your clinical condition, your movement and circulation, as well as taking measurements of your affected limbs. An examination of affected areas will be carried out so please wear loose clothing and footwear that can be easily removed.

A diagnosis of Lymphoedema or Chronic Oedema is normally given following your initial assessment. However some patients require further investigation from other healthcare professionals before receiving a diagnosis.

Please bring a family member or close friend with you to your initial assessment. Receiving a diagnosis can sometimes be upsetting, although some people feel a sense of relief, especially if they have had the swelling for a long time without any treatment.

## **Treatment**

The treatment of Lymphoedema focuses on a self-care programme involving a skin care regime, infection prevention, exercises, self-massage, compression, bandaging and/or kinesiology taping (a type of tape application).

The advice given will be individual to you and involve agreement of a treatment plan, which may change over time and re-assessment may be required.

The aim of treatment is to stabilise your condition and enable you to manage it yourself. It is essential you take an active role in your treatment in order to achieve the best outcome. You will be given lots of information and support, and will have the opportunity to discuss any worries or concerns you have.

The Lymphoedema Practitioner works closely with other healthcare professionals, including your GP, district nurses, physiotherapists, community teams, hospital teams, specialists and consultants. You may be referred to other services if required.

The Lymphoedema Practitioner will order the majority of your treatment through your GP who will issue prescriptions for you. Please note that made-to-measure garments can take up to 14 days to be tailor-made once the company receive the request.

## **Follow-up**

A follow-up appointment will be made for you at an appropriate time. If you need to be seen sooner, or if you have any questions or concerns, please telephone the Well-being and Support Centre on **0151 529 2299** and the Lymphoedema Practitioner will call you back as soon as possible.