

Lymphoedema Service



Have Your Say

The quality of the services we offer is regularly reviewed and we welcome your views. You may speak to any member of staff about how to feed back. This may include a questionnaire, such as 'I Want Great Care'.

This feedback can be anonymous and any information we hold on you will be treated with the strictest of confidence.

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Photographs kindly donated by Gisela Olsson



Specialist nursing care and support for people with cancer related Lymphoedema



How can Lymphoedema treatment help me?

We aim to help you by:

- providing an individualised treatment programme
- controlling the swelling
- improving the comfort and function of the affected area
- fully explaining your condition and how you can help manage it
- advising on how to improve and maintain the condition of your skin
- enhancing your quality of life.

Who will care for me?

You will be cared for by a qualified team of professionals comprising a Lymphoedema Nurse Practitioner and Therapies Assistant.

What can I expect when I see the Lymphoedema Nurse Practitioner?

Once we receive a referral, we will make an appointment for you to attend our out-patient clinic at Jersey Hospice Care.

At your initial appointment, you will have the opportunity to discuss your condition, symptoms and any problems or anxieties. The Lymphoedema Nurse Practitioner will also undertake a physical assessment of your condition.

Following this, we will discuss a treatment plan with you to identify the most appropriate way of managing the condition.

Generally there are four components of treatment:

- Skin care
- External support/compression
- Exercise and movement
- Simple/self Lymphatic drainage

For patients with more severe swelling, we may recommend additional treatments such as:

- Manual Lymphatic Drainage
- Lymphoedema bandaging
- Intermittent Sequential Pneumatic Compression
- Kinesiotaping

The Lymphoedema Service provides treatment and management for all patients experiencing Lymphoedema caused by cancer or its treatment.

What is Lymphoedema?

Lymphoedema is the name given to a swelling in the tissues beneath the skin that occurs when the lymph fluid in the tissues cannot drain away. Lymphoedema can affect any part of the body including the head, neck and genitals. However it most commonly affects a limb and sometimes the adjoining area such as the trunk and/or breast.

'Your brilliant patience, care and the warmth and welcome from everyone is very much appreciated'

When does Lymphoedema occur?

Lymphoedema is classified as either Primary or Secondary. Primary Lymphoedema may be inherited, due to under development of the Lymphatic System that may be evident at birth or show up later in life.

More commonly Lymphoedema may develop following an operation or radiotherapy treatment to treat cancer in areas of the body where lymph nodes and vessels are present. The swelling may occur immediately after treatment or many years later. It can also occur as a result of infection or trauma.

Your treatment will be tailored to suit you. Emphasis is placed on holistic assessment and appropriate treatments according to patient's needs and includes all aspects of Lymphoedema treatment.

Self-management, education and risk reduction is also included as part of the overall care package. With expert care, all patients experiencing Lymphoedema are given the best opportunity and knowledge to control, improve and self-manage their condition and therefore improve the quality of their lives.

How long will the Lymphoedema Nurse be involved in your care?

This will depend on your needs and symptoms. We will aim to teach you the skills needed to successfully manage the condition.

Our involvement compliments the roles of other healthcare professionals caring for you.

When you no longer have any issues that need our specialist skills, we will discharge you from the service. However, you can be re-referred at a later date if needed.

'The therapy I receive when in your care does so much more than make my Lymphoedema better, it makes me better'

How do I contact the Lymphoedema Service?

Your doctor or nurse can contact the Lymphoedema Service for advice if you are developing Lymphoedema related to cancer or its treatment on 01534 876555.

If you wished to be referred to the clinic for assessment, we do require a referral from your GP, Consultant, Clinical Nurse Specialist or other Health Care Professional.