A Pioneer Lymphedema Multidisciplinary Comprehensive Program (LMCP) with Combined Surgical and Physiotherapy Approach in Hong Kong West Cluster – A Preliminary Outcome

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Lymphedema Multidisciplinary Comprehensive Program (LMCP)

- TWH since 2013
- Surgical treatment + Physiotherapy
- **Surgical Treatment:** Vascularized Lymph Node Transfer (VLNT)

Lymph node flaps from the groin to the axillary region

*Source: Dr Liu HL*
Lymphedema Multidisciplinary Comprehensive Program (LMCP)

- **Physiotherapy:** Complete Decongestive Therapy (CDT)
  - [ ] Manual Lymphatic Drainage (MLD)
  - [ ] Compression Bandaging
  - [ ] Remedial exercise
  - [ ] Skin care
  - [ ] Self-management education
  - [ ] Compression Garments
Objective

Evaluate the UL lymphedema condition of Ca Breast survivors after VLNT + CDT in LMCP

Methodology

- Retrospective study 10/2013 – 1/2017
- Ca Breast survivors with UL lymphedema received VLNT + CDT
- **Hospital stay**: Pre & Post interventions
- **Long term results**: Post intervention 14-36 month
- **Measurement**: 

![Circumference Measurement Diagram]

![Bio-impedance LDex Image]
Results

- 16 F patients (mean age=58.69±9.87 year-old) completed VLNT + CDT
- Mean 6.13±4.88 years of chronic refractory lymphedema

Conclusion

The preliminary results of this LMCP with combined surgical and physiotherapy approach showed a promising improvement for breast cancer related upper limb lymphedema, and the achievement could still be visible after 14-36 months.