



Service Priorities and Programmes
Electronic Presentations

Convention ID: 433

Submitting author: Mr Sunny WONG

Post title: Advanced Practice Nurse, Tseung Kwan O Hospital, KEC

Application of Complex Lymphatic Therapy (CLT) in management of elephant leg / gross lower limb lymphoedema

Wong KH

NSD, Tseung Kwan O Hospital

Keywords:

Complex Lymphatic Therapy (CLT)

lower limb lymphoedema

elephant leg

Introduction

Lymphoedema is a chronic oedema arising from the accumulation of lymphatic fluid. It can be a disfiguring condition, usually affecting the limb, which causes discomfort and pain. It can be infected and causes cellulitis. The infection of skin may be required hospital admission. Untreated limbs will become huge and the term elephantiasis or elephant leg is the best description for its appearance. Secondary lymphoedema relate to cancer and / or cancer treatment may be readily identified. Patients are commonly suffered from lymphoedema after their operation with lymph nodes removal and receive radiotherapy afterwards

Objectives

After the CLT treatment, patient had been improved and enhanced quality of life. Hence, wound was healed and skin infection could be treated and prevented.

Methodology

CLT was provided for the patient in the intensive (first) phase of treatment i.e. MLD, wound / skin care, MLLB and exercise. In the intensive phase, patient should attend the clinic two to three times per week. After the reduction of the affected lower limb had become steady (no further reducing of the volume or circumference of the affected limb), maintenance (second) phase of treatment had begun. It contained simple MLD, skin care, life-long wearing of compression garment and regular follow up. Right lower limb was treated by Intermittent pneumatic devices. CLT was a safe and non-invasive therapy. CLT was described in brief, as follows: Manual Lymph Drainage (MLD): A kind of light and gentle massage performed by qualified person. Skin care: Skin was regularly moisturized during treatment to keep it supple and prevented skin tears. If wound or lymphorrhoea had occurred, special dressing and cleansing lotion should be applied. Multi-layer Lymphoedema Bandaging (MLLB): It was used to drive or evacuated lymph of the affected limb or region by graduated compression in the acute phase. Exercise: When the muscles of the body contracted, they helped to force fluid out of the tissues and vessels. An extra benefit for the lymphatic vessels would be gained when a compression garment or bandage was worn during exercise. Since the graduated compression provided a counter force, it

had helped to move the lymph towards the thoracic duct.

Result

After the receiving of CLT intensive treatment for eleven weeks, the left affected limb volume had been reduced 76%. Skin became soft and supple. Right lower limb was treated by Intermittent pneumatic devices without volume reduction. Long term wearing of compression garment was advised. Since her affected limb volume had been reduced, option for another operation would be suggested by her in charge surgeon. She will be undergone the operation later.