



**Service Priorities and Programmes
Electronic Presentations**

Convention ID: 846

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Leaky Leg Management in Lymphoedema (Complex Lymphatic Therapy) Nurse Clinic

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Keywords:

Complex Lymphatic Therapy

Lymphoedema

Leaky leg

Lymphorrhoea

Multi-layer bandaging

Multi-layer bandaging

Introduction

Introduction Leaky leg or lymphorrhoea is the leakage or weeping of lymph through the skin surface of lower limb because of the damage of lymphatic system. Such condition is associated with lymphovenous problem or severe bacterial colonization of skin. It is not surprised to see patients with leaky leg to attend General Patient Clinic (GPC) for daily dressing change without significant improvement for years. World Health Organization (2010) stated using Complex Lymphatic Therapy (CLT) to treat lymphoedema related problems was safe and effective.

Objectives

Objectives (1) To shorten the healing time of leaky leg; (2) to decrease the frequency of dressing change; (3) to improve skin condition and body image

Methodology

Methodology Patients with leaky leg would receive CLT treatment in Lymphoedema Nurse Clinic weekly or twice weekly by certified therapists. CLT treatment included at least one of the following components: skin/wound care, multi-layer bandaging, manual lymphatic drainage and advice on exercise. Healing time, dressing change per week, skin conditions and patient's satisfaction were recorded.

Result

Results Referred from physicians and wound care professionals, 6 patients (n = 6) with severe lower limb lymphorrhoea were received CLT treatment in Caritas Medical Centre in 2013. All wounds healed and median healing time was 11.0 (6 – 18) weeks. Median dressing change frequency dropped from 5.5 (5 – 7) per week in GPC to 2.0 (1 – 2) per week. Other improvements were identified such as decreased limb oedema, decreased hyperkeratosis, decreased papillomatosis and improved self body image. All patients were satisfied with the outcome and service of CLT.
Conclusions Complex Lymphatic Therapy was an effective treatment in managing

leaky leg. It improved patient's leg condition and self body image, as well as decreased the workload of healthcare professionals.