

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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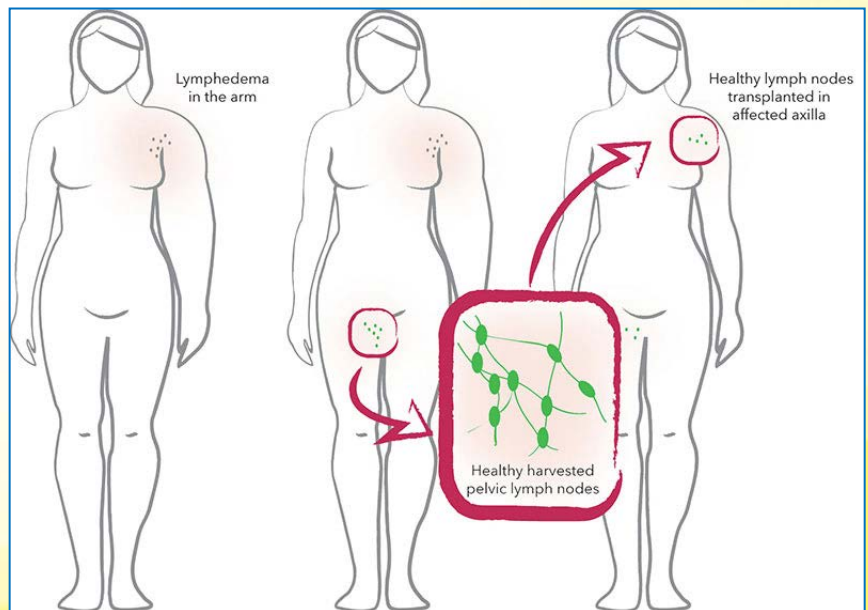
Lymphedema Multidisciplinary Comprehensive Program (LMCP)

- 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

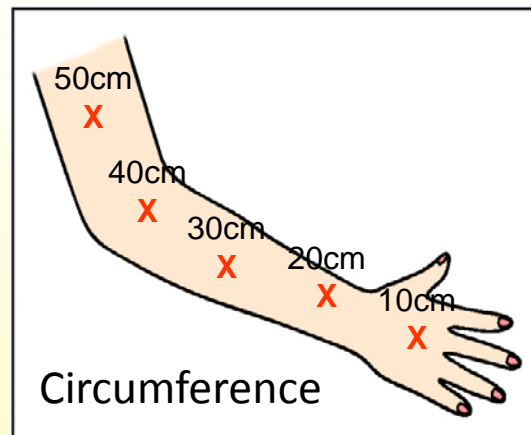


Objective

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

Methodology

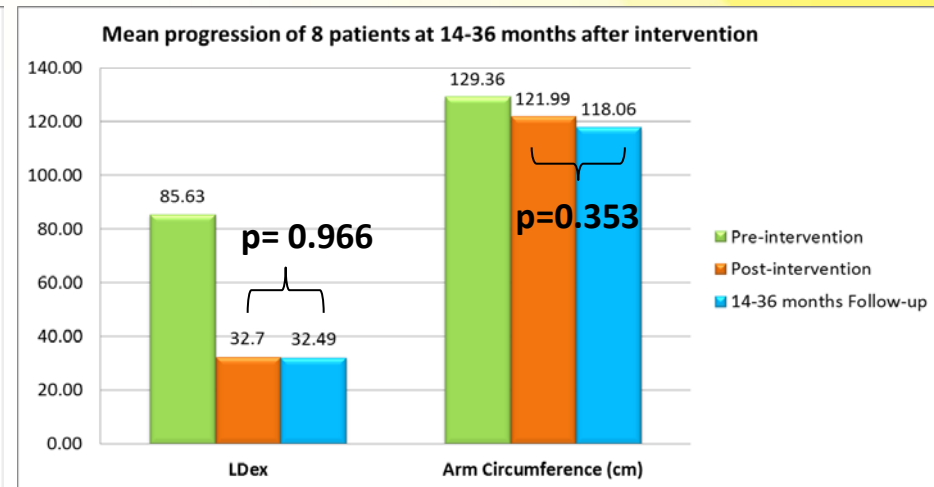
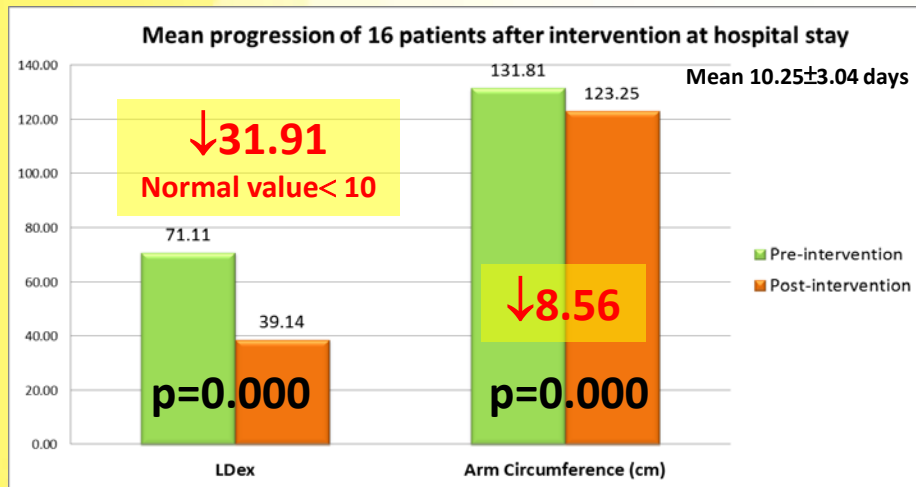
- Retrospective study 10/ 2013 – 1/2017
- Ca Breast survivors with UL lymphedema received VLNT + CDT
- **Hospital stay:** Pre & Post interventions
- **Long term results:** Post intervention 14-36 month
- **Measurement:**



Bio-impedance LDex

Results

- 16 F patients (mean age=58.69±9.87year-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.

