The use of night time garments for chronic oedema management impacts patients’ quality of life and oedema management

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Successful management of chronic oedema requires a commitment to compression\textsuperscript{1,2} 

- Some patients require continuous compression day and night\textsuperscript{1,3}

The aim of this investigation was to assess the impact on volume control and patients’ quality of life (QOL) with the addition of a nighttime garment to their compression regimen.

We hypothesized that inclusion of a nighttime garment would have a positive impact on patients’ QOL and oedema management.

\textbf{INTRODUCTION}

Method & Results

• Observational case series (n=4)
• Subjective report and objective measurements collected at regular intervals over minimum of 6 wks
• Limb volume: stable in two subjects, decreased in two subjects
• Self-reported QOL (Lymphedma Quality of Life (LYM-QOL))\(^4\) questionnaire. All subjects QOL approved

Case Example

- 38 year old female, secondary lymphoedema due to multiple abdominal surgeries for Crohn’s disease
- “It’s so much easier to manage my daytime swelling with the night time garment.”

* ExoStrong™, **TributeWrap™, ***Caresia™ - Lohmann & Rauscher GmbH & CO. KG
Conclusion

- Compression selection is dependent on individual patient presentation
- Some oedema presentations require day and night-time compression
- Additional research is needed to study impact of textured, lymphoedema alternating pressure profile (LAPP)

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