

Measuring the Impact of Edema Management - More than just a volume reduction



Carolina's HealthCare System

Suzie Ehmann DPT CWS CLT – LANA
Clinical Specialist Edema Management Center
Carolina's Healthcare System Stanly
Albemarle, NC USA



Karen Bock MPT CWS CLT-LANA
Clinical Physical Therapist
Truman Medical Center – Hospital Hill
Kansas City, MO USA

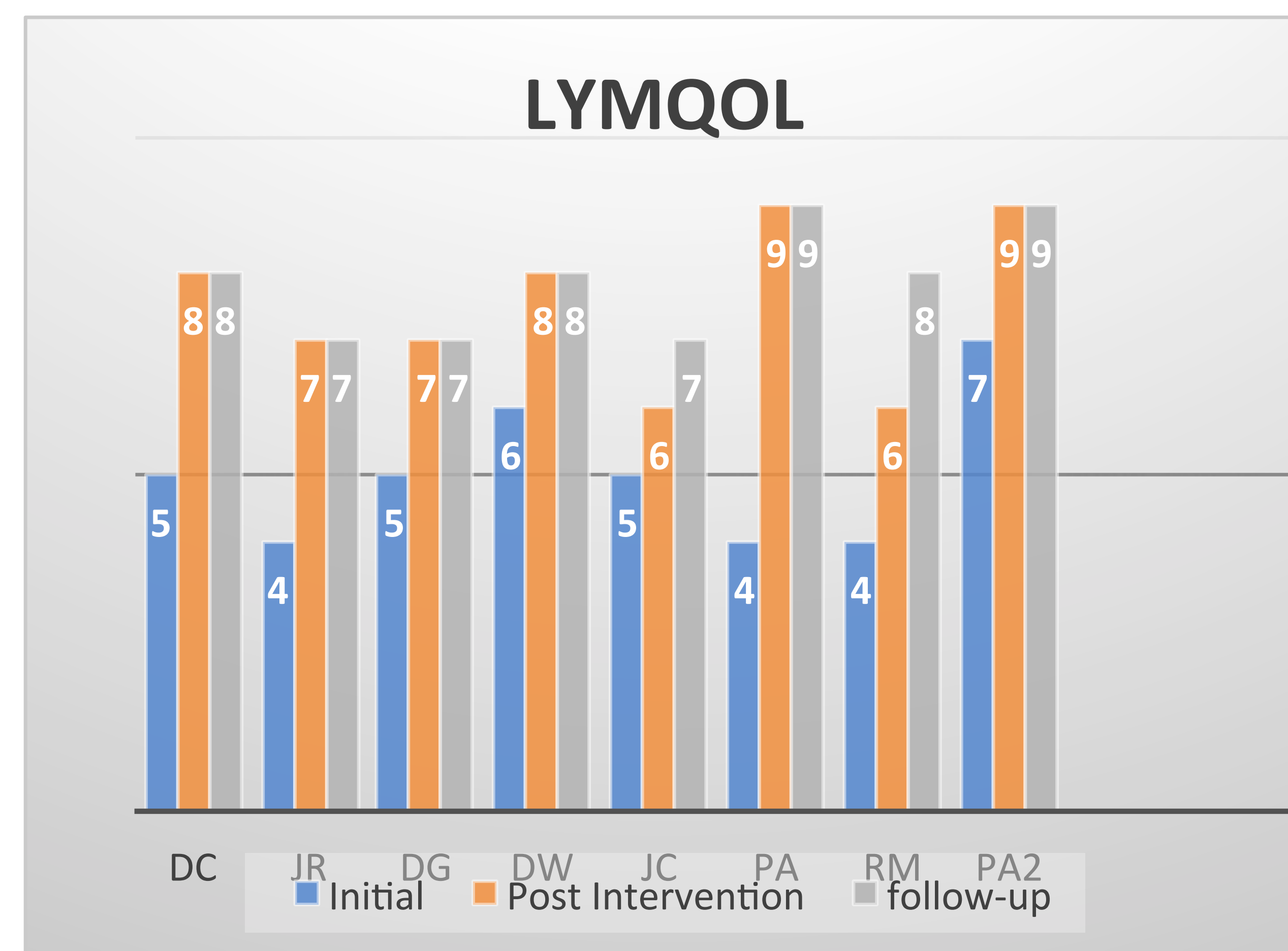
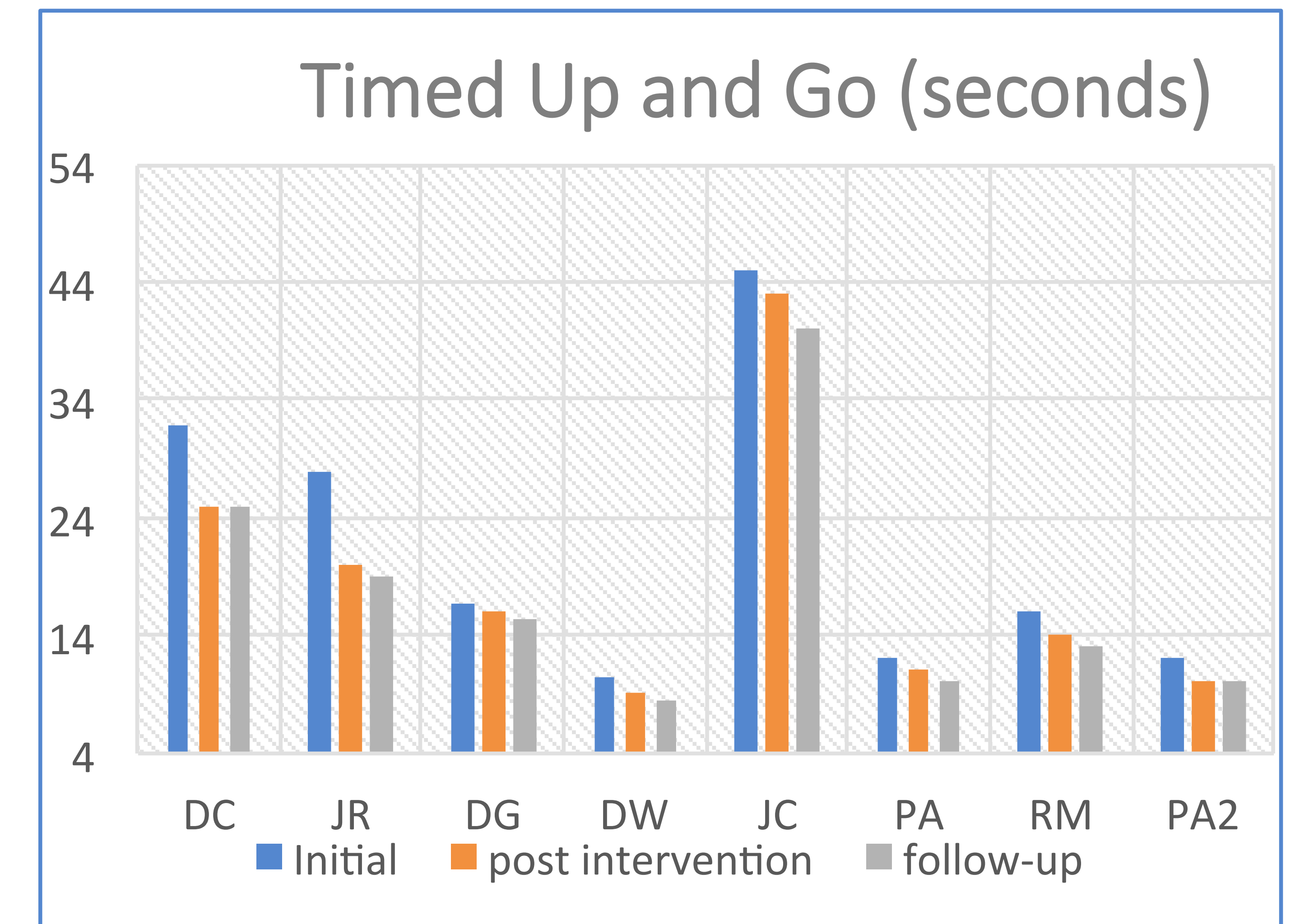
Aim

- Chronic edema of the lower leg has a negative impact on functional performance.
- Chronic Edema impairs footwear use and normal gait patterns, calf muscle pump and most importantly limits the patient's ability to interact with his/her environment.
- We hypothesize that the worsening progression of edema and functional status can be reversed and stabilized by addressing the edema.

Methods

- Observational Study of eight patients performed at two edema management clinics.
- Objective data recorded at initial evaluation, upon completion of treatment and two weeks post treatment. Data measured included:
 - Limb volume (cm³)
 - Range of Motion (ROM)
 - Functional activity status (Timed Get up and Go (TUG) or (4 Meter walk test (4MWT)
 - Quality of Life (QOL) using the Lymphoedema QOL Tool (LYMQOL-LEG).
- All patients received compression therapies and instruction in home exercise program.

Results/Discussion



A. Initial Presentation



B. Post treatment
OTC flat knit



C. Follow-up - additional
volume loss



5% volume reduction, 33% improvement in self reported QOL;
4MWT improved 0.5m/sec to 0.62m/sec; ROM remained the same

Conclusion

- The impact of chronic edema encompasses many physical, psychological and social domains.
- Assessing the effect of edema management should also include assessment of these other domains including both patients' functional status and QOL in order to accurately quantify outcomes that are individualized to each patient.

- Patient able to manage swelling at home independently
- Able to wear regular sturdy footwear

- Patient comments included: “having the option to choose makes it easier on me.”



Velcro® Wrap*

* ReadyWrap™ - L&R

EWMA Conference, Krakow, Poland, 9-11 May 2018.