

Providing Compression Options: The Key to Better Compliance and Concordance

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Introduction

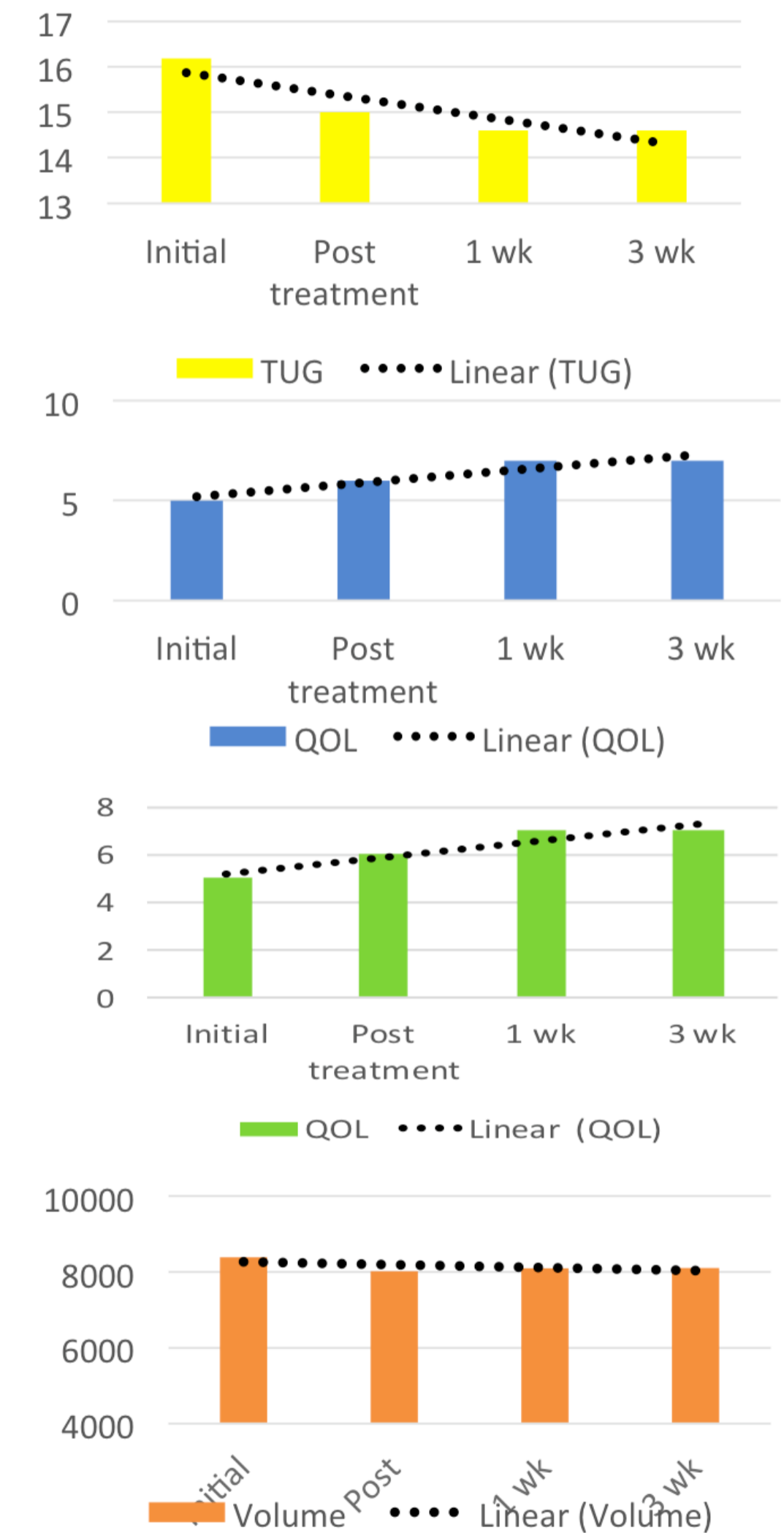
- The aim was to assess the impact on patients' compliance and concordance with an oedema management regimen when prescribed multiple therapeutic compression options for home management
- Observational study of 10 patients who presented with lower extremity swelling and history of non-compliance with compression regimen
- Objective data measured included Limb volume (cm³), range of motion (ROM), Functional status (Timed up and Go (TUG) or 4 Meter walk test (4MWT), and Quality of Life (QOL) using the Lymphoedema QOL Tool (LYMQOL-LEG)

Method

- Measurements were taken at four different intervals over a minimum of 3 months.
- Compression options were individualized to each patient's physical presentation and lifestyle for long term management of their oedema.



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Results

- Additional volume loss was recorded in 6/10 subjects
- Volume remained constant 3/10 and increased slightly 1/10
- LYMQOL scores and functional performance level maintained during the follow-up period for all subjects



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Conclusion

- Individualizing the compression regimen to each patient's lifestyle improved their compliance and concordance to chronic oedema management.
- Oedema management had a positive impact on functional mobility and QOL



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