



Lymphoedema

Possible Causes:

Trauma and tissue damage – Lymph node excision, radiotherapy, vein surgery / harvesting

Malignant disease

Venous disease – Recurrent venous ulceration, post DVT

Infection – Recurrent cellulitis, Filariasis

Inflammation – Rheumatoid or psoriatic arthritis, dermatitis / eczema

Dependency – Obesity, immobility

Primary – Hereditary, complex congenital syndrome e.g. Milroys, Turners

Possible Clinical Features:

Pitting or non-pitting oedema

Chronic skin changes (Hyperkeratosis, papillomatosis)

Thickening / fibrosis of tissues

Thickened skin folds / misshapen limb

Lymphorrhoea

Recurrent cellulitis

Differential Diagnosis:

Acute DVT

Kidney failure

Heart failure

Chronic venous insufficiency

Drug induced e.g. steroids, calcium channel blockers

Cancer recurrence

Low Albumin

SVCO

Medication:

Diuretics are not indicated for treatment of lymphoedema

Antibiotics as per CREST Guidelines on the Management of Cellulitis in Adults (2005)

An early referral, with less chronic skin changes, will result in an improved outcome for the patient; the team would therefore welcome referrals as early in the condition pathway as possible. Patients with co-morbidities such as obesity, immobility and wounds should also be referred concurrently to other relevant services.

Recommended Treatment:

Complex Decongestive Therapy (CDT) is the recognised treatment for lymphoedema and includes

1. Skin care regime / daily cleansing and moisturising
2. Exercise programme and maintenance of mobility
3. Manual lymphatic drainage (massage)
4. Compression (bandaging and hosiery)

How to refer:

Electronic referrals to each service can be made by GPs using **CCG**. Other referrers can download referral forms from the **LNNI** website: (www.lnni.org) and post to the individual Trust lymphoedema referral contact or:

Belfast HSC Trust

Send to Lymphoedema Service, Physiotherapy Dept, Cancer Centre, Belfast City Hospital, Lisburn Road, Belfast

Referrals can be made on the Community Information System (PARIS)

Northern HSC Trust

Referrals should be directed to: Lymphoedema Service via:

Call Management

Tel No: **028 2563 5521**

and followed by an email to:

CRMS@northerntrust.hscni.net

Lymphoedema Clinic

Tel No: **028 2563 5202**

South Eastern HSC Trust

AHP - Central Booking Office, 1st Floor, Main Building,

Downshire Estate,

Ardglass Road,

Downpatrick, BT30 6RA

Tel No: **028 4483 8386**

CBO.Physiotherapy@setrust.hscni.net

Southern HSC Trust

AHP - Central Booking Unit,

The Ramone Building,

Craigavon Area Hospital

68, Lurgan Rd, Portadown,

BT63 5QQ

Referral: **ahp.cbu@southerntrust.hscni.net**

Western HSC Trust

Jill Hamilton,

Lymphoedema Service,

Adult AHP Centre,

Omagh Hospital & Primary Care Complex,

Donaghane Road,

Omagh, BT79 0NR

Telephone **028 8283 3134**