

# THE HEALTHY LEGS PROJECT

Southern Health & Social Care Trust



Health and  
Social Care

# WHY THIS DEVELOPMENT?

- Changing profile of patients
- Empowering patients
- Improving outcomes
- Managing limited resources



# AUDIT OF REFERRALS (OVER 4 MONTH PERIOD)

- Oncology/Palliative care/Primary
  - 40%
- Others (Venous/DVT/Dependency/Neurological/Orthopaedic/Trauma)
  - 60%



# SUCCESS OF TREATMENT

- All patients who attend the clinic are assessed and treatment provided
- Reviews are given to check they are maintaining
- Varying degree of long term success



# HOW TO IMPROVE SUCCESS?

## ○ Needed:

- The patient to be more active in their participation
- Enhanced education and consolidation of knowledge
- Peer support to see they are not alone
- Encouragement
- Safe environment



# TREATING LYMPHOEDEMA

- As most of you will know there are 4 cornerstones of care
  - Skin care
  - Exercise
  - Massage
  - Compression
- It was paramount that these formed the basis of the class



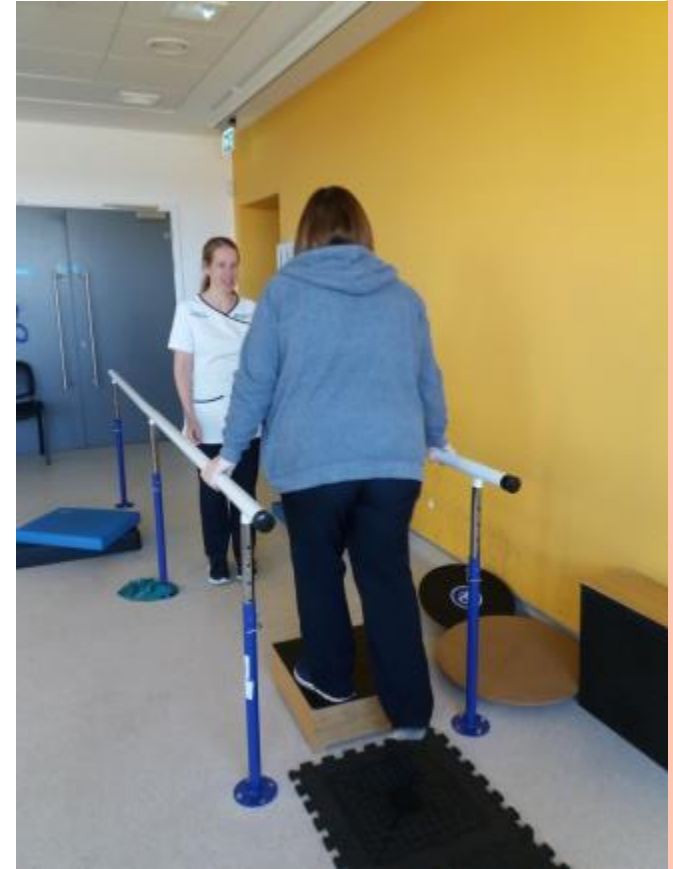
# CLASS STRUCTURE

- Individual assessment
- Skill mix
- 6-8 attendees per class
- Clinic based
- Trialled leisure centres



# CLASS CONTENT

- 4 week programme
  - Education (causes, symptoms, management)
  - Skin care
  - Exercise
  - Compression
  - Healthy eating & weight management



**Format easily reproducible for all patients with chronic leg oedema**





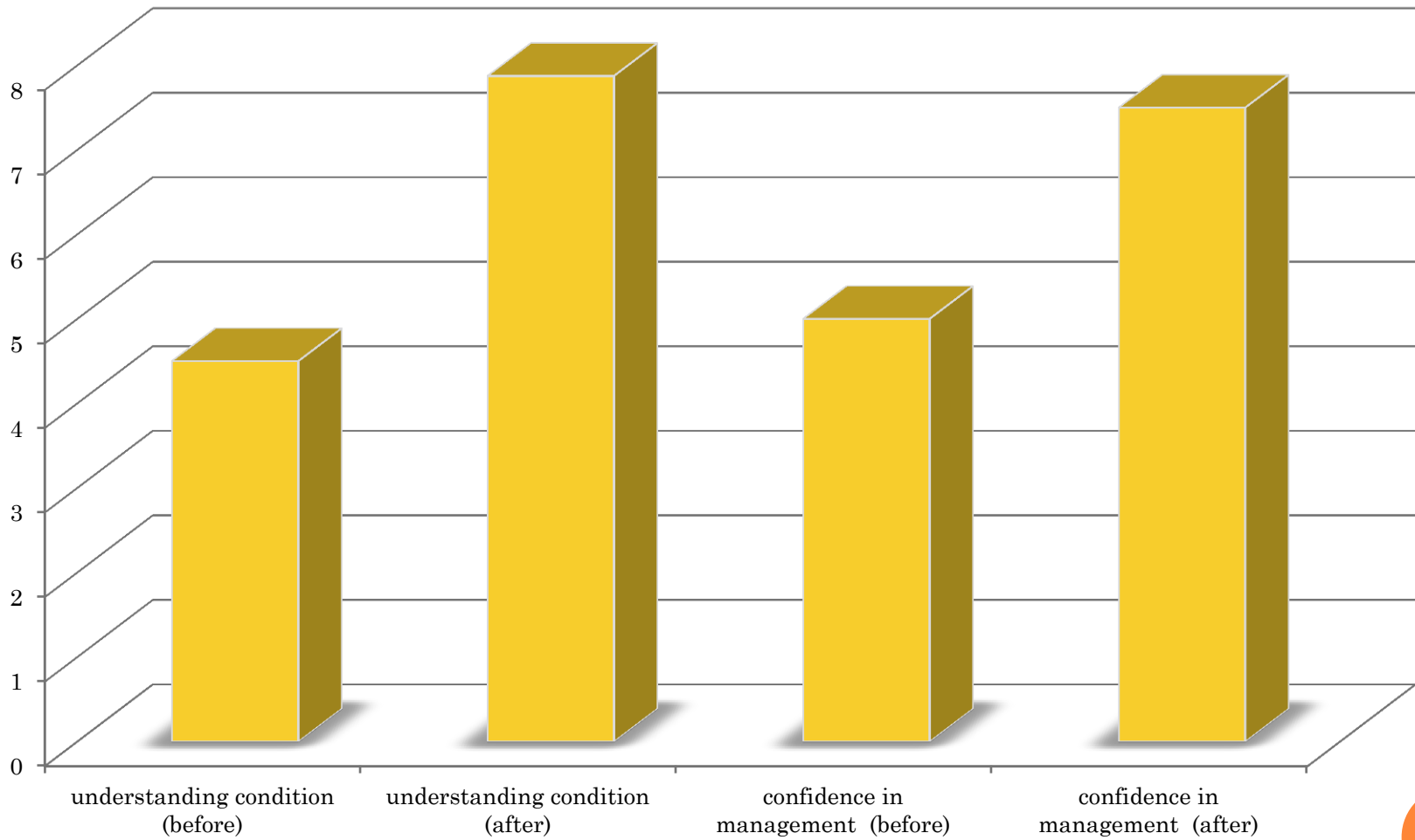
# OUTCOME MEASURES

- Patients level of understanding of their condition (1-10)
- Patient's level of confidence in managing their condition (1-10)
- Level of activity
- Patient's current management regime
- Patient goals
- Episodes of cellulitis
- Courses of antibiotics
- GP/other disciplines involved
- Weight
- VEINES

**Aiming to reassess at 3 & 6 months and 1 year**



## Self reported outcomes



# PATIENT FEEDBACK

I learned why my  
legs were  
swelling....  
Importance of  
exercise

For the first time I  
wasn't made to feel  
like an alien about  
exercise

I learned simple  
ways to exercise  
more

It was fun!

It's not just me...



## MOVING ON....

- Fit for U, Over to You, Choose to live better
- Walking groups, pedometers supplied
- Designed a follow on class with promoting wellbeing support worker and physiotherapy assistant practitioner
- Garment review or further treatment if required



ONE LAST MESSAGE.....

[https://www.youtube.com/watch?v=d  
ozIZy\\_3ZEg](https://www.youtube.com/watch?v=dozIZy_3ZEg)

Thank you

