

Lymphoedema management

The Lymphoedema Early Detection and Management Program is designed to provide evidence-based rehabilitation services to patients who have been diagnosed with Lymphoedema, and those who are identified as being at “high-risk” of developing the condition, who are living in the community.

Lymphoedema is the regional accumulation of excessive amounts of protein-rich fluid in body tissue causing swelling. The condition usually affects the limb/s, although it can also affect the trunk, breast, head and neck or genital area. Secondary Lymphoedema can be acquired following surgery, radiotherapy, trauma or other damage to the lymphatic system following treatment for cancer. Secondary Lymphoedema can develop at any time after surgery or radiotherapy. Lymphoedema may also have a delayed onset of up to 20 years post illness or surgery.

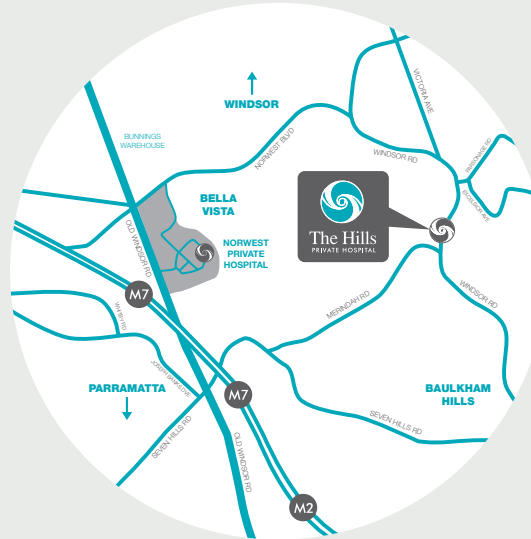
Sessions are run in a private treatment room at The Hills Private Hospital. The treatment sessions are conducted by a Registered Occupational Therapist who has completed the Level One Lymphoedema Course in accordance with the Australasian Lymphology Association (ALA) guidelines, and who is listed as a Category One Therapist on the ALA National Lymphoedema Practitioners Register (NLPR).

Enquiries

Enquiries can be directed to:

Day Program Reception: 02 9686 0454

Day Program Services Coordinator: 02 9686 0295



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ABN 85 006 405 152

05/17



The Hills
PRIVATE HOSPITAL

Lymphoedema Early Intervention and Management Clinic

An evidence based program for those living with, or at risk of Lymphoedema.



Structure of the program

The Lymphoedema program involves complex physical therapy and may include the following:

- Skin hygiene to eliminate fungal and bacterial infection
- Lymphatic massage to manually drain the lymphatic system
- Bandaging using graduated pressure, which ensures the maintenance of reduction in size of the limb
- Exercises including hydrotherapy to help the movement of fluid in the bandaged limb
- Training for patients and their family so that self-management is possible
- The prescription and fitting of a pressure garment when the limb has reduced to near normal size
- Advice about home programs of daily massage and exercise to ensure maintenance of results
- An occupational therapy assessment and advice in use of your affected limb in everyday activities if required
- Counseling and dietary services if required (available on site– additional fees apply).

Eligibility & Referrals

Any individual suffering from non-complex Lymphoedema (confirmed diagnosis), or those identified as being at risk of Lymphoedema (particularly post-surgery) are suitable to attend the clinic. The Lymphoedema may have resulted from poorly formed lymphatic tissue, post surgery (especially mastectomy or melanoma surgery), radiotherapy to lymph nodes, Filariasis, trauma, or burns.

Patients must be referred to the program only once they have been reviewed by a Lymphoedema Specialist and have a confirmed diagnosis of Lymphoedema.

Referrals from GPs and other specialists will be welcomed, however patients will be advised by staff at The Hills Private that a consultation with the specialist is required, and specialist details will be provided to the patient to arrange the appointment.

All patients will be under the medical care of a credentialed rehabilitation physician at The Hills Private Hospital. The Rehabilitation Specialist will review patients before they commence the program to ensure suitability, and will continue to monitor them throughout the program as required.

Fee Structure

The program is structured as an “outpatient” session. Therefore patients may be eligible to claim a portion of the fee back from their health fund (this is dependent on your health fund product). Please contact Day Program staff for current service fees.

Sessions are between half and one hour per visit, depending on patient requirements. This will be determined by the therapist during the initial consultation.

The treating therapist may also recommend alternative therapies to complement Lymphoedema treatment being undertaken, such as hydrotherapy. A number of these services can also be accessed through The Hills Private Hospital. Please speak to the therapist about additional treatments that may aid your recovery.

Sessions are run during the day on various days of the week – please contact our friendly Administrative Team to confirm days. To make an appointment or for additional details, please contact The Hills Private Hospital Day Program on: **02 9686 0454**

