

Self management for lymphedema patients

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Balance is the Key to Life

Rescuer

Persecutor

LYMPHEDEMA

The Dreaded
(derived from the Kar)

DDT™

THERAPIST

Poor You
Pain Reliever
Fears Not Being Needed

The Problem
Dominates, Blames
Keeps Victim 1 Down

PATIENT

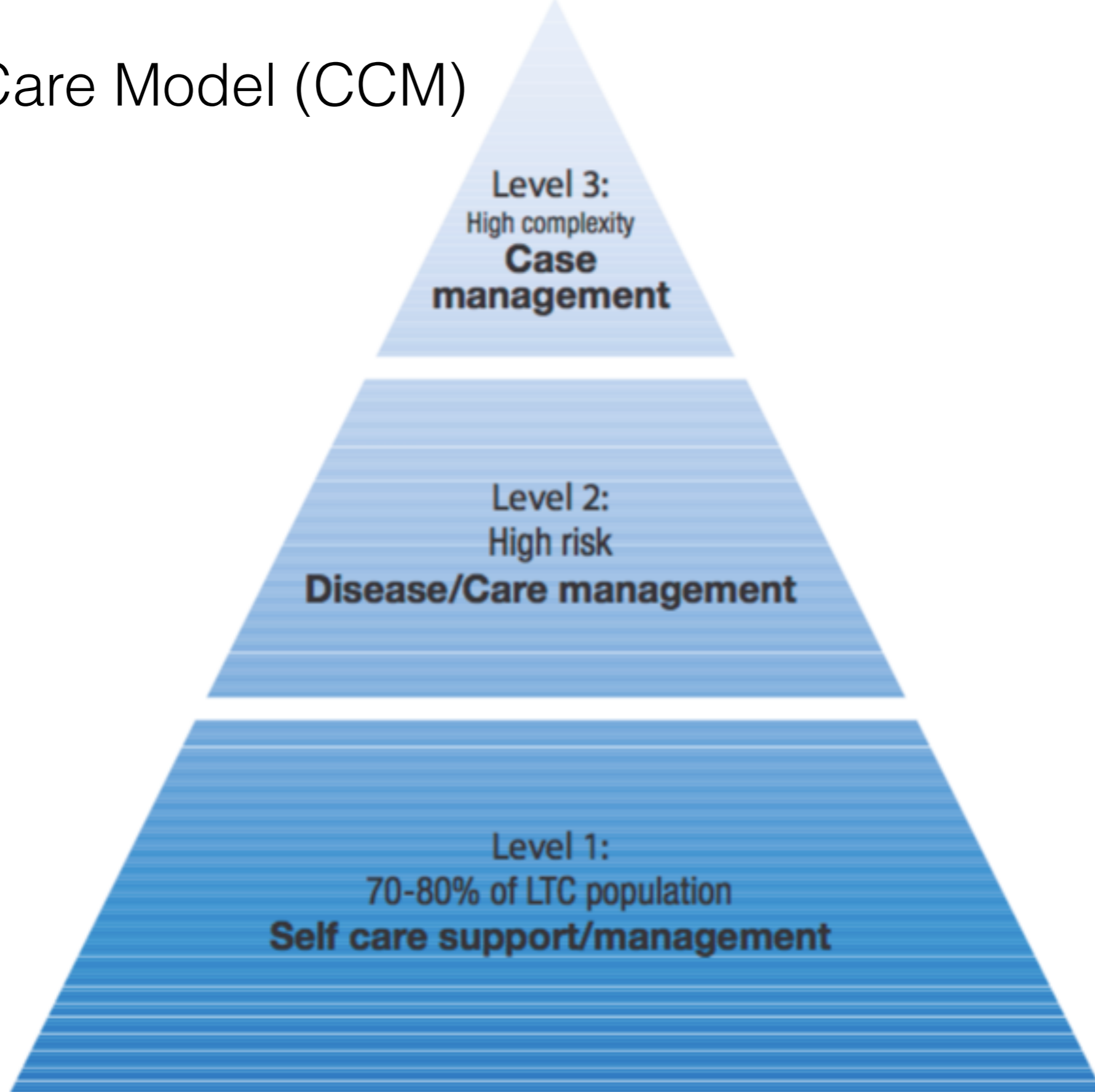
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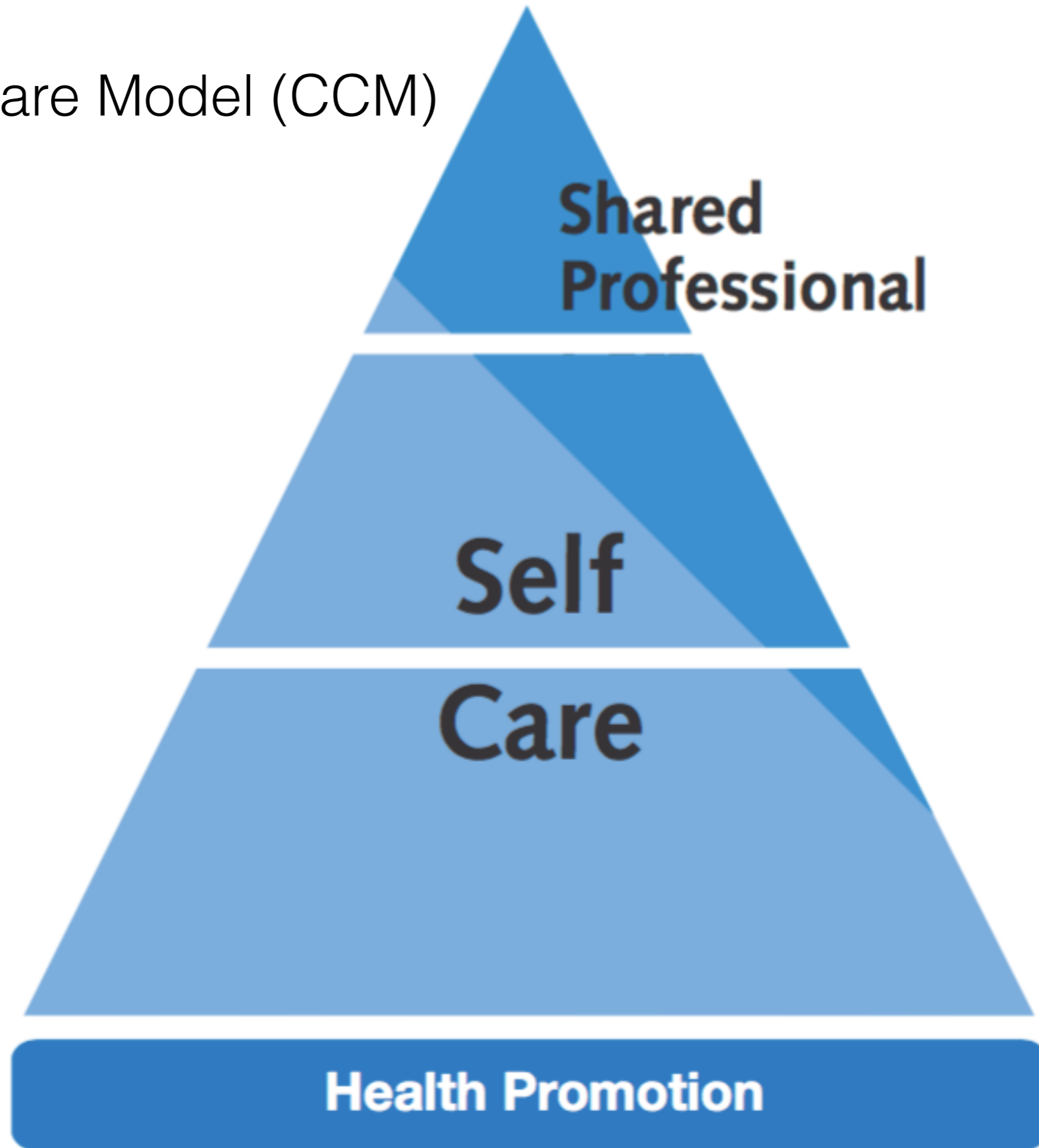
Purpose of this presentation

- Insight in the Dutch guidelines for lymphedema
- Self management for lymphedema patients
- Illness beliefs
- Education
- Have patients changed?

Chronic Care Model (CCM)



Chronic Care Model (CCM)



Dutch lymphedema guidelines 2014

Therapeutic interventions	Prevention	Initial treatment phase		Maintenance phase
MLD	-	X		Self massage
Bandaging	-	X		Self bandaging
Stocking	-	X		X
IPC	-	In combination		Only with immobile pt
Weight training	X	X		Self training/ exercise
Fascia release	-	X		Self massage
Weight control/ loss	X	X		X
Skin care	X	X		Self skincare
Awareness	X	X		Self knowlegde/ awareness

Dutch lymphedema guidelines 2014

Therapeutic interventions

Prevention

Initial treatment phase

Maintenance phase

INITIAL PHASE



3 to 8 weeks

MAINTENANCE PHASE

Dutch lymphedema guidelines 2014

Maintenance phase

=

Follow up every 3-6-12 months

Self management

People with a chronic disease will only change their behavior when they get a leading role in this process

Illness beliefs

- Identity
- Cause
- Time-line
- Consequences
- Cure or control

* Brief Illness Perception Questionnaire (BIPQ)

- What do I have?
- What is the cause?
- How long is it going to take?
- What are the consequences?
- How can I get it under control?

Education

- 5 domains of illness beliefs
- Tailored to the patient
- Stimulate self management

Education

- Illness beliefs
- Measurement > Tape cloth
- Self bandage*
- Self massage
- Exercise

*Dorit tidhar et al. 2014

Self management tools

- E-Health
 - Email
 - Video's
 - App

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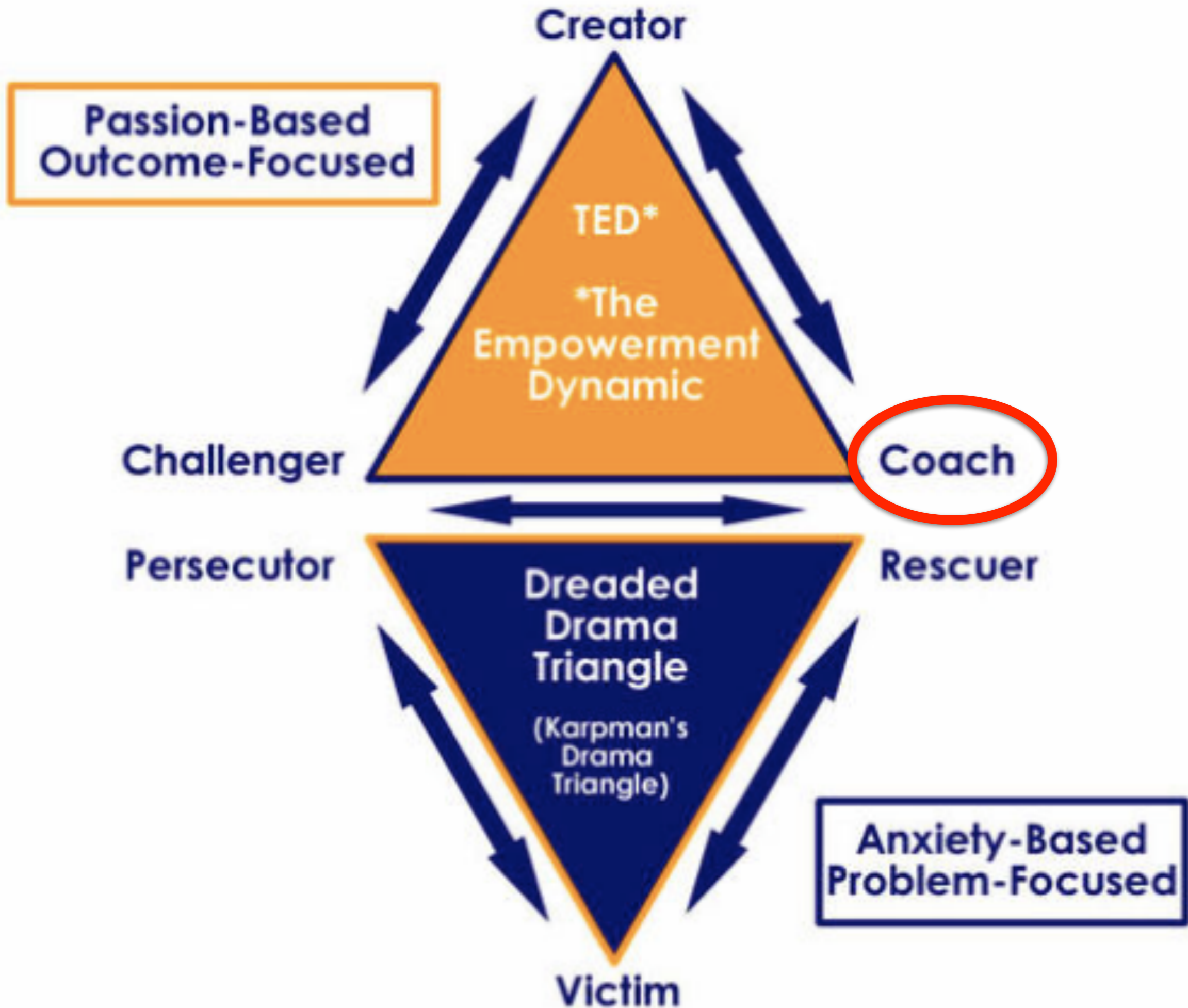
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Thank You

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