Royal United Hospital Bath NHS
NHS Trust
LYMPHOEDEMA CLINIC

SKIN CARE PLAN

Patients Name:
Hospital No:

Date	Potential Problems	Aims of Care	Treatment Plan	Outcome
	All patients have the potential to have skin problems. Common ones are: - - Dryness - Infection - Hyperkeratosis - Papillomatosis - Lymphorrhea - Exacerbation of any underlying skin problems	To promote healthy skin and subcutaneous tissues. To educate the patient regarding the importance of skin care and the daily treatment regime. To maintain or rehydrate the skin. To prevent infection.	Daily routine of skin care. Including: - Daily washing and drying of the area affected and adjacent trunkal areas. Dry well (esp. between digits). Moisturize affected areas with …….. …….. Apply moisturizer at night if the patient is wearing compression garments during the day. No injections / venepuncture / BP monitoring on affected areas. Observe for signs of infection: Pain, swelling, heat, redness, loss of function, fever. Educate the patient to avoid walking barefoot.	

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EXERCISE CARE PLAN

Patient's Name:
Hospital No:

Date	Potential Problems	Aims of Care	Treatment Plan	Outcome
	Decreased joint range of movement. Decreased muscle power. Increasing swelling due to gravitational pooling of fluid. Reduction in normal activities. Poor posture.	To improve and maintain joint range of movement, muscle power etc. To promote lymphatic flow and venous return within both limbs and trunkal areas. To prevent stagnation and fibrosis of lymphatic fluid. To promote normal lifestyle and a sense of well-being.	Educate patient regarding the importance of positioning and mobilizing. Elevate limb on pillows / footstall at shoulder / hip height. Encourage patient to mobilize swollen limb(s) and breath deeply if possible. Refer to physiotherapist. Promote good posture. Educate patient about potential dangers of static and over-vigorous exercise.	

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COMPRESSION GARMENT CARE PLAN

Patient's Name:
Hospital Number:

Date	Potential Problems	Aims of Care	Treatment Plan	Outcome
	Increasing swelling Altered shape Digit swelling	Improve lymph and venous return. To maintain / improve shape To prevent lymphorrhea To enhance muscle pump activity	Clean skin before application of compression. Garments are worn during the day and removed at night. Apply the garment using the attached instructions. Do not have creases or wrinkle in the garment Do not fold over the top or bottom of the garment as this will cause a tourniquet effect. If the patient has a separate glove and armsleeve do not remove just the glove, as this will cause hand swelling. Closely watch the colour, warmth, and feeling in the fingers/toes with the garment on. If this changes remove the garment and contact the nurse practitioner. Garments should not cause sore, blistered or weeping skin. Do not cut, scratch or sew the garment. Garments may be worn for up to 3 days and then washed at 40' C and hung up to dry. Do not use a tumble drier or radiator. Remove / loosen restrictive clothing and jewellery.	

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