

Kendal Lymphology Centre (KLC)
Referral Form for: Non cancer related Lymphoedema Treatment
(Morecambe Bay CCG)

Indications for referral to KLC:

- Swelling of the limbs/body due to a failure of the lymphatic drainage system (as a result of benign/primary lymphoedema or damage from trauma, surgery, infection/cellulitis, or chronic skin disorders)
- Swelling of the limbs associated with chronic venous insufficiency
- Swelling of the limbs associated with venous stasis (gravitational/dependant oedema)
- Swelling associated with Lipoedema

Patients excluded from KLC:

- Patients with obesity or a BMI > 35
- Patients with leg ulceration/wounds (due to funding restrictions)
- Patients with arterial incompetence (with an ABPI of <0.8)
- Patients with uncontrolled cardiac failure

PATIENT DETAILS (Please complete **all** the following questions)

Name: _____

Date of Birth: _____ NHS Number: _____

Patient Address (include post code and telephone number):

GP contact details (include post code and telephone number):

Practice Code: _____

LYMPHOEDEMA DETAILS - please answer the following questions about this referral:

Is this referral urgent? YES / NO

Cause Of Lymphoedema:

Does the patient have any of the following relevant medical problems? (Please delete as necessary)

Cardiac insufficiency

Thyroid Disease

Diabetes

Renal Disease

Vascular Disease

Chronic skin disorder

Mobility Problems

Cellulitis

Other (please state)

Completed By (Please Print): _____ Date: _____

Signature: _____ Email: _____

Kendal Lymphology Centre
Notes on Referral for Lymphoedema Treatment

Notes for Referrers

Lymphoedema is a condition that can cause substantial physical and psychological distress and considerably restrict quality of life. Left untreated, patients are at great risk of Cellulitis, which is an expensive complication to the patient and NHS alike. However, it can be alleviated with a treatment package known as Decongestive Lymphatic Therapy (DLT). This includes a programme of care over 3-4 weeks and may include the following:

- The application of Multi Layer Lymphoedema Bandaging (MLLB) to improve the overall shape and size of the limb(s)
- Intermittent Pneumatic Compression Therapy (IPC) to improve venous/lymphatic return
- Use of Electrotherapy and Physio-Touch or Low Level Laser Therapy to stimulate lymphatic function and reduce scar tissue
- Manual Lymphatic Drainage (MLD) – a specialist form of gentle massage, which enhances the drainage of fluid from the swollen limb. This is especially useful when facial, genital or midline oedema is problematic
- Compression therapy, using custom made high grade therapeutic hosiery, made to measure – essential for long term management/control
- The use of Kinesio Taping where necessary to further improve congestion and relieve discomfort
- Specific, exercise to address/improve function, mobility and posture
- Skin care to improve and maintain skin integrity and prevent infection
- Psychological support to enable the patient to come to terms with this life long condition.
- Regular reviews and follow ups to ensure ongoing support and monitoring
- Patient education (theory/practical) to ensure concordance with long term management
- Provision of advisory clinics, weight management, exercise and support groups to ensure patients are au-fait with self management and long term management

Funding

A service level contract has been drawn up between Morecambe Bay CCG and Kendal Lymphology Centre to ensure that patients suffering from this distressing condition obtain appropriate assessment and management.

This funding is limited (capped) and once that funding has been used, no more is available.

Appropriate referral is therefore essential to ensure equitable care.

The treatment package includes assessment and appropriate treatment over 12-18months - any equipment required for treatment is requested from the GP on FP10 Prescription.

Once stable and au fait with a lymphoedema self-management, the patient is then discharged back to the primary care team with a care plan including compression garments on repeat prescription (usually within 12 to 18 months).

If long-term management is anticipated (e.g. long standing oedema/wounds associated with venous insufficiency), a programme of care will be drawn up between the specialist clinic and the primary care team.

Referrals for lymphoedema patients living in the Morecambe Bay catchment area should therefore be directed to:

Denise Hardy (Lymphoedema Nurse Consultant)
Kendal Lymphology Centre,
64 Stramongate
Kendal
Cumbria
LA9 4BD

Tel: 01539 735111

Email = denise.hardy@kendal-lymphology.org.uk