

# Meeting the practical and economic challenges of managing skin and wounds using self-care as an option for patients with lymphoedema

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## AIM OF THE STUDY

Time constraints and reimbursement for managing patients with chronic lymphedema present challenges for healthcare professionals.

The case series demonstrates how a debridement device\* and a Velcro® compression wrap\*\* were used to implement self-care as a solution.



- Debrisoft®, Lohmann & Rauscher, Germany
- \*\* ReadyWrap™ Lohmann & Rauscher, Germany

## METHOD

20 Patients with primary and secondary lymphedema with and without wounds following assessment of the patient's condition and ability to understand and apply the treatment, each patient was educated and trained how to:

1. Use the monofilament fibre debridement pad for skin and wound preparation at home before treatment.
2. Apply the Velcro® compression wrap system for treatment of oedema and maintenance to prevent recurrent swelling and ulceration.
3. Perform correct application and record clinical improvements.  
Time for each treatment episode, frequency of visits and overall treatment time were measured.



## RESULTS AND DISCUSSION

The number of treatment episodes reduced from 3 to 2 per week.

The time for each episode reduced on average from 1 hour to 30 minutes.

Improvements in the condition of each patient showed improvement in mobility, more independence, and reduction in treatment time leaving more time for extra patient care.

Additionally patients were able to participate in their care, giving them control and a better quality of life.



*Figure 4 The most common type of wounds were arterial-venous ulcers, diabetic ulcers and pressure ulcers.*

*Figure 5 The form and design of the new device enable the debridement of difficult to reach wounds, abscess cavities and tunneled wounds.*



## CONCLUSION

- The use of simple self-care measures such as those used in this study could provide solutions to benefit patient and healthcare professionals with cost savings that impact on care organisations and insurance providers.

Cost savings may be made by:

- Shorter overall treatment times
- Involving patients in their own care instead of using costly clinic staff
- Reduction of time spent in the clinic

In this study we experienced increased awareness among the patients to take more responsibility for treatment and prevention.

Similarly it could help to raise awareness and encourage therapists to involve patients more in their treatment.

The responsibility to reduce healthcare costs rests with professionals as well as patients.

