



MANAGING LYMPHORRHEA IN **ADVANCED HEART FAILURE** ON A PATIENT WITH AN UNDERLYING PRIMARY LYMPHOEDEMA WITH A **TWO-COMPONENT BANDAGE SYSTEM**

BEHANDLUNG VON LYMPHORROE BEI FORTGESCHRITTENER HERZINSUFFIZIENZ BEI EINEM PATIENTEN MIT PRIMÄREN LYMPHÖDEMEN MIT EINEM ZWEISCHICHTIGEN BANDAGESYSTEM

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Aim

- Treating lymphoedema with bandages is recognised as an effective programme of care. Several bandage systems are available internationally which effectively decongest tissue and reduce limb size
- However, when this is exacerbated by advanced heart failure, managing to balance cardiac overload with compression and reverse lymphorrhea whilst managing tissue congestion is very challenging
- Often 'reduced' compression is applied, using current systems but not applying as much 'stretch' which leads to unknown levels of compression
- Gaining control of the 'acute' oedema takes precedent over managing the lymphoedema



Method

A 90 year old lady with Milroy's Disease (Primary Lymphoedema) and advanced heart failure presented as follows:

- June 2015 - Myocardial Infarction - Stent fitted but came out of hospital with legs wet, swollen & ulcerated
- August 2015 - Echocardiogram revealed left ventricular systolic dysfunction - Ejection Fraction 35% (normal is 70% - only functioning on half capacity). Toe systolic pressure ranged between 80-100 (normal)
- A cotton backed foam roll with a cohesive bandage* was applied in her home by the Tissue Viability Team
- Limb volume measurements were documented before and after the the number of treatment days to this management regimen.



Results

Before compression*



8 weeks after compression*

Conclusion

- Understanding and assessing chronic long-term health problems is critical when an ACUTE cardiac episode exacerbates the situation.
- This coupled with the knowledge, art and science of the compression materials used and applied must be paramount when compiling a treatment regimen which will address the deteriorating condition promptly. Using suitably qualified staff.
- Three appointments weekly over Eight weeks managed the lymphorrhea without exacerbating the Heart Failure.
- This bandage system was comfortable and did not restrict mobility
- Both the patient and clinical results indicate this system to be one of choice in managing heart failure retaliated swelling of the lower limb with an underlying Primary Lymphoedema.

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