

St. Joseph's Hospital

---

# Complete Decongestive Therapy & Chronic Disease Self-Management

Allison Luther, OT Reg. (Ont.)

Occupational Therapist



# Presentation Overview

- What is Complete Decongestive Therapy ?
- How is Complete Decongestive Therapy done?
- What is self management?
- What does this mean for me?



# What is Complete Decongestive Therapy (CDT)?

CDT includes a variety of techniques to manage lymphedema.

Manual  
Lymphatic  
Drainage

Skin Care

Compression

Exercise

**It will help you to avoid the complications that come from living with lymphedema.**



# Complete Decongestive Therapy

In this program, you will be offered an opportunity to learn the strategies to complete CDT

CDT is an effective way of reducing edema safely

*In one study of 299 patients with lymphedema, after 15.7 days of CDT, clients saw a 59.1% reduction of lymphedema in their upper limb and 67.7% in the lower limb.*



# Manual Lymphatic Drainage

Manual lymphatic drainage is a gentle stretching technique that improves the lymphatic system by rerouting the fluid around blocked areas of your body.

This strategy combines gentle stretching of the skin, rhythmic massage and deep breathing to stimulate the healthy parts of your lymphatic system and move fluid back into the rest of the body.



# Skin Care

- Skin care is critical for lymphedema
- Bacteria can get into your body through a break in the skin, an existing wound, and fungal infections
- Wash with a non-irritant soap (ie. Fragrance free), rinse and dry well
- Keep skin moisturized

## Quick Tips:

If you have leg cellulitis, avoid walking barefoot outdoors

Wear closed toe, well fitting footwear at all times

See a chiropodist for ingrown toenails and toenail care



# Skin Care: Cellulitis

- Cellulitis is a sudden, non-contagious skin infection.
- It is treated with antibiotics and **must be treated right away**
- When it is severe, people may spend time in hospital to have the infection treated



# Compression

- Compression is used in lymphedema to reduce and contain swelling
- It is a core component in the treatment of stage 2 or 3 lymphedema, and is essential for reducing swelling and maintaining progress
- Compression bandages help reduce swelling, and once the swelling is plateaued, most clients move to a compression garment





# Compression

Two types of bandaging:

- 1) Bandaging daily- these compression bandages can be washed, hung to dry and reused
- 2) Cohesive bandaging- applied once or twice a week, cannot be reused



# Compression Bandaging supplies



# Types of Bandages For Lymphedema

## Reusable (eg. Rosidal K)

Reusable and can be washed many times

The foam can also be washed and reused

The stockinette is the only supply that cannot be reused if soiled

## Single Use (eg. Coban)

Needs to be discarded every time they are changed



# Why Bandaging?

Compression bandaging is a reductive therapy; the muscles in the leg are “held in” by the layers of bandaging, known as working pressure.

When you use your leg for regular day to day activities while bandaged, the working pressure causes an internal pumping action that moves the fluid build up in the tissues out into the lymphatic system

Compression bandaging works to keep the fluid from going back into the limb



# Compression

Once clients have plateaued in their compression and their limb has not changed size in over two weeks, clients are generally ready for a garment.

The garment can be used for day or night wear

Range of colours, styles

Garments are prescribed in order to be funded through the Assistive Devices Program



# Exercise

Ongoing exercise in lymphedema is important because:

- Increases lymph fluid flow and moves it away from the swollen area;
- Helps with mood
- Helps maintain a healthy weight which can reduce swelling



# Exercise

Safe and effective exercise will be provided throughout the self management program, and you will be supported by our staff to learn the exercise routine

It is important for you to share if anything doesn't feel right, or if you are uncomfortable with any movements during the exercise portion of the sessions

Initial exercise will be low intensity, should be pain free, and focus on strengthening, stretching, and endurance



# Chronic Disease Self-Management (CDSM)

What is CDSM?

- CDSM is an approach to care that focuses on the client's ability to manage their disease
- It includes decision making, problem solving, and action planning
- Learning the skills for CDSM can be done individually or in a group

Tasks of Self- Management

Take care of health problem

Carry out normal activities

Manage emotional changes





# Chronic Disease Self-Management (CDSM)

Why is it important?

Boost  
confidence

Help with  
motivation to  
manage  
challenges

Help to  
make  
informed  
decisions  
about your  
care

Improve  
knowledge  
about  
condition

Promote  
physical and  
mental well  
being



# Chronic Disease Self-Management

If you can learn strategies to manage your lymphedema, it can improve your overall function, reduce your need for outside intervention (ie. Therapy, physicians) and improve your quality of life



# How we will use CDSM in our program?

Topics during lecture series focused on self-management areas (ie. Exercise, nutrition, wrapping, massage etc)

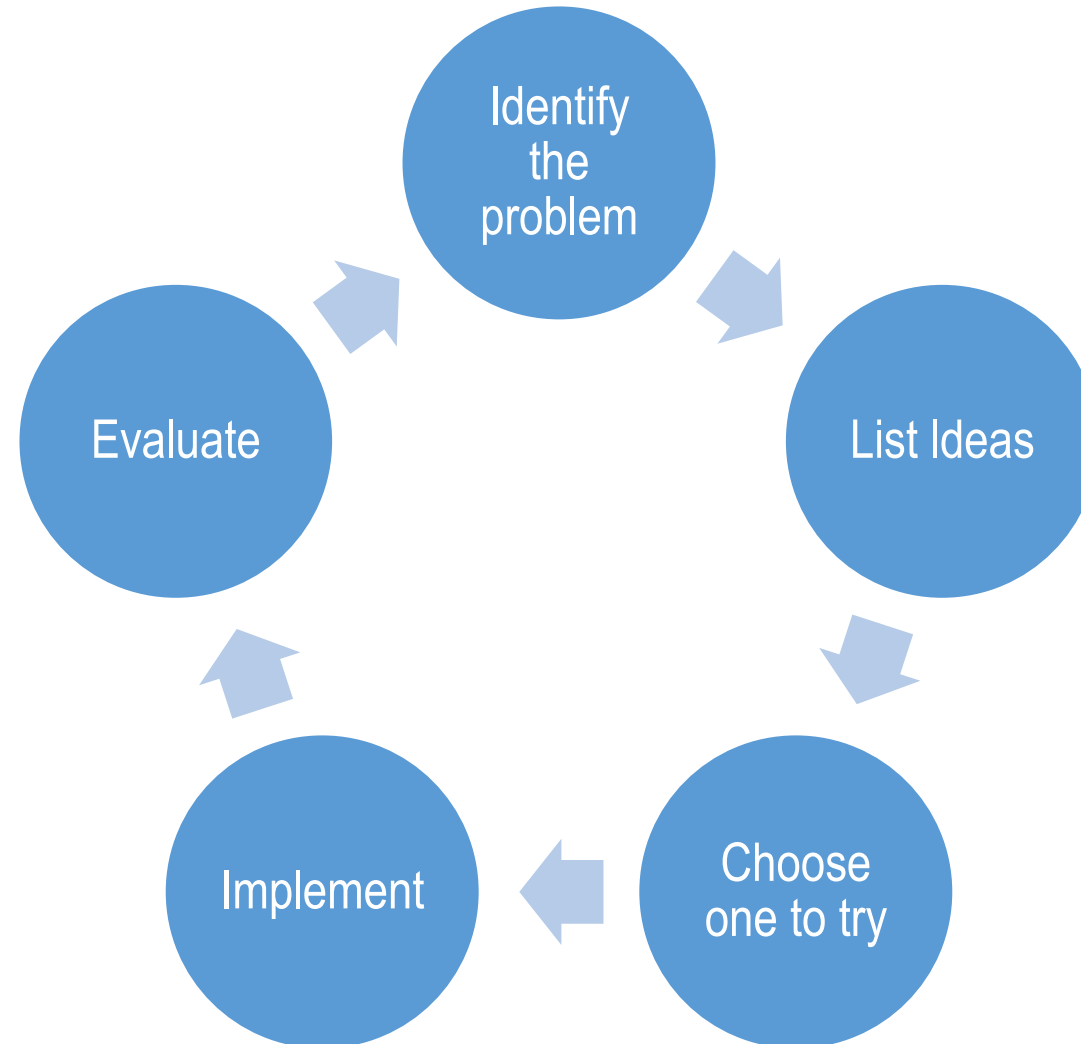
Problem Solving & Decision Making

Action Planning Through Weekly Goals

Build skills and knowledge



# Self-Management: Problem Solving & Decision Making Cycle



# Self-Management: Action Planning

Each week we will focus on something you WANT TO DO

- Needs to be achievable within the week
- Action specific
- Includes what, how much, when and how often?
- Your rating of confidence that you will be able to do it
- (1-10)



# Self-Management Action Planning

We will keep each other accountable to our goals

We will be able to identify what is stopping us from implementing our action plan

We will problem solve together

Non-judgmental and supportive environment for all





ST. JOSEPH'S CARE GROUP

*Care  
Compassion  
Commitment*

For more information, visit **SJCG.NET**

