

How to approach a patient with lymphoedema following pelvic therapies?

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Location lorem ipsum

bmuc.be/bmuc2024



**11th Belgian Multidisciplinary
Meeting on Urological Cancers**

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Conflicts of interest

- I have no potential conflict of interest to report

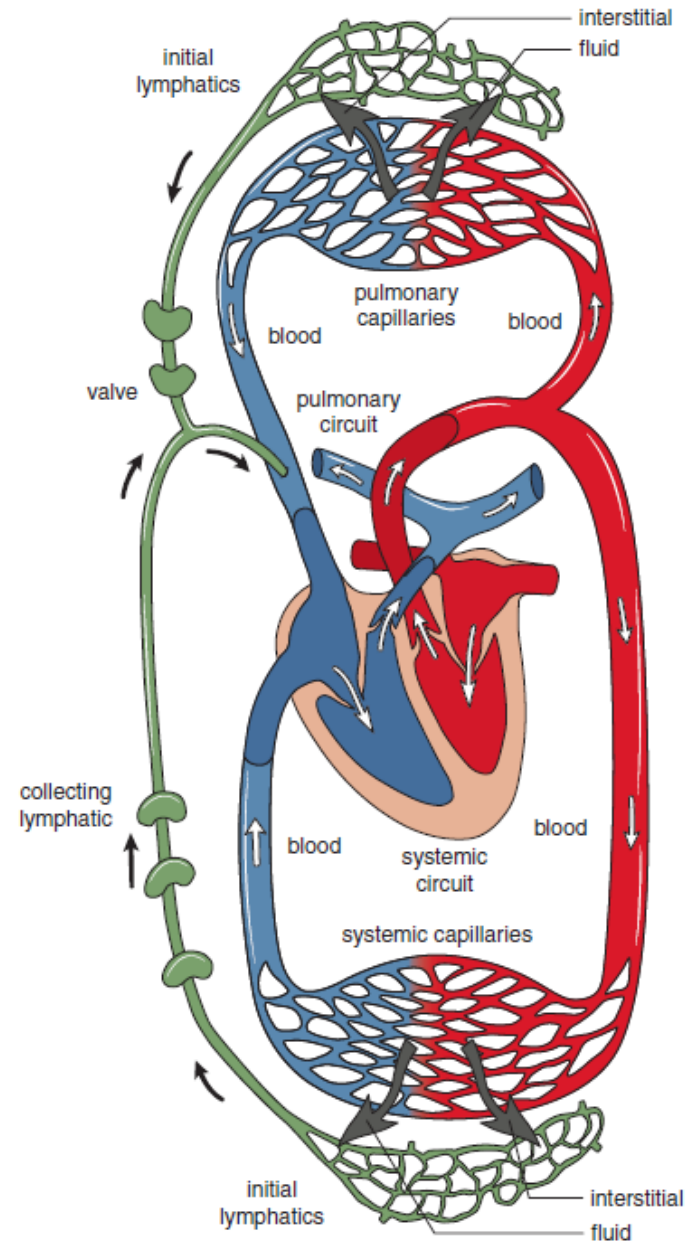


Lymphoedema

If resorption by lymph capillaries

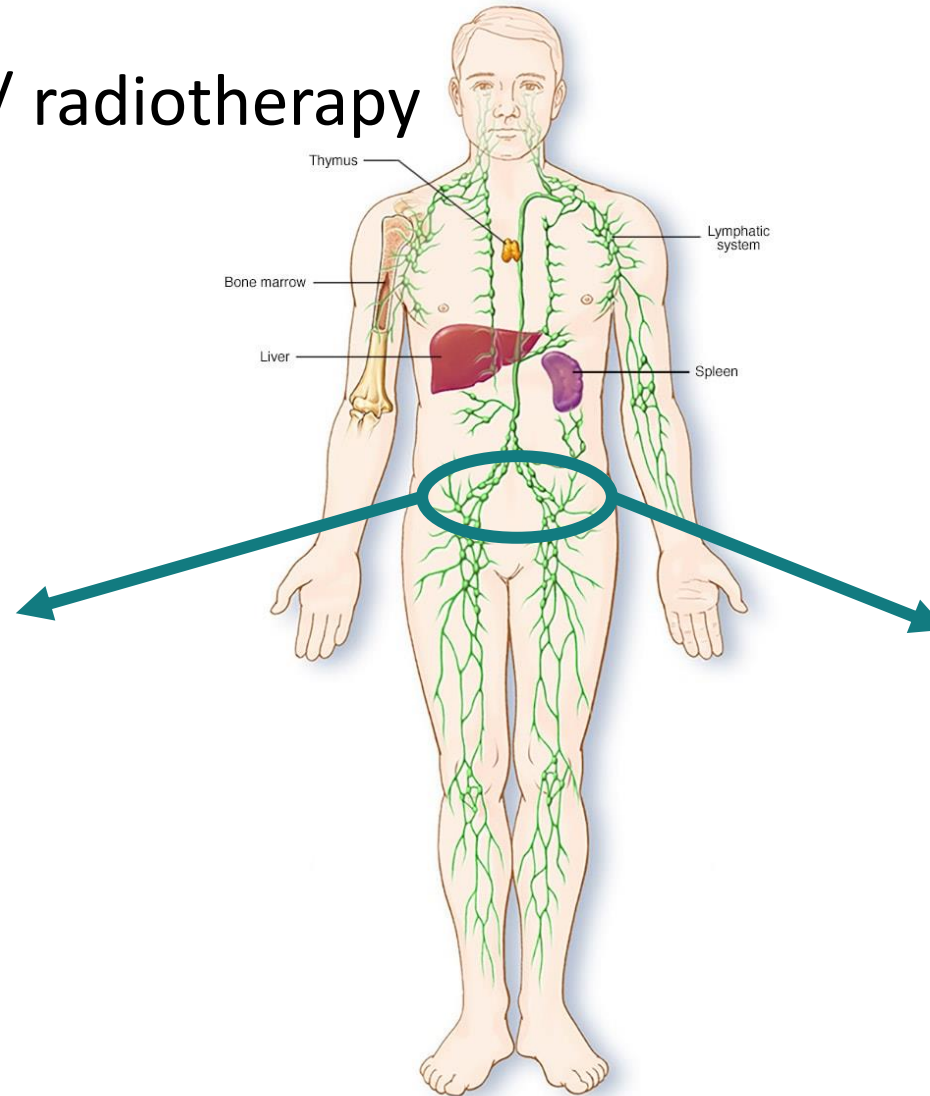


Filtration out of blood capillaries



Decrease of resorption by lymph capillaries

- Lymph node dissection/ radiotherapy



Increase of filtration out of blood capillaries

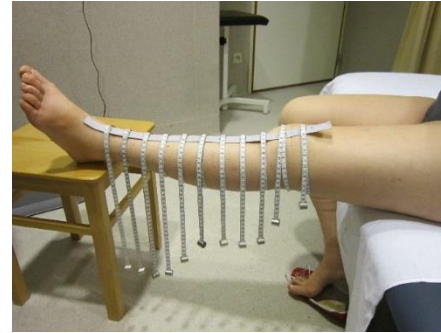
- Naturally
- Deep venous thrombosis or CVI
- Obesity
- Accumulation of waste products in tissue (e.g. after fall)



Detection of lymphoedema



Pitting



Volume



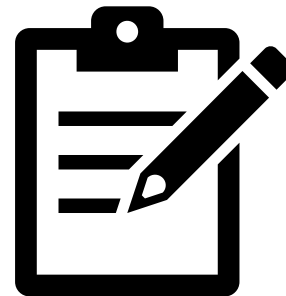
Extracellular water



Water content up to 2mm



Skin fold thickness



Self-reported questionnaire



Exclude:

- Deep vein thrombosis
- Cancer recurrence


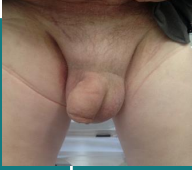


Voting

- In your practice, how often after pelvic lymph node dissection & radiotherapy do you see lymphoedema?
 - A. Never (0%)
 - B. In 1-10% of patients after pelvic lymph node dissection & radiotherapy
 - C. In 11-14% of patients after pelvic lymph node dissection & radiotherapy
 - D. >15% of patients after pelvic lymph node dissection & radiotherapy



Prevalence rate of lymphoedema

	 Leg	 Genital region
After pelvic lymph node dissection	0-14%	0-1%
After pelvic irradiation	0-9%	0-8%
After pelvic lymph node dissection + irradiation	18-29%	2-22%

Often not reported how lymphoedema was detected!

(Clinckaert 2022)

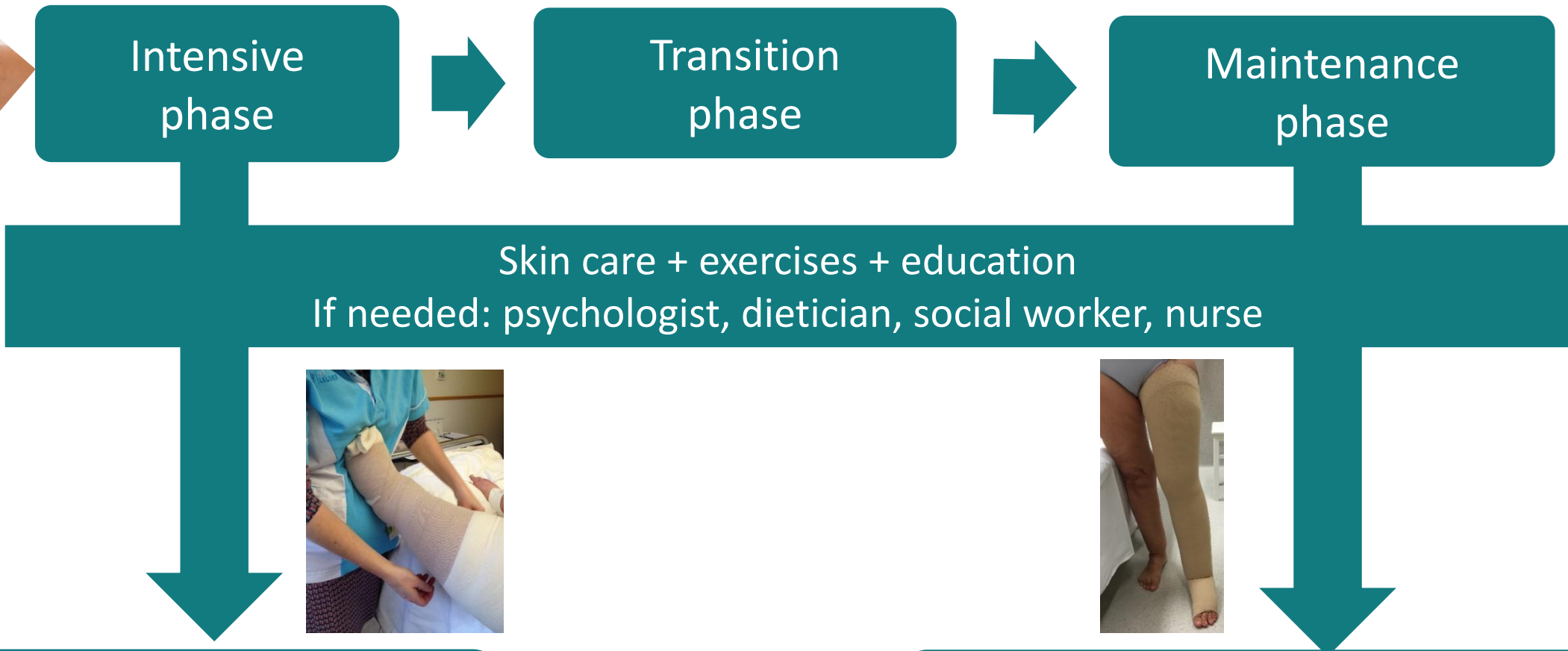


Treatment of lymphoedema

- Regarding the treatment of lymphoedema, manual lymph drainage is an essential part of the treatment:
 - A. Yes
 - B. No



Treatment of lymphoedema



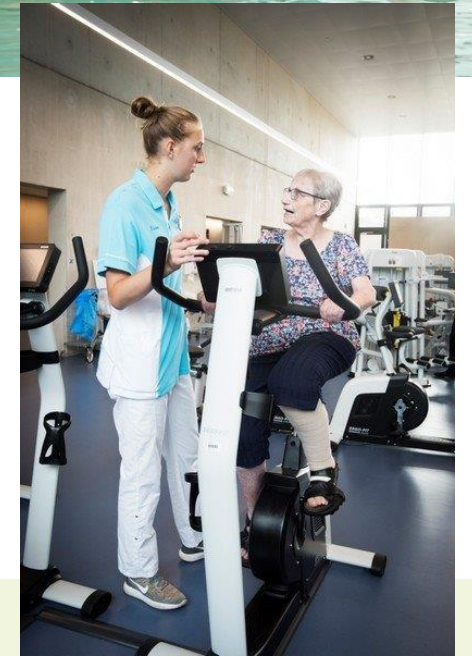
Aim = reduce oedema, improve functioning

Aim = stabilise oedema, further improve functioning



Treatment of lymphoedema

If pitting
If wound



Treatment of lymphoedema



Flat knit
Custom-made
CCL3



Compression genital
region



Improve self-
management



No manual
lymph drainage





Find physical therapist specialised in oedema therapy?



11th Belgian Multidisciplinary Meeting on Urological Cancers

Oedema = interuniversity group organising courses for physical therapists

www.oedema.be

✉ info@oedema.be



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Welkom bij Oedema

Een interuniversitaire groep (UAntwerpen, UGent en KU Leuven) met als doel het organiseren van opleidingen binnen het domein van de oedeemtherapie.



Multidisciplinary care programme for lymphoedema



Intensive treatment :

- Moderate to severe lymphoedema
- Duration 1, 2 or 3 weeks
- Average 5h treatment/ day

lymfoedeem@uzleuven.be

Or

016/34 68 50 (secr dpt of
vascular surgery)

Physical therapist:

- Oedema therapy
- Exercise therapy
- Education

Nurse: Wound & skin care

Bandagist: Compression
garments

**Psychologist/ dietician/ social
worker:** Consultation

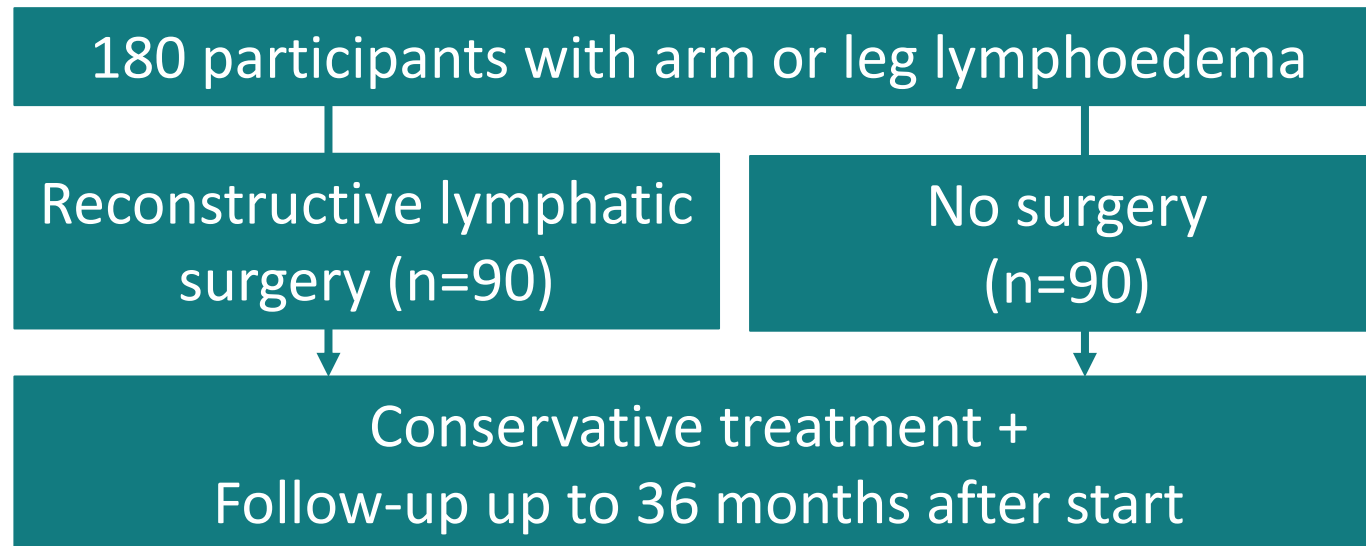
Multidisciplinair zorg-
programma lymfoedeem

informatie voor patiënten

Also organised in:

Trial reconstructive lymphatic surgery

- Multicentre RCT
- Funded by: KCE
- Period: March 2022 - 2027



Interested? Mail to nele.devoogdt@kuleuven.be

Thank You

Physical therapists



Researchers



Compression specialist



Medical doctors

Coordinator



Social worker, dietician & psychologist



Nurses

