

# Thanet And North Kent

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## Lymphoedema Support Group

**Treasurer:** Mrs. Avice Winfield, 25 Langdale Avenue Ramsgate Kent CT11 6RS Tel: 01843 587962

**Coordinator:** Mrs. Sarah Haydon, 5 Galley View Brook Lane Herne Bay Kent CT6 6EZ Tel: 01227 861121

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## 15<sup>th</sup> June - 2019

**Apologies/ not present:** Sarah; Maria; Clare; Sarah Holman; Gail; Margaret; Marilyn; Brenda and Ray; Amanda; Heather

**Welcomes:** Jaqueline Carter and Husband Derek

**Dear friends,** Avice has sent me some notes from the May meeting so I hope I can give you a good reflection of the goings on and updates.

Firstly I would like to express a huge big Thank You to both Avice and Kay for hosting what sounds like a very informative and successful morning.

### **A few updates from the meeting:**

- **Speakers:** I have asked Denise Wilkes if she could attend the July meeting but this has yet to be confirmed. Jan Stuart Lymphoedema Therapist confirmed she will attend the September meeting to speak about MLD. My colleagues Nicola and Amanda from the Exercise Referral Team at Medway Council will come to the November meeting to talk to us about Osteoporosis and do some meditation
- I sent a message of thanks to Angela Mercer for her very helpful and informative talk on foot care at the last meeting
- **Contacts and telephone calls:** Various – details sent to a lady in Medway, Advice given to Jaqueline who joined the May meeting ; Secretary at Maidstone Hospital enquiring about a referral for a patient in East Sussex – details found online and passed on to her
- **The Harmony Therapy Trust:** Sue passed on information from Christine Wise Lymphoedema Practitioner about the Harmony Therapy Trust a Kent based charity. I have shown their leaflets previously to the group but in case anyone was not aware it is always good to be updated .Referral is by a medical professional for those with

cancer history for 6 free sessions of therapy which can include Manual Lymphatic Drainage for those living with Lymphoedema

- Dianne spoke to the group about her recent visit to see Professor Mortimer at his new base in Wimbledon
- **Lymphoedema Awareness wrist bands:** we have a small stock of single use awareness bands for purchase but it was suggested that we purchase the newer rubber bands which Avicé will investigate and purchase from the Lymphoedema Support Network
- **Easy Kent Cancer Action Group:** I sent my apologies for the meeting on 7<sup>th</sup> June but hope to attend in October

**Speaker: Tracey Barton; Assistant Lymphoedema Practitioner** with Kent Community NHS Trust based at The Queen Victoria Memorial Hospital spoke about her the roles of the Lymphoedema service staff involved in patient care plans.

The New Inroad Pathway has been developed to guide new patients into the service through small group education sessions (7 patients per group) covering skincare/exercise/MLD/Compression garments and other aspects of Lymphoedema management. Group sessions save valuable clinic time and gives guidance for good practice in self-management information for those who do not require regular follow up appointments.

A new Follow Up system is being trialled for Lymphoedema patients. After an appointment a compliment slip with the due date for Follow Up is issued. Patients then telephone around 4 weeks before this date to make their appointment. Avicé reports this system being used however I saw the nurse at the start of June and was just told to telephone 6- 8 weeks before my due date.

Tracey held a general Q& A session which all present found extremely useful especially those newer to Lymphoedema and the KCHT Service

Questions included:

- i. Difference between Lymphoedema and Lipoedema – Dopla testing
- ii. Exercise techniques especially for lower limb lymphoedema
- iii. Hydroven Pump Therapy- Tracey explained that pump therapy is used for more critical cases and not as a general therapy. The Service only has one new pump but many patients
- iv. Moisture Meter reading – 45 plus is more likely to be Oedema
- v. Lymphosimptomogram - spelling? This is used to trace fluid flow and where an interruption occurs in the movement of lymph fluid

- vi. Reflexology: Tracey reminded everyone that restrictions to reflexology treatments may apply and that it will not be suitable for everyone. Always check fully that the therapist is qualified and a registered practitioner. Also that they have good knowledge of Lymphoedema and contraindications to treatment
- vii. Aids for application of lower limb garments: There are many aids available some tried by members others not, including the Medi Doffing aid and another from Sigvaris. I personally use a Sock Aid to get hosiery over my foot/heel but have tried many different aids many far too difficult to actually use successfully so I think it is a case of trial and error to find something that suits each individual .Many are available on GP prescription so do always ask
- viii. MLD and SLD: Tracey explained both techniques and gave a short demonstration

Tracey was thanked for joining the meeting and giving such good information. Congratulations were in order as it was Tracey's 25<sup>th</sup> Wedding Anniversary, she was presented with a bottle of wine, card and basket of flowers beautifully arranged by Kay

- The raffle raised £17.00. As always thank you to you all for supporting the raffle and donating prizes

**2019 Meeting dates :** 27<sup>th</sup> July – Denise Wilkes Head of Specialist Clinical Services  
KCHT. TBC

28<sup>th</sup> September -Jan Stewart Lymphoedema Therapist

23<sup>rd</sup> November – Osteoporosis and some mediation  
Followed by celebration buffet lunch

Saturdays from 10.00am to 12.30pm in the Function Room QVMH

Take care everyone and do keep smiling ☺ . I look forward to catching up with you all again on 27<sup>th</sup> July

With very best wishes

Sarah X