

Integrated therapy approach in patients with lymphedema of different etiology with chronic wounds leads to successful outcome in wound healing and QoL

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Introduction:

Since a well aligned interaction of manual lymph drainage, physiotherapy, short stretch compression and modern wound care has a great influence on the treatment outcome of chronic edema, an integrated therapy approach for treating patients with lymphedema of different pathogenesis and chronic wounds (e.g. Phleb-lymphedema) was implemented into daily praxis and the effects on the quality of life of the patients monitored.

Da ein abgestimmtes, optimiertes Zusammenspiel von MLD, moderner Wundversorgung, Kompressionstherapie (Kurzzug-Kompression) und Physiotherapie einen großen Einfluss auf den Therapieerfolg bei der Behandlung von Lymphödemen und Wunden hat, wurde ein integriertes Therapiekonzept zur Behandlung von chronischen Wunden (z.B. Phleb-Lymphödemen mit Wunden) entwickelt und deren Umsetzung im Praxisalltag untersucht. Dabei wurde auch die Akzeptanz der Behandlung und das Wohlbefinden des Patienten berücksichtigt.

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Methods:

- An observational study was performed following an integrated therapy approach for treating lymphedema of different pathogenesis with chronic wounds.

In a Manual Lymph Drainage (MLD) and wound therapy clinic in Germany 10 patients were treated with manual lymph drainage, physiotherapy and short stretch compression (bandages and flat-knit garments) and modern wound care. Wound status and QoL of patients were monitored.

Protocol:

- Remove bandage and dressing (Verband entfernen)
- Hygienic skin cleansing (hygienische Hautreinigung)
- Wound and edema inspection (Wund- und Ödeminspektion)
- Wet phase (app. 20 min., PPW / APW) and MLD
- Wound cleansing (Wundreinigung, APW)
- Dry phase (app. 15 min, Trockenphase)
- Local wound care (Wundversorgung)
- Short-stretch compression (short-stretch bandage* subsequently garments**)



Additional treatment (begleitende therapeutische Maßnahmen): physiotherapy, OSG – KG, nutrition screening (Ernährungsscreening), ABI measurement (ABPI-Messung), LKV / PKV

Final documentation including photo documentation (Dokumentation)

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Results:

The combined use of MLD, physiotherapy, short stretch compression and modern wound care resulted in edema reduction and decreased wound size. Finally wound closure occurred in all analyzed cases during the observational period (e.g. Cases 1-4).

Most importantly the patient's wellbeing increased continuously.

Manual lymph drainage, physiotherapy and short-stretch compression * ** helped to increase the mobility of the affected extremity, supported the micro and macro circulation and enabled edema control.

The therapy combination (H. Cornelsen®) as well as the product combinations were very well perceived by patients leading to better acceptance of the required lymphedema treatment.

On the base of the first experiences collected during this evaluation the patients and the therapist rated the results very positively.

Durch den kombinierten Einsatz von MLD, moderner Wundversorgung, Kompressionstherapie (Kurzzug-Kompression) und Physiotherapie konnte in allen behandelten 10 Fällen während des Beobachtungszeitraumes eine deutliche Ödemreduktion und eine komplette Abheilung / Verschluss der Wunden erzielt werden (z.B. Fall 1-4). Da in allen betrachteten Fällen die Ödeme und Wunden bereits über einen längeren Zeitraum existierten, wurden diese Veränderungen von den Patienten sehr positiv wahrgenommen und als deutliche Verbesserung der Lebensqualität bewertet.

MLD, Physiotherapie und Kurzzug-Kompression* ** trugen zu einer verbesserten Mobilität der betroffenen Extremität bei; unterstützten die Mikro- und Makrozirkulation und ermöglichten die Reduzierung des Ödems, sowie eine kontinuierliche Verkleinerung der Wundfläche, bis hin zum Wundverschluss.

Sowohl das Behandlungskonzept chronischer Wunden nach H. Cornelsen® als auch die Produktkombinationen wurde von den Patienten gut angenommen und führte zu einer besseren Akzeptanz der erforderlichen, kontinuierlichen Ödem-Wund-Therapie.

Auf der Grundlage dieser ersten Erfahrungen bewerteten der behandelnde Therapeut und die Patienten das Therapiekonzept und die Produktkombinationen sehr positiv.

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17.12.2015

Results:

Case 1

Patient: Women, born 1942, retired

Diagnosis: Phleb-lymphedema, stasis dermatitis, *Ulcus cruris*, right leg.

Patient was in general bad health condition due to wound condition and pain (VAS 8) and lived in isolation.

Treatment: acc. to treatment concept (methods) including 52 visits at the clinic.

After edema reduction compression treatment with custom-made compression garments Class II, A-D**.

Results: Complete wound closure.

Due to the high patient's compliance following the treatment instructions and using the recommended product combinations the wound closed completely after only 52 visits.

Since the well-being of the patient at the beginning of the treatment was diminished, the patient stated an increased quality of life at the end of the treatment. During an aftercare call the patient explained that she is wearing her compression garment** continuously with great success:

The patient has had no ulcer recurrence and living an active life again.

12.09.2011



02.01.2012

Case 2

Patient: Women, born 1959, management assistant

Diagnosis: Phleb-lymphedema, stasis dermatitis, *Ulcus cruris*, pre-tibial ventral. left leg – pre-tibial

Patient was in general bad health condition due to wound condition and pain (VAS 4).

She has to work very hard during working hours as management assistant. Due to her wound situation and pain it was difficult for her to cope with the work load and meet the expectations at work.

Treatment: acc. to treatment concept (methods) including 25 visits at the clinic.

After edema reduction compression treatment with custom-made compression garments Class II, A-D**.

Results: Complete wound closure after 10 weeks.

Due to the high patient's compliance following the treatment instructions and using the recommended product combinations the wound closed completely after only 25 visits.

Since the well-being of the patient at the beginning of the treatment was diminished, the patient stated an increased quality of life at the end of the treatment and continued to apply the recommended compression.



12.02.2016

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Results:

Case 3:

Patient: Women, born 1994, shop assistant

Diagnosis: Phleb-lymphedema, stasis dermatitis, Ulcus cruris, ventral, left leg.

Patient was in general bad health and psychological condition due to wound condition and pain (VAS 4).

She has to work very hard during working hours as shop assistant. Due to her wound and pain it was difficult for her to cope with the work load and meet the expectations at work.

Treatment: acc. to treatment concept (methods) including 32 visits at the clinic including intensive training and education.

After edema reduction compression treatment with custom-made compression garments Class II, A-D**.

Results: Complete wound closure after 32 visits.

Due to the comprehensive supervision and the recommended product combination patient's compliance increased.

Since the well-being of the patient at the beginning of the treatment was diminished and the patient was psychologically unstable, the quality of life of the patient at the end of the treatment was rated positiv and the patient continued to apply the recommended compression.

22.09.2015



04.01.2016

Case 4:

Patient: Women, born 1994, geriatric nurse

Diagnosis: *Ulcus cruris* mixtum, stasis dermatitis, *Ulcus cruris*, ventro medial

Patient was in general bad health due to wound condition (smell) and pain (VAS 5).

Due to her wound and pain it was difficult for her to cope with the work and she lost her job finally.

Treatment: acc. to treatment concept (methods) including 55 visits at the praxis including training and education.

After edema reduction compression treatment with custom-made compression garments Class II, A-D**.

Results: Complete wound closure after 55 visits.

Due to the integrated treatment concept, good product combination, high patient's compliance was achieved leading to wound closure and enhanced well-being of the patient. She found a new job.

The recommended compression was als subsequently applied.

02.12.2014



30.03.2015

Conclusion:

Successful implementation of a complex therapy approach including education and training for lymphedema of different pathogenesis with chronic wounds into daily praxis is visible and results in high patient compliance and increased well-being of the patients.