THE HEALTHY LEGS PROJECT

Southern Health & Social Care Trust
Why this development?

- Changing profile of patients
- Empowering patients
- Improving outcomes
- Managing limited resources
AUDIT OF REFERRALS (OVER 4 MONTH PERIOD)

- Oncology/Palliative care/Primary
  - 40%

- Others (Venous/DVT/Dependency/Neurological/Orthopaedic/Trauma)
  - 60%
SUCCESS OF TREATMENT

- All patients who attend the clinic are assessed and treatment provided
- Reviews are given to check they are maintaining
- Varying degree of long term success
HOW TO IMPROVE SUCCESS?

- Needed:
  - The patient to be more active in their participation
  - Enhanced education and consolidation of knowledge
  - Peer support to see they are not alone
  - Encouragement
  - Safe environment
TREATING LYMPHOEDEMA

As most of you will know there are 4 cornerstones of care
- Skin care
- Exercise
- Massage
- Compression

It was paramount that these formed the basis of the class
CLASS STRUCTURE

- Individual assessment
- Skill mix
- 6-8 attendees per class
- Clinic based
- Trialled leisure centres
CLASS CONTENT

- 4 week programme
  - Education (causes, symptoms, management)
  - Skin care
  - Exercise
  - Compression
  - Healthy eating & weight management

Format easily reproducible for all patients with chronic leg oedema
OUTCOME MEASURES

- Patients level of understanding of their condition (1-10)
- Patient’s level of confidence in managing their condition (1-10)
- Level of activity
- Patient’s current management regime
- Patient goals
- Episodes of cellulitis
- Courses of antibiotics
- GP/other disciplines involved
- Weight
- VEINES

Aiming to reassess at 3 & 6 months and 1 year
Self reported outcomes

- Understanding condition (before)
- Understanding condition (after)
- Confidence in management (before)
- Confidence in management (after)
PATIENT FEEDBACK

I learned why my legs were swelling.... Importance of exercise

For the first time I wasn’t made to feel like an alien about exercise

It was fun!

I learned simple ways to exercise more

It’s not just me...
Moving on….

- Fit for U, Over to You, Choose to live better
- Walking groups, pedometers supplied
- Designed a follow on class with promoting wellbeing support worker and physiotherapy assistant practitioner
- Garment review or further treatment if required
ONE LAST MESSAGE......

https://www.youtube.com/watch?v=dozIZy_3ZEg

Thank you