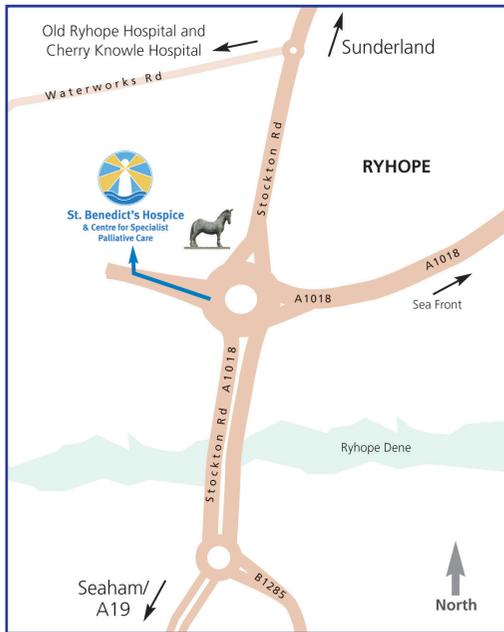


## Improving services

We are always looking at ways to improve our services. If you have any suggestions, we would be happy to hear them.

At some point during your care you will receive a friends and family questionnaire about the service. We would really appreciate it if you would take the time to complete this.

## How to get to us



## Bus Services

Go North East 60 and 61  
([www.simplygo.com](http://www.simplygo.com))

Arriva 24 and 24X  
([www.arrivabus.co.uk](http://www.arrivabus.co.uk))

There is free car parking available on site.  
If you have difficulty getting to the clinic please let us know so we can advise you about other forms of transport.

**For further information please contact:**  
Lymphoedema Clinic  
St. Benedict's Hospice and Centre for Specialist Care  
St. Benedict's Way  
Sunderland SR2 0NY

Phone number:  
Main Reception 0191 5128400,  
Lymphoedema Secretary 0191 5128441

Website: [www.stbenedicts.co.uk](http://www.stbenedicts.co.uk)  
Virtual tour: [www.stbenedicts.co.uk/About-Us/Virtual-Tour](http://www.stbenedicts.co.uk/About-Us/Virtual-Tour)

*Supported by St Benedicts Hospice charity  
Registered charity number 1019410*

We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request.

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**St. Benedict's Hospice**  
& Centre for Specialist  
Palliative Care

## The Lymphoedema Clinic



**NHS**

**South Tyneside**  
NHS Foundation Trust

Part of:  
South Tyneside and Sunderland  
Healthcare Group

## Introduction

Welcome to the Lymphoedema clinic located in the Outpatient Suite within St. Benedict's Hospice and Centre for Specialist Palliative Care. We are a specialist nurse-led team, delivering care and treatment to patients who are diagnosed with cancer and non-cancer related lymphoedema. We can help you with problems this condition may hold for you as an individual.

We will treat you as an individual by maintaining your dignity and privacy. We will make sure you have enough information to choose your care and to make your visit as comfortable as possible.

## What happens at the Lymphoedema Clinic?

The clinics are open Monday to Friday 9 am to 5 pm with treatments being delivered by specialist nurses. You will be sent an appointment for your treatment.

When you arrive at the Hospice, please report to the main reception where staff will book you in and direct you to the waiting area. There are refreshments available to purchase in reception. We will come and meet you from the waiting area.

Your first visit will take up to two hours. During this time we will ask for a full history from you to ensure you receive the right treatment.

These details will include:

- Personal information (name, age, etc.)
- Family history
- Lifestyle
- Medical history
- Current medication
- History of swelling and its effects on your life.

We may need to check your blood flow in each limb to ensure your circulation is suitable for wearing a stocking, if that is considered an option.

Your affected limbs will be measured.

We will then be able to plan and advise you on your treatment.

- **Skincare**

We will advise you on skincare, and how to protect yourself from infection and injury.

- **Massage**

We will teach you a form of self-massage to help you move fluid.

- **Exercise**

We will show you basic exercises you can follow at home to help keep joints supple and help to move fluid.

- **Containment**

We may fit you with a compression garment. You would need to wear this every day – morning till night.

## Follow-up appointments

Your following appointments may take up to an hour and we will check:

- The condition of your skin for signs of infection, dryness or firmness
- The measurements of your limbs to compare with previous readings
- The compression garment for correct fit and elasticity if you are using one
- Movement in your limbs

We will also answer any questions you may have.

## Our commitment to you

As part of our care and treatment, we will:

- Treat you as an individual
- Consider your needs and rights
- Maintain your confidentiality
- Ensure your maximum privacy
- Give you sufficient time
- Teach you how to maintain your condition independently
- Provide you with support
- Give you clear explanations of your condition and treatment

If you have any concerns whatsoever, please ask the nurse during your appointment.