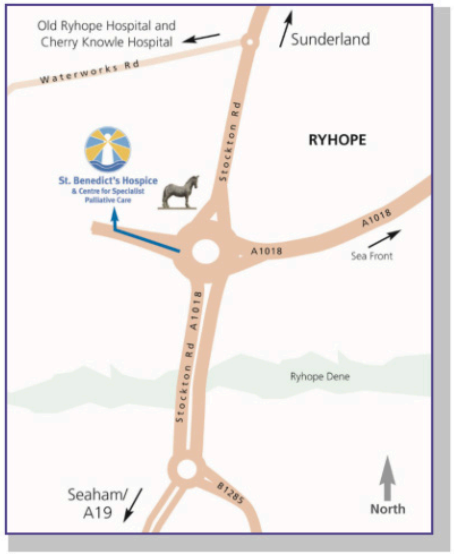
Improving services

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

Asked to complete 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
Arriva 24 and 24X
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 Service

St. Benedict's Hospice and Centre for Specialist Care

St. Benedict's Way

Sunderland SR2 0NY

Phone number: 0191 524 4100

Email: stsft.stbenedictshospice@nhs.net

Website: www.stbenedicts.co.uk

Supported by St Benedicts Hospice charity
Registered charity number 1019410

We try hard to keep our information leaflets up to date. This information was correct when we wrote it. It may not include very new changes. Staff will tell you if anything has changed and check that you understand at your appointment. You should ask if you are unsure about anything.

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Review date: September 2029

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

The Lymphoedema Clinic



NHS
South Tyneside and Sunderland
NHS Foundation Trust

Introduction

Welcome to the Lymphoedema Clinic in the Outpatient Department at St. Benedict's Hospice & Centre for Specialist Palliative Care.

We are a specialist nurse-led team providing care and treatment for people with lymphoedema. Lymphoedema can develop for a number of reasons, including problems with the lymphatic system, surgery, injury, infection and cancer.

We aim to make your visit as comfortable as possible. We will work with you to create a care plan that meets your needs and help you manage your condition. Once your lymphoedema is stable and well managed, you will be discharged from the service.

What happens at the Lymphoedema Clinic?

Our clinics run Monday to Friday, 9am to 5pm.

When you arrive at the Hospice, please report to the main reception. The reception team will book you in and show you where to wait. A member of the Lymphoedema Team will then come and collect you for your appointment.

Your first appointment may take up to two hours. We will ask about:

- Your personal details (such as your name and age)
- Your daily activities and lifestyle
- Your past and current health conditions
- Your swelling and how it affects you

We may check the blood flow in your arms or legs to make sure it is safe for you to wear a compression garment.

We will check your skin and measure your arms or legs. This will help us plan the best treatment and support for you.

Skincare

We will advise you on how to care for your skin and help protect it from infection and injury.

Massage

We will teach you a simple self-massage technique to help move fluid and reduce swelling.

Exercise

We will show you simple exercises to do at home to keep your joints flexible and help move fluid.

Lymphoedema Compression garments

If suitable, we will measure you for a compression garment and discuss wearing it every day. Follow-up appointments

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

- The condition of your skin.
- The measurements of your limbs to compare with previous.
- The lymphoedema compression garment for correct fit and elasticity if you are using one
- Movement in your limbs.

Our commitment to you

- As part of your care, we will:
- Treat you with respect
- Listen to your needs
- Keep your information confidential
- Give you enough time
- Explain your condition and treatment clearly
- Answer any questions you may have