

# Lymphoedema

PIP535

When you have completed this PIP, please send it to the Information team at the LJM: **LJMInformation.enh-tr@nhs.net** or put it in the orange box in Clinic Three.  
LJM Information team: ext 2544

**Patient details**

**Name:** \_\_\_\_\_

**Hospital no:** \_\_\_\_\_

Date of birth: \_\_\_\_\_

Email: \_\_\_\_\_

**Info requested by:** \_\_\_\_\_

Date of request: \_\_\_\_\_

Ref: \_\_\_\_\_ Disp by: \_\_\_\_\_ Date: \_\_\_\_\_

**Favourites**

- LJM leaflet \*LJM
- Would you like information...? (Patient PIP) \*LJM

**Treatment: general**

- Diabetes and cancer treatment \*MCS
- Making treatment decisions \*MCS

**Treatment: surgery**

- Physiotherapy following breast surgery (PI10a) \*LJM
- Reducing lymphoedema for patients having head and neck surgery (PI78) \*LJM

**After treatment**

- Courses for patients and carers when tmt is finished (HHC264) \*LJM

**Symptoms & side effects**

- Hair loss MCS
- ScarWork at Mount Vernon Cancer Centre (PI84) \*LJM

**Living with cancer (daily life)**

- Breast prostheses, bras and clothes after surgery \*BCC
- Complementary therapies at MVCC (PI16) \*LJM
- Patient Choice leaflet (home delivery service) \*PtCh
- Your guide to a well fitting bra \*BCC

**Lymphoedema**

- About cellulitis LSN
- Cellulitis alert card \*LSN
- Consensus document on the management of cellulitis in lymphoedema BLS
- Daylong: Compression support garments \*DL
- Emollients factsheet \*NES
- Equipment for patients with lymphoedema (HHC293) \*LJM
- Exercise for lymphoedema of the arm(s) LNNI
- Exercise for lymphoedema of the leg(s) \*LNNI
- Hivamat patient Q&A \*PPod
- Lymphoedema online support resources \*LJM
- Simple lymphatic drainage for left arm \*MCS
- Simple lymphatic drainage for left leg \*MCS
- Simple lymphatic drainage for right arm \*MCS
- Simple lymphatic drainage for right leg \*MCS
- Understanding lymphoedema \*MCS

**Exercise**

- Active Herts (referral form) \*
- Exercises after groin dissection \*
- Fun exercise to music [breast cancer] \*
- Fun exercise to music [lymphoedema] \*

- Harrow: Exercise on referral patient information for GPs \*LBHar

- Move more (activity pack) \*MCS

- Physical activity for adults and older adults: 19 and over DH

**Diet**

- Eat better \*BHF

- Slimming World leaflet and referral letter \*

- Weight Watchers leaflet and referral letter \*

**Finance**

- Managing your energy costs \*MCS

**Carers**

- A guide for young people looking after someone with cancer \*MCS

- Cancer and dementia (a guide for carers) \*MCS

- Carers (HHC301) \*LJM

- Looking after someone CarersUK

- Looking after someone with cancer \*MCS

**Young people (relatives)**

- Preparing a child for loss \*MCS

**Please also supply information on:**