

## **Abstract ILF 2021**

### **Compression and me**

Compression Garments are the mainstay treatment for lymphoedema and chronic oedema however, what is the real impact on people who have to wear them?

Do we as clinicians and therapists really understand the impact and burden of wearing compression?

This session will discuss the importance of choices and explore as clinicians that we do not always get the compression right for everyone at the first, second or even the third attempt.

We need to truly listen to you, work with you discuss the risks and benefits and enable you to make an informed decision about wearing the compression that works best for you.

What fits into your lifestyle, tricks and tips for layering compression garments, wearing them at night, going down a size, other alternatives and discussing choices for days when you feel unable to wear compression garments at all. Empowering and supporting you to feel in control.

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