

Improving Compliance in Compression

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Compression therapy plays an important role in the treatment of lymphatic diseases, venous diseases and lipoedema. Therefore, it is of great interest to know the key factors that contribute to a good compliance as well as the obstacles.

Studies demonstrate some main reasons for noncompliance in compression: pain and discomfort, lack of knowledge and understanding the underlying disease, patients believes that compression is ineffective, psychological issues and costs, but also poor communication with the health care professional (HCP).

To improve compliance in compression it helps the HCP to understand the “maths of motivation”: different patterns of goal importance and self-efficacy need to be addressed differently. This lecture offers some practical examples how to use systemic resourceful communication and motivational interviewing.