

Helping Children Live Well with Lymphoedema- Karl Hocking

Lymphoedema is often classified as a chronic condition that requires lifelong, time-consuming management. Symptoms associated with lymphoedema can have significant effects on development, physical, psychological, and social well-being, having a profound effect on daily life, body, image and self-esteem. As an occupational therapist and Children and Young People Lymphoedema Lead, I would like to challenge and explore opportunities where all health professionals, education settings and parents/carers are aware that we can enable children to live well with lymphoedema.

The journey starts with early identification and diagnosis which can only be achieved through education and raising awareness. Approaches and methods such as inclusivity, adaptation, education, innovation and motivation should be implemented along with the aim of empowering, accepting, enabling and collaborating as part of a team. These are fundamental to providing an environment for children to flourish and fulfil their potential.