

The Biggest Barrier to Self-management is Me. Karl hocking.

We are all aware that Lymphoedema, especially within the children and young people population, is a chronic condition that requires ongoing self-management. This can be burdensome upon the child, parents/carers and siblings. The daily management of lymphoedema can be daunting, so I ask, “does every day need to be a therapy day?” or are there everyday activities that can be incorporated for therapeutic benefit?

The most important aspect for someone to self-manage their condition is to understand it and work collaboratively with the health professional to provide a toolbox of strategies that the patient and family are able to understand why and how to perform them. To align techniques into everyday behaviours with support from lymphoedema specialists who aim to empower, enable, adapt so that the patient can recognise that daily activities, such as, play, making food, dressing, self-care and activity can all form part of self-management routines.