

Taking Control in my Lymphoedema Appointment

How many times have you attended a lymphoedema appointment and thought I wish I had asked that or didn't feel that you got your biggest concerns to be heard by your health care professional?

This session will provide patients with some tips and hints to take control of your lymphoedema appointment. Completing a Patient Reported Outcome Measure such as 'LYMPROM' and writing down what is valuable and important to you may be a great start. In Wales we have commenced asking our patients to complete 'LYMPROM' two weeks prior to their appointment so that we can understand what the biggest issue is. A free text box also allows patients to document what they want to say. In the last year we have received nearly 5,000 'LYMPROMS' which has enabled patients to document what is important to them.