Possible Causes:
Trauma and tissue damage – Lymph node excision, radiotherapy, vein surgery / harvesting
Malignant disease
Venous disease – Recurrent venous ulceration, post DVT
Infection – Recurrent cellulitis, Filariasis
Inflammation – Rheumatoid or psoriatic arthritis, dermatitis / eczema
Dependency – Obesity, immobility
Primary – Hereditary, complex congenital syndrome e.g. Milroys, Turners

Possible Clinical Features:
Pitting or non-pitting oedema
Chronic skin changes (Hyperkeratosis, papillomatosis)
Thickening / fibrosis of tissues
Thickened skin folds / misshapen limb
Lymphorrhea
Recurrent cellulitis

Differential Diagnosis:
Acute DVT
Kidney failure
Heart failure
Chronic venous insufficiency
Drug induced e.g. steroids, calcium channel blockers
Cancer recurrence
Low Albumin
SVCO

Medication:
Diuretics are not indicated for treatment of lymphoedema
Antibiotics as per CREST Guidelines on the Management of Cellulitis in Adults (2005)

An early referral, with less chronic skin changes, will result in an improved outcome for the patient; the team would therefore welcome referrals as early in the condition pathway as possible. Patients with co-morbidities such as obesity, immobility and wounds should also be referred concurrently to other relevant services.

Recommended Treatment:
Complex Decongestive Therapy (CDT) is the recognised treatment for lymphoedema and includes
1. Skin care regime / daily cleansing and moisturising
2. Exercise programme and maintenance of mobility
3. Manual lymphatic drainage (massage)
4. Compression (bandaging and hosiery)

How to refer:
Electronic referrals to each service can be made by GPs using CCG. Other referrers can download referral forms from the LNNI website: (www.lnni.org) and post to the individual Trust lymphoedema referral contact or:
Belfast HSC Trust
Send to Lymphoedema Service, Physiotherapy Dept, Cancer Centre, Belfast City Hospital, Lisburn Road, Belfast
Referrals can be made on the Community Information System (PARIS)

Northern HSC Trust
Referrals should be directed to:
Lymphoedema Service via:
Call Management
Tel No: 028 2563 5521
and followed by an email to:
CRMS@northerntrust.hscni.net
Lymphoedema Clinic
Tel No: 028 2563 5202

South Eastern HSC Trust
AHP - Central Booking Office,
1st Floor, Main Building,
Downshire Estate,
Ardglass Road,
Downpatrick, BT30 6RA
Tel No: 028 4483 8386
CBO.Physiotherapy@setrust.hscni.net

Southern HSC Trust
AHP - Central Booking Unit,
The Ramone Building,
Craigavon Area Hospital
68, Lurgan Rd, Portadown,
BT63 5QQ
Referral: ahp.cbu@southerntrust.hscni.net

Western HSC Trust
Jill Hamilton,
Lymphoedema Service,
Adult AHP Centre,
Omagh Hospital & Primary Care Complex,
Donaghanie Road,
Omagh, BT79 0NR
Telephone 028 8283 3134