

**Title:**

A comparative long-term study of sustainable and effective patient management of lymphoedema post CLT.

**Abstract:**

From long-term clinical observation there appears considerable variation how effectively a patient maintains the post treatment benefits of intensive Complex Lymphatic Therapy (CLT). In many cases effective post CLT self-management appears dependent upon ongoing ancillary professional assistance. In more remote areas of the country therefore, where professional post-ancillary services are not readily available, patients would appear disadvantaged.

My long-term comparative study observes the outcomes of patients performing relatively unassisted post CLT lymphoedema self-management in more remote areas of the country. It outlines and compares the differing methodologies used with combinations of many therapies. This study evaluates older known therapies and newer emerging therapies using recorded results collected over a five-year period.

To obtain the required data, records of a small group of post CLT patients living in communities distanced away from ancillary professional assistance have been correlated. Patient education with regard to lymphoedema self management, types of treatment, time and motion and resolve to sustain therapy are statistically evaluated relative to the sustained resultant physical outcomes for lymphoedema post intensive CPT treatment.

The key finding of this comparative long-term study highlights that post CLT; when a combination targeted self-management approach incorporating patient education is taken, there can be sustainable improvement far greater than the sum of patient effort employed.

I conclude this historical study provides inspiration for the future by clarification of pathways for effective sustainable post CLT self-management. It has potential to assist superior clinical outcomes for more isolated post CLT patients and provides direction for future clinical practice.