

**Title:** Early detection and management of upper limb secondary lymphoedema - outcomes of monitoring women using low frequency bioimpedance

Screening for lymphoedema using routine bioimpedance measurements pre-operatively and at regular follow-up intervals may assist in detecting early lymphoedema and, perhaps, reducing the development of this potentially long-term chronic condition.

The aim of this presentation is to describe the results of a QI project developed to establish an integrated system of taking pre-operative and regular post-operative bioimpedance measurements for 100 women diagnosed with breast cancer who attend a large breast cancer clinic, in order to monitor, detect and manage early arm lymphoedema.

The presentation will discuss the results of L-Dex readings for women over a 12- month period. Case studies will be used to describe the treatment pathways associated with the breast cancer journey and the effects on the L-Dex readings.

The results of the QI project showed that women reported feeling more in control of their condition and empowered to return to normal activities of daily living and exercise; relief at ongoing support and education; reduced anxiety about lymphoedema and benefit of psychosocial support in the therapeutic relationship of ongoing monitoring. When early arm lymphoedema did present, women were more motivated in self management of the condition and also women appeared more aware of arm symptoms that related to their L-Dex reading.

Overall, the QI project increased awareness of early arm lymphoedema amongst women who were willing to have routine L-Dex measurements taken, It has enhanced the OT and lymphoedema profile within the busy breast cancer clinic and encouraged more general lymphoedema enquiries and early referrals.