

# TREATMENT PROTOCOL FOR ARM & HAND OEDEMA



Haddenham Healthcare

Name: \_\_\_\_\_ Date:

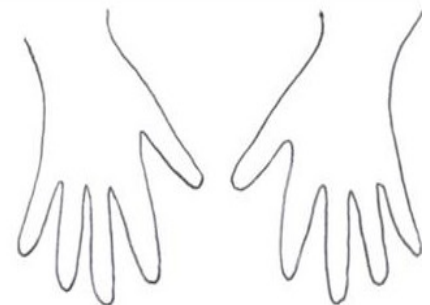
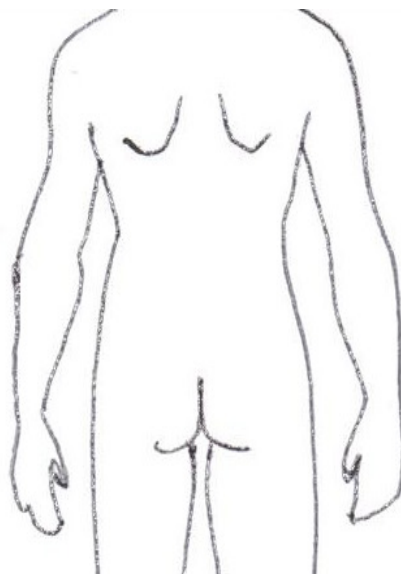
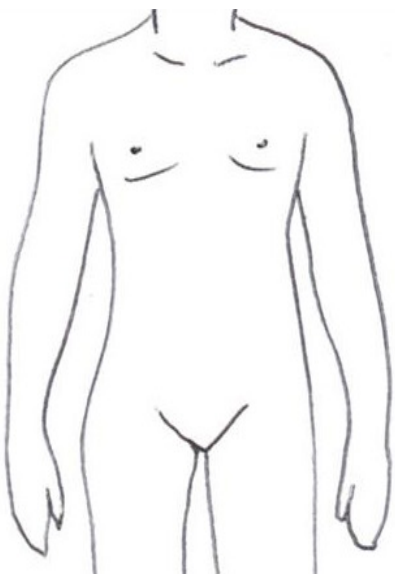
Date of Birth: \_\_\_\_\_

Number: \_\_\_\_\_

<input checked="" type="checkbox"/>	Time	Wavelength	Average Power Density	Pulse Frequency	Total Mins
THOR 104 <input type="checkbox"/>	60 Seconds	56 x 660nm 48 x 850nm	50mW/cm <sup>2</sup>	2.5 Hz	
Rian Corp <input type="checkbox"/>	60 Seconds	1 x 904nm	5 mW/cm <sup>2</sup>	5 KHz	

Treatment Program

Exercise <input type="checkbox"/>	Compression/ Hosiery <input type="checkbox"/>	MLD <input type="checkbox"/>	SLD <input type="checkbox"/>			
MLLB <input type="checkbox"/>	Cellona <input type="checkbox"/>	Padding <input type="checkbox"/>	Short Stretch <input type="checkbox"/>	Cohesive <input type="checkbox"/>	Other <input type="checkbox"/>	



**KEY**  
 Scars: -----  
 Oedema: xxxxxxx  
 Laser Points: oooooo

Total number of points  
Laser/ Led applied:

DATE	MINUTES	DOSE	DATE	MINUTES	DOSE	DATE	MINUTES	DOSE

	Day 1 (baseline)	Day 3 (end of week 1)	Day 6 (end of week 2)	Day 9 (end of week 3)	Day 13 (end of weekly sessions)	Day 15 (end of fortnightly sessions)	Day 17 (on completion of monthly sessions)
Date							
Shrug							
Both arms up							
Hands to back of neck							
Hands behind back							
Fist							
Both arms out to side							
Tissues 1							
Tissues 2							
Sensation							
Pain							
Comfort level							
Colour							
Scars							
Oedema							
MLD Response							

**Comments**

Tissues	0= Normal, 1= soft/non pitting, 2 = soft/ pitting, 3= fatty/Doughy, 4= Firm/ non pitting 5= Firm/Dense, 6= Firm/Woody
Skin assessment	1. Intact, 2 Dry, 3 Fragile, 4 Rash/Redness, 5 Taut/Shiny, 6 Broken/Ulcerated, 7 warm/hot, 8 Infected, 9 Hyperkeratosis, 10 papillomatosis/severe
Pain	Using a scale of 1 to 10, 1 being no discomfort to 10 being the worst
Comfort	0 I feel Ok, 1 I feel slightly better, 3 I feel better, 4 I feel a lot better
Colour	Using a subjective measurement state if skin colour is not normal on the affected area and state yes or no to indicate improvement. Photographs to assess are useful
Scar	Using subjective measurement to indicate improvements by either stating yes or no, comments from patient and clinician can be added in the comments section.
Oedema reduction	Using either tissue dielectric constant (Moisture Meter D Compact) or Bodystat Quadscan as Gold standard to measure oedema reduction in midline oedema. For arm and leg oedema Limb Volume Measurements should be documented
MLD response	0= MLD not part of treatment plan 1 = responded as expected, 2=an improved response to MLD, 3= a quicker response from MLD, 4= a great improvement in MLD response Please state in the comments box if MLD response was better with the inclusion of LLLT if patient was previously treated without LLLT

Use the following numbers to document changes on the Outcomes Chart.  
Good = 1, Fair = 2, Poor= 3, Unable to Move = 4 or percentage achieved  
N.B: Limb Movement chart taken from Guys and St Thomas Laser Protocol

	Good	Fair	Poor	Unable to Move
Shrug	No obvious difference in posture/movement	Slight difference	Marked assymetry	No movement
Both arms up	Full movement - same one both sides	Cannot raise above ear	Cannot raise above chin	Cannot reach chin
Hands to back of neck	Achieved	Back of head only	Ear only	Cannot touch at all
Hands behind back	Achieved	Waist level only	Sacrum level	Unable to take hand behind body
Fist	No difference	Some loss of strength	Unable to do full grip	Cannot make fist
Both arms out to side	Abduction achieved at shoulder height	Only to waist height	Only to hip height	Unable to raise arms