

Answers:

1. To help relieve this pain you could perform manual lymphatic drainage or teach the patient how to do it herself in order encourage self-management.
2. Aerobic exercise can help to reduce psychological distress therefore this would be useful to try with Mrs R at a level she can tolerate.
3. You would encourage Mrs R to keep moisturised using an unscented product to maintain skin integrity and avoid breakage. She must also keep her skin clean and dried thoroughly to prevent any infection.
4. You would use a holistic needs assessment as she is a cancer patient and it will help you to recognise and resolve any problems quickly.
5. Hopefully from the previous question your answer was a holistic needs assessment! Therefore, during this assessment, you will have had the opportunity to discuss this concern and refer her for the appropriate support – may that be psychological support due to her stress or support at home to help her family.
6. You should have already covered manual lymphatic drainage, exercise and skin care therefore compression bandaging is your final option! The risk with this is that fluid from the limb can be easily forced into bordering areas, e.g. genitals or breast area.
7. Goals must be short-term and adaptable due to Mrs R's palliative condition. The goals must also be sensible and realistic while still meeting Mrs R's needs. You may have to reassess your goals with Mrs R at every assessment due to the varying nature of lymphoedema.