

Abstract

Technology and Lymphoedema

Aims/ Rationale

As the All Wales Lymphoedema Service caseloads continued to increase on an annual basis, innovative solutions were sought to co-create health with patients. In 2016, Lymphoedema Network Wales was awarded a grant from Welsh Government to create a variety of films providing evidenced based information for people with lymphoedema.

Currently, 80% population have a smartphone/tablet, with 89% using them daily for internet/applications. Thus the hypothesis was whether a series of educational films would enable patients to improve self-management through increased knowledge. Furthermore, could the development of an evidenced based E-Learning package support education for health care professionals.

Description of initiative

A total of nineteen films have been created ranging from exercise, travelling with lymphoedema, reducing the risk, SLD, MLD and healthy eating. Each film contains clips from healthcare professionals, patients and graphic illustrations providing information relevant to the topic and lasts 5-10 minutes. One film 'A Child's View' uses the voices of children with lymphoedema over animated pictures. Specific education films on managing 'wet legs' and community nurses have also been created.

Outcome / Impact / Evaluation

The films are evidenced based, informative and extremely useful in patients' ongoing care. Clips of the films are now included in all professional education courses and have evaluated extremely well. The films have been accessed by patients and HCPs in Wales over 10,000 times.

The videos are an example of using technology and evidenced based information on lymphoedema to empower and inform people with lymphoedema. The E-Learning module also demonstrates combining technology in lymphoedema to improve knowledge and understanding of lymphoedema for HCPs.

Exciting Update-We are now working with the ILF for these films to be available for all people and HCPs around the world.