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How to maintain a high quality lymphedema treatment in a multidisciplinary setting

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Lymphedema has been regarded as a symptom or a consequence of other disease, not a proper disease. This has led to inconsistent treatment submitted to occasional methods without base in known pathophysiology and performed by lay persons or different health personnel.

The complex decongesting physical treatment (CDP) has shown good result. The results depend on correct performance of a complex and comprehensive treatment. Difficulties in maintaining the quality are discussed.

The main items can be summed up:

1. Lymphedema is a disease, not a symptom or syndrome.
2. It is a chronic, gradually deteriorating disease.
3. Treatment must be directed towards known pathology and pathophysiology.
4. Most of the elements of CDP function accordingly.
5. The treatment must be carried out as a whole.
6. The treatment is special, difficult to acquire and needs particular therapists, specially educated physiotherapists are probably most suitable.