

RISK REDUCTION STRATEGIES FOR POST MASTECTOMY LYMPHEDEMA

Abstract

Lymphedema is one of the most frequently occurring problems in women after mastectomy. Therefore implementation of risk reduction strategies (exercise, diet and skin care) as early as the first day after mastectomy may be helpful in reducing such type of complications beside other aspects of treatment for mastectomy patients. Aim is to evaluate the impact of risk reduction strategies on the incidence of post mastectomy lymphedema among female patients who undergone mastectomy. Samples were a convenient sample of 40 adult conscious patients. Setting of the study was conducted in surgical wards and Nuclear Medicine Units in a University Hospital in Cairo. Quazi experimental (one pretest/posttest) research design has utilized in the current study. Tools of data collection were a- Socio-demographic Data Sheet b- Medical Data Sheet and c- Kissin scale. Results revealed that (47.5%) of the study subjects' age was above 45 years, (85%) were married and (90%) were housewives. A significant statistical differences between degree of lymphedema measurements and risk reduction strategies was found at $p < 0.05$;(87.5%, 100%, 85%&87.5% respectively) of the study patients hadn't lymphedema during 4th time contact arm measurements at four allocated sites , while (2.5%) had moderate lymphedema. Study conclude that lymphedema not found on women who followed risk reduction strategies. Replication of this study is recommended on a large number of sample to obtain more generalizable results.

Keywords: lymphedema- mastectomy- risk reduction strategies.