

The National Lymphoedema Tariff Guide

An extensive document written to:

- a) provide a tariff for commissioning guidance for equitable lymphoedema services recognising the variation in how services are commissioned across the UK
- b) to assist practitioners who wish to explore what necessary steps and information are required when setting up and developing/improving lymphoedema services.



Addendum 2021 To: The National Lymphoedema Tariff Guide and Cost Calculator

An addendum to the Tariff Guidance, published in 2021. This advice is to be read and used in conjunction with the Tariff Guidance and Cost Calculator.



BLS Lymphoedema Service Cost Calculator

This interactive, online cost-calculator can be used to help estimate potential costs according to the local population. It is useful for those practitioners and commissioners who are planning/developing/reviewing lymphoedema services.



Guidelines on the Management of Cellulitis in Lymphoedema

A consensus document published in conjunction with the Lymphoedema Support Network (LSN) detailing the complex issue of cellulitis and its management in patients who have lymphoedema.



Find out more about The BLS and the EveryBodyCan campaign

A link to the mini BLS website with information about the charity and its objectives. This site also details how to become a Friend or Member, the Annual Conference, free webinars, and our successful EveryBody Can campaign.



BRITISH LYMPHOLOGY SOCIETY RESOURCES

Here is a selection of current British Lymphology Society resources. Please use the QR code to access them or alternatively visit the *Resources section* on the British Lymphology Society website www.thebls.com to access and view other materials including information about our EveryBody Can Campaign.

Best Practice, Leadership, Support

What is Lymphoedema?

Lymph Fact Sheet which gives definitions of lymphoedema, oedema and chronic oedema. An outline of prevalence and a description of the lymphatic system's role and the consequence of its failure.



Who has a Predisposition to Lymphoedema and Why?

Lymph Fact Sheet which outlines four groups who have a predisposition to lymphoedema. Each section describes why each group is relevant and highlights the implications if an individual falls into more than one group.



What Information, Advice and Support should be provided for those at risk of Lymphoedema?

The Lymph Fact Sheet explains the care and advice that should be given to those at risk of developing lymphoedema based on current theoretical and anecdotal evidence.



Skin Care for People with Lymphoedema

Lymph Fact Sheet outlining the properties and function of the skin and why it is important to maintain skin care in a patient who has or is at risk of developing lymphoedema. Common skin changes seen in lymphoedema patients are described.



Movement & Physical Activity

Lymph Fact Sheet outlining the physiological benefits of exercise and why it is considered to be one of the most important aspects of lymphoedema care. A list of recommended activities is given.



Self Lymphatic Drainage

Lymph Fact Sheet describing the differences between Manual Lymphatic Drainage (MLD) and Self Lymphatic Drainage (SLD). It provides a table outlining the indications and contraindications and explains about the various approaches and techniques.



Lymphoedema following Treatment for Head and Neck Cancers

Lymph Fact Sheet looking at head and neck cancer and why patients are at risk of developing lymphoedema. It describes what lifelong risk-reducing activities can be undertaken and guidance on what to do if swelling develops.



Managing Lymphoedema after Treatment for Head and Neck Cancer

Lymph Fact Sheet which looks at how to identify head and neck lymphoedema and gives a useful chart outlining management strategies commonly used within treatment programmes.



Understanding and Managing Lymphorrhoea in the Community

Lymph Fact Sheet which defines lymphorrhoea and describes the causes, signs and symptoms of the condition. Guidance on how to manage lymphorrhoea is given, specifically directed to those practitioners in the community.



Modern Surgical Options for Lymphoedema

Lymph Fact Sheet written by our surgical colleagues which describes the most common surgical options available to patients who have lymphoedema. The techniques are described and the reasoning behind the choice of surgery and its aims are given.



What is Lipoedema?

Lymph Fact Sheet about this chronic adipose fat disorder. The clinical features of lipoedema are described, as are the diagnosis, the principles and components of lipoedema management. Includes a helpful chart outlining the differences between lymphoedema and lipoedema.



Red Legs Pathway and notes

Researched document explaining the condition 'Red Legs Syndrome'. It discusses misdiagnosis, as the condition is often mistaken for cellulitis. The document supports safe clinical assessment and practice and outlines how to treat and manage the condition.

