

## Lymphoedema Surgery Assessment

Date -

Name

Age -

Sex- M/F

Height/Weight/BMI –

Occupation –

Social History/Support

Private Insurance – Y/N

Surgeon -

GP -

Therapist -

Other HPs -

**Aetiology** – Breast Ca/Gynae Ca/Trauma/Urology/Skin Ca/Others/Unknown

Treatment –

Reconstruction -

Radiation (Y/N)      Chemotherapy (Y/N)      Hormonal (Y/N) -

**Past Medical History** – Diabetes/Hypertension/Heart Disease/

Current Medications – Anticoagulants

Allergies –

Smoking – Y/N (\_\_\_ per day)

Family History of Cancer/Lymphoedema – Y/N

## History of Lymphoedema

Surgery/trauma to onset of Lymphoedema

No. of years of Lymphoedema

No. of years of Compression therapy

Cellulitis - Infection/inflammation episodes

Current therapy

Compliance with Physiotherapy

Psychosocial Impact

Dominant Hand – Right/Left

Subjective Symptoms (0 to 10: 0=None 10=Worst)

Appearance

0 1 3 4 5 6 7 8 9 10

Heaviness

0 1 3 4 5 6 7 8 9 10

Pain

0 1 3 4 5 6 7 8 9 10

Pins & Needles

0 1 3 4 5 6 7 8 9 10

Limitations in daily activities

0 1 3 4 5 6 7 8 9 10

Influence on social activities

0 1 3 4 5 6 7 8 9 10

Distress from compression garments

0 1 3 4 5 6 7 8 9 10

Overall dissatisfaction from Lymphoedema

0 1 3 4 5 6 7 8 9 10

**RISK FACTORS IDENTIFIED –**

## Examination

Pitting

Induration

## Circumference Measurements

Upper Limb

C1 – 5cms above C2

C2 – At the Olecranon process

C3 – 5cms below Olecranon process

C4 – Wrist

C5 – Dorsum of hand just proximal to metacarpal heads

	Right	Left
C1		
C2		
C3		
C4		
C5		

BMI small



BMI large



Divided by BMI  
for body type correction

$$\text{UEL index} = \frac{C_1^2 + C_2^2 + C_3^2 + C_4^2 + C_5^2}{\text{BMI}}$$

**TABLE 2.** UEL Index and UEL Stage

UEL Stage	UEL Index
Stage I	<130
Stage II	130–150
Stage III	150–170
Stage IV	>170

UEL indicates upper extremity lymphoedema.

## Lower Limb

- C1 – 10cms above C2
- C2 – Superior edge of Patella
- C3 – 10cms below C2
- C4 – At lateral malleolus
- C5 – Dorsum of Foot

	Right	Left
C1		
C2		
C3		
C4		
C5		

$$\text{LEL index} = \frac{C_1^2 + C_2^2 + C_3^2 + C_4^2 + C_5^2}{\text{BMI}}$$

## Investigations

Lymphoscintigraphy

MRI/MRL – MR Lymphography

CT Venogram

## ICG Lymphatic Mapping

Injection Points

Initial Phase

Late Phase

Dermal Backflow Staging

## Other Assessments

Bioimpedance

Perometry

**Management Plan**