Car parking

Car parking is free of charge in the hospital grounds. ‘Disabled’ parking bays and ramps are located close to the hospital’s main entrance. If you have difficulty walking, and arrive by car, you may be dropped off at the Outpatient entrance on Elizabeth Street.

Improving services

We are always looking at ways to improve our services. If you have any suggestions, we would be happy to hear them.

At some point during your care you may receive a questionnaire about the service. We would really appreciate it if you would take the time to complete this.

Notes

You may wish to write down any questions

Further information please contact:

Lymphoedema Clinic
St Benedict’s Hospice
Monkwearmouth Hospital
Newcastle road, Sunderland. SR5 1NB
Telephone: (0191) 569 9759
www.hospice.co.uk

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. If you require further copies of this leaflet please contact St Benedict’s Hospice Tel: (0191) 569 9192
Introduction
The Lymphoedema Clinic was set up in 1992 to treat patients with swelling, most frequently affecting the limbs, but also to the trunk or face.
Specialist nurses, experienced in the treatment of lymphoedema, run the clinic.

What happens at the Lymphoedema Clinic
Your initial visit will take about two hours. During this time, we will ask for a full history from you to ensure that you receive the most appropriate treatment. These details will include:
- Personal information (name, age, etc.)
- Family history
- Lifestyle
- Medical history
- Current medication
- History of swelling and its effects
We may need to check your blood flow in each limb to ensure your circulation is suitable for wearing a stocking, if considered an option.
Measurements of your arms and legs will help us calculate how much fluid there is in areas affected.

Having completed these, we will be able to advise you on the four elements that make up the treatment of the areas affected:
- Skincare
  We will advise you on skincare, and how to protect yourself from infection and injury
- Massage
  To help you move fluid, we'll teach you a form of self-massage
- Exercise
  We will show you basic exercises you can follow at home to help keep joints supple and help to move fluid
- Containment
  We may fit you with a compression garment

Follow-up appointments
These take about an hour and we will check:
- the condition of your skin for signs of infection, dryness or firmness
- the measurements of your limbs and compare with previous results
- the compression garment for correct fit and elasticity

Our commitment to you
As part of our care and treatment, we aim to:
- treat you as an individual
- consider your needs and rights
- maintain confidentiality
- ensure maximum privacy
- give you sufficient time
- provide support
- give clear explanations of your condition and treatment
If you have any concerns whatsoever, please ask the nurse during your appointment. Alternatively, please telephone: (0191) 569 9759

Facilities available
Refreshments are available in the hospital dining room (opening times apply). Toilets and a public telephone are situated relatively close to the Lymphoedema Clinic.