

Factors That Influence Compliance with Self-Care Management of Chronic Lymphedema: A Scoping Review

Patricia Watford, OTD, MS, OTR/L¹, Caroline Corso, Jamie Freeman, Mia Marrow, Melinda Coody², Montana Moreno, Alexis Perkins

¹Augusta University, Augusta, GA, USA; ²Augusta University, Augusta GA, Georgia, United States

DOI: [10.5014/ajot.2023.77S2-PO280](https://doi.org/10.5014/ajot.2023.77S2-PO280)

Date presented: April 21, 2023

Primary Author and Speaker: Patricia Watford, flawatford@gmail.com

PURPOSE: Lymphedema is a chronic condition that requires ongoing self-management and impacts 250 million people worldwide (Lopez et al., 2020). Currently there is limited research that specifically addresses factors related to patient adherence with lymphedema self-management. The purpose of this scoping review is to determine the factors that influence adherence with self-management of chronic lymphedema during Phase 2 of complete decongestive therapy for those with lymphedema.

DESIGN: We conducted a scoping review to gather evidence related to self-management among lymphedema patients following the Arksey and O'Malley's (2005) framework for scoping reviews.

METHOD: Information sources included: CINAHL Plus, Nursing and Allied Health Source, and PubMed. Inclusion criteria required articles to have: participants aged 21 years and older with a lymphedema diagnosis who were instructed to perform self-management. We excluded systematic reviews, meta-analyses, literature reviews, expert opinions, and gray literature. Reliability checks for article inclusion/exclusion and data extraction were conducted.

RESULTS: Research is ongoing, but preliminary themes suggest factors such as cost, ease of application of compression garments, time, and patient education all contribute to adherence with self-management of lymphedema.

CONCLUSION: These findings will assist clinicians in identifying key factors that can improve client's adherence with self-management of lymphedema, which will ultimately improve outcomes. In addition, these findings will guide further research towards improving patient adherence and quality of life.

References

- Arskey, H. & O'Malley, L. (2005). Scoping studies: Towards a methodological framework. *International Journal of Social Research Methodology*, 8(1), 19–32. <https://doi.org/10.10180/1364557032000119616>
- Lopez, M., Roberson, M., Strassle, P., & Ogunleye, A. (2020). Epidemiology of lymphedema-related admissions in the United States: 2012–2017. *Surgical Oncology*, 35, 249–253. <https://doi.org/10.1016/j.suronc.2020.09.005>