

INITIATING COMPLEX DECONGESTIVE THERAPY (CDT) WITHOUT PHYSICAL INTERACTION

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Abstract

Objective: Complex Decongestive Therapy (CDT) can it be initiated without physical contact - a case report

Material/Methods. A 25 year old software consultant from Tamilnadu, India, contacted us in February leg lymphedema. She was preliminarily counseled through video conference after entry of clinical details into a special software MedicAid™ (www.aamlamed.com). Online prescription was provided. She did not start the full prescription as she had planned to come to our clinic in New Delhi. She could not come because the lockdown started. Due to her urgency, she agreed to try out online training of self care. Appropriate bandage materials and a measurement form were couriered to her and she was given appointments for regular Zoom™ (www.zoom.us) meetings. She was asked to start penicillin tablets (as injection was not possible locally) before initial.

After reassessment and counselling, the patient was taught how to take limb circumference measurements at fixed points which could be fed into MedicAid™. Following that online training on leg cleaning, Bandaging and exercises per provided.

Results: A total of 8 online sessions were conducted between 14th and 25th April. On May 8th we found a recurrence and lymphorrhoea, as antibiotics had not been started! She improved with a course of oral penicillin and re-instruction on bandage application

Conclusion: Totally Online CDT initiation is possible

Date	Left (N)		Right (Involved)		
	16-04-2021	16-04-2021	22-04-2021	08-05-2021	23-05-2021
10 cms	20.00	32.50	31.00	30.00	28.50
-10 cms	19.50	27.00	25.00	23.80	23.20
15 cms	21.00	35.00	32.00	31.00	30.00
-15 cms	19.50	25.00	23.70	23.30	22.70
20 cms	23.50	36.50	33.00	32.00	32.00
25 cms	26.50	39.00	35.00	34.00	34.80
30 cms	30.00	39.50	36.60	36.00	36.00
35 cms	32.00	39.00	38.10	37.00	37.00
40 cms	31.00	38.00	38.00	38.00	36.00
45 cms	33.00	39.50	36.00	39.00	37.00
50 cms	35.50	43.50	41.00	42.00	43.00
55 cms	39.50	47.50	44.50	48.00	45.50
60 cms	44.00	52.50	50.00	51.00	50.00
65 cms	47.00	55.50	53.50	54.00	54.00
70 cms	51.00	59.00	58.00	56.50	57.50
75 cms	55.50	63.00	60.50	62.50	61.00
Calc Volume	7561.40	11610.10	10478.00	10654.10	10361.40
Cross on Heal	28.00	36.50	32.90	31.50	30.30

Figure 1. showing the serial wise limb volume measurements

ARUN REKHA

- **Social worker and Counsellor , Entrepreneur**
- **Completed a Lymphedema Therapist Course in USA -2009**
- **Established a** Voluntary Lymphedema Counselling and Therapy clinic, Department of Surgical Disciplines at AIIMS New Delhi. Counselling about 2000 Patients, Conducted 3 clinical trials.
- **Appointed** as India chair for the Lymphatic Education and Research network (LE&RN) from USA in 2016. Successfully conducting an International Conference yearly since then.
- **Executive and Founder member** of NGO S.A.T.H.I. (Society of Administration of Telemedicine and Healthcare Informatics).
- **Past president** of Rotary Club Delhi Safdarjung.
- **Co- Chair Rotary** Cancer Foundations. Member since 2016
- **Awards**1) Recipient of International LE& RN Patients Advocate Award.
- 2) BEST POSTER PRESENTATION 28th World Congress of International Society of Lymphology Athens, Greece, 20-24 September 2021
- **Workshops-** Many workshops and CME on Lymphedema in- AIIMS Bhubaneswar ,Rishikesh, Bhopal , Goa Medical College, Chennai , Hyderabad , Mumbai ...
- **Invited speaker- Turkey, Poland ,Abu-Dhabi.** WUWHS 2022 congress at the Abu Dhabi March 2022. , ASI Odisha Chapter meeting on Lymphoedema, September 2020, King Georg's Medical University ,CME on "awareness and management of lymphoedma in carcinoma Breast patients", October 2021 at Mahatma Gandhi Hospital, Jaipur, India. BALCO Medical Centre, Naya Raipur (Chattisgarh) 15 July a A lecture on lymphoedema care Training of nurses and doctors
- **Presentation** International conferences in Spain, Germany, USA, Hong Kong ,Korea Poland, Melbourne, Rotterdam., Italy.
- **Publications-** published papers on compression therapy in national and inter national Journals.
- **Training of Lymphedema Care-** in various medical Colleges for health care workers.