

MARINA CESTARI

SELF-MANAGEMENT AND SELF-EFFICACY TOOL

Lymphoedema is a life-long condition and the rehabilitative therapeutic model of holistic approach has to include the self-management considering that it is designed to achieve not only short-medium term results, but also in the long term.

Self-management is achieved through therapeutic education (understanding of cause-evolution-cure of lymphoedema), which requires patient's adherence, and caregiver if necessary, which is reachable through an optimal communication (demonstration of empathy-ability to listen and understand discomfort-use of simple language), the evaluation of the characteristics of the patient /caregiver (age, psychological condition, cultural condition) and the respect for their latency time (understand a concept-be aware of it-put it into practice).

Therapeutic education includes information on hygienic-behavioral rules, self-assessment of oedema, skin care, body weight control, physical activity, combined self-management (manual self-drainage, self-bandage), management of the elastic brace.

With regards to the self-efficacy tool for children the visual art methodology is useful for the description of living and self-managing, while for teenagers the use of cameras to take photos is more useful.

Parents experienced difficulty before receiving a diagnosis and an appropriate treatment and younger children found self-management boring and restrictive and felt negative about the limitations imposed by their parents due to the fear of worsening of lymphoedema.

CV

Marina Cestari graduated in Medicine cum laude at the University of Perugia and specialized in Medical Angiology cum laude. She also attended a specialization training at the San Camillo Hospital in Rome inside the School of Angiology of her mentor professor Mauro Bartolo.

She is a member of the Executive Committee of the European Society of Lymphology and scientific manager of the E.S.L. website.

She is founding member and vice-president of the Executive Committee of the Italian Lymphoedema Framework which represents the Italian extension of the International Lymphoedema Framework.

She is member of International Society of Lymphology.

She is head of the angiology out-patients' department and territorial rehabilitative operative unit, in charge of lymphoedema patients, in Domus Gratiae Centre for NHS-Terni-Italy and operates in her own study centre, Pianeta Linfedema, where she carries out scientific researches in lymphological field as well as the conservative treatment for lymphoedema and lipedema with her team.

She has participated as a lecturer at university masters, refresher courses and training in the lymphological field and has been speaker at national and international conferences and congresses.

She has published numerous papers in the lymphological field and mentored experimental university theses on lymphoedema.