

LEG LYMPHEDEMA COMPLEXITY SCORE (LLCS)



A GUIDE TO
LYMPHEDEMA

LEG LYMPHEDEMA COMPLEXITY SCORE (LLCS)

Authors: Robyn Bjork & Heather Hettrick.

Lead Organizations: International Lymphedema & Wound Training Institute, Nova Southeastern University.

Collaborating Organizations: American College of Phlebology, American Venous Forum, Association for the Advancement of Wound Care, Canadian Lymphedema Framework, International Lymphoedema Framework, Lipedema Foundation, Lymphatic Education & Research Network, National Lymphedema Network, World Alliance for Wound & Lymphedema Care.

LEG LYMPHEDEMA COMPLEXITY SCORE & DESCRIPTION

12 Domains (A-L)	0 Nominal Complexity	1 Mild Complexity	2 Moderate Complexity	3 Severe Complexity	4 Extreme Complexity	Score: (0-4)
A Co-morbidities: Refers to any co-presenting condition that impacts overall health. Examples are provided but not limited to these conditions.	No Co-morbidities	1-2 Co-morbidities mild presentations or well controlled, without complications	3 Co-morbidities moderate presentation or fairly controlled, some minor associated complications	4 Co-morbidities or co-morbidities include one or more of the following: <ul style="list-style-type: none"> • DVT • mild to moderate PAD • history of cancer • autoimmune disorder • controlled, insulin dependent diabetes • controlled, compensated CHF • renal disease 	5 or more Co-morbidities or co-morbidities include (not limited to) one or more of the following: <ul style="list-style-type: none"> • active cancer • severe PAD • uncontrolled, insulin dependent diabetes • uncontrolled, uncompensated CHF • end stage renal disease 	
B Limb Edema <i>Score based on most complex or involved limb</i>	No Edema	Mild Edema <ul style="list-style-type: none"> • feeling of fullness or heaviness at the end of the day • swelling resolves overnight when lying flat (Stage 1 Lymphedema)	Moderate Edema <ul style="list-style-type: none"> • worsens throughout the day • does not resolve overnight • shallow folds or creases where base of fold is visible with range of motion (Stage 2 Lymphedema)	Severe Edema <ul style="list-style-type: none"> • deep folds of <10cm depth • base of fold is not visible with range of motion (Stage 3 Lymphedema) If both limbs are severe, score as extreme (4)	Extreme Edema <ul style="list-style-type: none"> • deep folds of 10 cm or more depth • (Stage 3 Lymphedema) 	
C Tissue Texture <i>Score based on most complex or involved limb</i>	Normal <ul style="list-style-type: none"> • elastic, supple, pliable 	Softly Pitting <ul style="list-style-type: none"> • soft, boggy, feels like dough • 1+ to 2+ pitting scale with 15 seconds or less rebound • no areas of fibrotic tissue 	Soft Fibrotic <ul style="list-style-type: none"> • <25% of affected extremity is fibrotic tissue • 3+ to 4+ pitting edema or >15 seconds rebound • skin thickened & difficult to pinch/tent (positive Stemmer's Test) 	Fibrotic <ul style="list-style-type: none"> • 25-50% of affected extremity is fibrotic tissue • difficult to pit; >30 seconds rebound • skin thickened & difficult to pinch/tent (positive Stemmer's Test) If both limbs are severe, score as extreme (4)	Fibrotic & Non-Compressible <ul style="list-style-type: none"> • > 50% of affected extremity is fibrotic tissue • or areas of hard crust or fibrotic tissue that are non-compressible • unable to pinch/tent skin (positive Stemmer's Test) 	

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D	Scars <i>Score based on most complex or involved limb</i>	No Scarring <ul style="list-style-type: none"> no scars on or near affected extremity 	Mild Scarring <ul style="list-style-type: none"> thin, surgical scar on or near affected extremity scar is pale, flat and pliable 	Moderate Scarring <ul style="list-style-type: none"> scar tissue involves ≤10% of affected extremity scar may be thick but remains flexible/mobile 	Severe Scarring <ul style="list-style-type: none"> scar tissue involves >10% to ≤30% of affected extremity and/or scar is inflexible/immobile in one or more areas and/or scars impair major lymphatic pathways (medial thigh or knee, groin) or are circumferential <p><i>If both limbs are severe, score as extreme (4)</i></p>	Extreme Scarring <ul style="list-style-type: none"> scar tissue involves ≥30% of affected extremity and/or scar is inflexible/immobile in one or more areas and limits function/mobility 	
E	Skin Integrity <i>Score based on most complex or involved limb</i>	Intact <ul style="list-style-type: none"> no discernable skin changes 	Intact with Skin Changes <ul style="list-style-type: none"> hem siderin staining or mild redness due to chronic inflammatory process no wetness or open lesions no skin infection (i.e. fungal, cellulitis) in past 6 months 	Not Intact, No Infection <ul style="list-style-type: none"> moist areas between toes or skin folds and/or intertriginous dermatitis no skin infection (i.e. fungal, cellulitis) in past 6 months 	Not Intact, Recent Infection <ul style="list-style-type: none"> lymphorrhea, blistering, oozing, or areas of serous crust and/or denudement, partial thickness wounds no active skin infection history of skin infection (i.e. fungal, cellulitis) in past 6 months <p><i>If both limbs are severe, score as extreme (4)</i></p>	Not Intact, Active Infection <ul style="list-style-type: none"> full-thickness wounds and/or active skin infection (i.e. fungal, cellulitis) 	
F	Skin Changes <i>Score based on most complex or involved limb</i>	Normal <ul style="list-style-type: none"> healthy, smooth skin 	Mild Skin Changes Presents with one or more of the following: <ul style="list-style-type: none"> orange peel or cobblestone appearing skin (mild papillomatosis) hyperkeratosis 	Moderate Skin Changes Presents with one or more of the following: <ul style="list-style-type: none"> soft nodules dry, sandpaper-like mossy lesions mild verrucous hyperplasia 	Severe Skin Changes Presents with one or more of the following: <ul style="list-style-type: none"> hard nodules or knobs soft, mossy lesions that project from surface of the skin moderate verrucous hyperplasia <p><i>If both limbs are severe, score as extreme (4)</i></p>	Extreme Skin Changes Presents with one or more of the following: <ul style="list-style-type: none"> proliferation of knobs forming clusters translucent, vesicular mossy lesions prone to rupture elephantiasis nostras verrucosa 	

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G	Fat Disorders (Lipedema)	None	Stage One <ul style="list-style-type: none"> disproportionate pear shape normal skin surface leg somewhat larger or thicker than average some edema during the day, usually resolves overnight 	Stage Two <ul style="list-style-type: none"> skin texture changes fatty deposits around knees and thighs legs begin to thicken and lose shape skin is rubbery or spongy, feels nodular edema can occur, does not resolve as easily 	Stage Three <ul style="list-style-type: none"> skin texture more like "orange peel" fat nodules easier to detect lobular deformations around knees and thighs larger ankle folds noted swelling more consistent; does not resolve hardening of connective tissues 	Stage Four <ul style="list-style-type: none"> lipo-lymphedema develops complex folds and ridges with persistent swelling large weight gain mobility may be affected skin harder and/or discolored may have presence of lymphorrhea 	
H	BMI*	Normal BMI = 18.5–24.9	Overweight BMI = 25.0–29.9	Class 1 Obesity BMI = 30.0–34.9	Class 2 Obesity BMI = 35.0–39.9	Class 3 Obesity or Morbidly Obese <ul style="list-style-type: none"> BMI = 40.0 + OR BMI = 35 or more and experiencing obesity-related health conditions (Morbidly Obese) 	
I	Mobility	Independent Independent transfers and ambulation, with or without an assistive device	Minimal Assistance Needs minimal assistance for transfers or ambulation, with or without an assistive device	Moderate Assistance Needs moderate assistance for transfers or ambulation, with or without an assistive device	Maximum Assistance Needs maximum assistance for transfers or ambulation, with or without an assistive device	Dependent Wheelchair, chair or bed bound. Non-ambulatory or dependent with transfers	
J	ADLs**	Independent Independent in bathing and dressing, including washing and drying edematous extremities, and donning and doffing appropriate footwear or compression therapy	Minimal Assistance Needs minimal assistance for bathing, dressing and hygiene, including washing and drying edematous extremities, and donning and doffing appropriate footwear or compression therapy	Moderate Assistance Needs moderate assistance for bathing, dressing and hygiene, including washing and drying edematous extremities, and donning and doffing appropriate footwear or compression therapy	Maximum Assistance Needs maximum assistance for bathing, dressing and hygiene, including washing and drying edematous extremities, and donning and doffing appropriate footwear or compression therapy	Dependent Dependent bathing, dressing and hygiene, including washing and drying edematous extremities, and donning and doffing appropriate footwear or compression therapy	
K	Pain/Discomfort-range over past two weeks (0-10 scale)	0	1-2	3-4	5-6	7 or greater	
L	Lymphedema Life Impact Scale (LLIS)	LLIS Score 0	LLIS Score 1-18	LLIS Score 19-36	LLIS Score 37-54	LLIS Score 55-72	

**LEG LYMPHEDEMA
COMPLEXITY TOTAL SCORE**

INTERPRETATION

SCORE	COMPLEXITY
1-12	Mild
13-24	Moderate
25-36	Severe
37-48	Extreme

Please refer to LLCS User Guide for more information on how to use this tool, referral recommendations, and algorithms of care.

*<https://www.cdc.gov/obesity/adult/defining.html>; https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_dis.htm
**This is purposefully general as it is addressed in the LLIS. LLIS used with permission from Janet Weiss, granted March 13, 2017.



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Patient Name:									
Date:					Date:				
LLIS Question (1-18)	Score	Score	Score	Score	LLCS Domain (A-L)	Score	Score	Score	Score
1. Pain					A. Co-morbidities				
2. Heaviness					B. Limb Edema				
3. Tightness					C. Tissue Texture				
4. Size					D. Scars				
5. Movement					E. Skin Integrity				
6. Strength					F. Skin Changes				
7. Body Image					G. Fat Disorders				
8. Socializing					H. BMI				
9. Intimacy					I. Mobility				
10. Depression					J. ADLs				
11. Independence					K. Pain				
12. Knowledge					L. (LLIS)				
13. ADLs					Notes:				
14. Chores									
15. Leisure									
16. Clothing									
17. Sleep									
18. Infections									
Total Score:					Total Score:				

[NOTES:]



ILWTI

International
**Lymphedema & Wound
Training Institute**

NSU

Florida

Dr. Pallavi Patel College
of Health Care Sciences
**NOVA SOUTHEASTERN
UNIVERSITY**



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