

Chronic Oedema Below Knee Assessment

Subjective Assessment

1. How long has the client had swelling? \_\_\_\_\_ years 6 months

2. Where does the client think the swelling is?

3. When is the swelling present?

All day  Certain activities Indicate what activities \_\_\_\_\_

End of the day  After flights \_\_\_\_\_

4. Does the swelling disappear completely overnight or on elevation?  Yes  No  Don't know

5. What position does the client sleep in? BED LYING FLAT WITH ONE PILLOW

6. Has this client been told they have lymphoedema or chronic oedema?  Yes  No

7. Is the swelling related to previous:

Congestive cardiac failure?  Yes  No  Don't know

If yes, current treatment

Cancer treatment?  Yes  No  Don't know

If yes where and what treatment

Hypertension?  Yes  No  Don't know

If yes, current treatment

Previous DVT?  Yes  No  Don't know

If yes where and what treatment

8. Past history of varicose vein surgery or treatment?  Yes  No  Don't know

9. Other medical issues Arthritis in hands.

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10. Has the client undergone treatment for chronic swelling over the past TWELVE months?  Yes  No  Don't know

Management \_\_\_\_\_

11. In the last TWELVE MONTHS how many times have they had an acute infection in the affected area due to the swelling (eg. red rash, feeling unwell, increased swelling and possible flu like symptoms).  0 times

Management: \_\_\_\_\_

12. Does the client leak fluid from their legs?  Yes  No  Don't know

13. Does the client have a leg ulcer?  Yes  No

14. Have they had tests to investigate the swelling?  Yes  No  Don't know

If yes provide details:

15. What medications does the client take? Calcium tablets, Nexium as required

Last GP review 9 months ago

16. Quality of life. If any of the items are not applicable, please write N/A in the relevant answer box(es)

How much does your swollen leg affect the following activities?

	Not at all	A little	Quite a bit	A lot
Your walking	X			
Your ability to bend e.g. to tie shoelaces or cut toenails	X			
Your ability to stand	X			
Your ability to get up from a chair	X			
Your ability to do housework	X			
Does the swelling affect your leisure activities/ social life?	X			

Please give examples of this \_\_\_\_\_

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	Not at all	A little	Quite a bit	A lot
How much does your swollen leg make you depend on other people?	X			
How much do you feel the swelling affects your appearance?		X		
How much difficulty do you have finding clothes to fit?	X			
How much difficulty do you have finding clothes you would like to wear?	X			
Do you have difficulty finding shoes to fit?		X		
Do you have difficulty finding socks/ tights/ stockings to fit?		X		
Does the swelling affect how you feel about yourself?	X			
Does your swollen leg cause you pain?	X			
Do you have any numbness in your swollen leg(s)?	X			
Do you have any feelings of "pins & needles" or tingling in your swollen leg(s)	X			
Does (do) your swollen leg(s) feel weak?	X			
Does (do) your swollen leg(s) feel heavy?	X			

Overall, how would you rate your quality of life at present? Please mark your score on the following scale:

poor excellent  
 0            1            2            3            4            5            6            7            8            9            10

17. What are the client's goals in relation to the swelling in their leg (s)? Reduce The swelling in her feet and ankles so her socks + shoes don't cut in.

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Physical Assessment – Observations

Left leg/foot

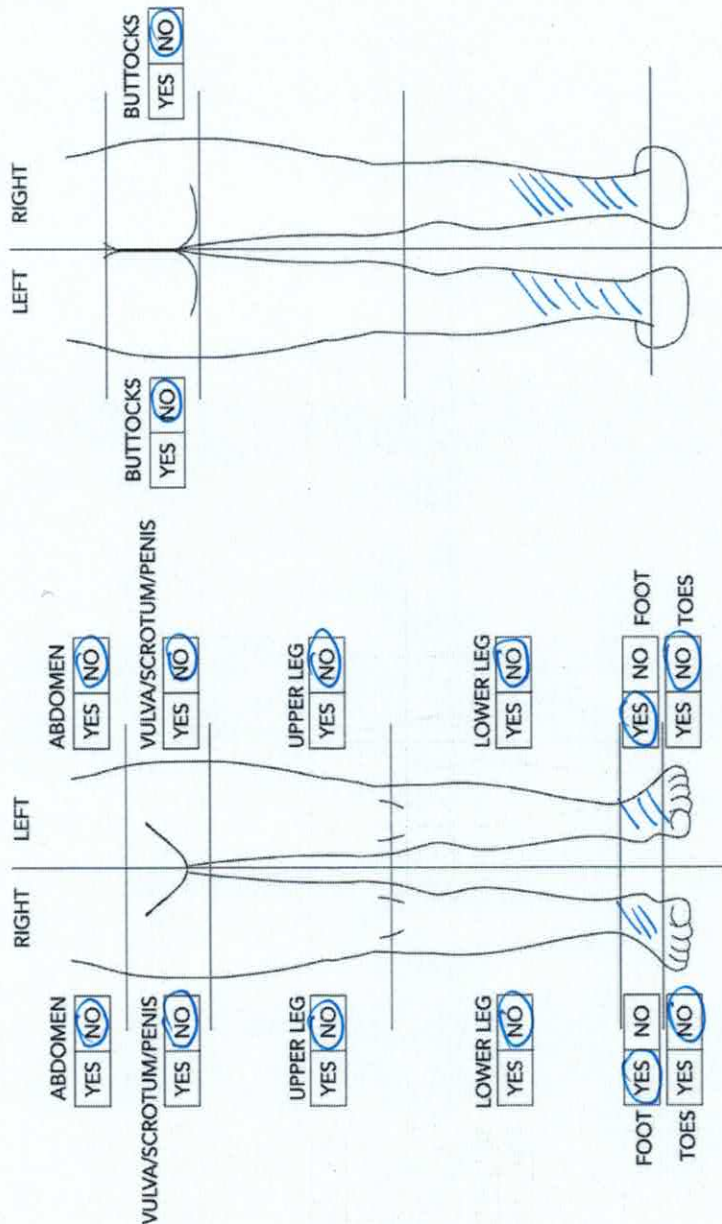
Is the skin colour red below the knee?  
 Yes  
 No

Skin quality below the left knee  
 Dry  
 Normal

Can you see any tinea?  
 Yes  
 No

Is there evidence of an ulcer/skin break / wound?  
 Yes  
 No

Is the temperature of the normal or hot?  
 Hot  
 Normal



Right leg/foot

Is the skin colour red below the knee?  
 Yes  
 No

Skin quality below the right knee  
 Dry  
 Normal

Can you see any tinea?  
 Yes  
 No

Is there evidence of an ulcer/skin break / wound?  
 Yes  
 No

Is the temperature of the normal or hot?  
 Hot  
 Normal

Mark the following on the chart above

- YES/NO - Indicate the area of swelling at each location
- ++++ - Indicate any areas with ulcer/skin break /wound
- - Indicate any areas where the skin is hot
- ||||| lines - Shade any areas with red skin
- ||||| lines - Shade any areas with dry skin

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Physical Assessment – LymphScanner and Pitting test

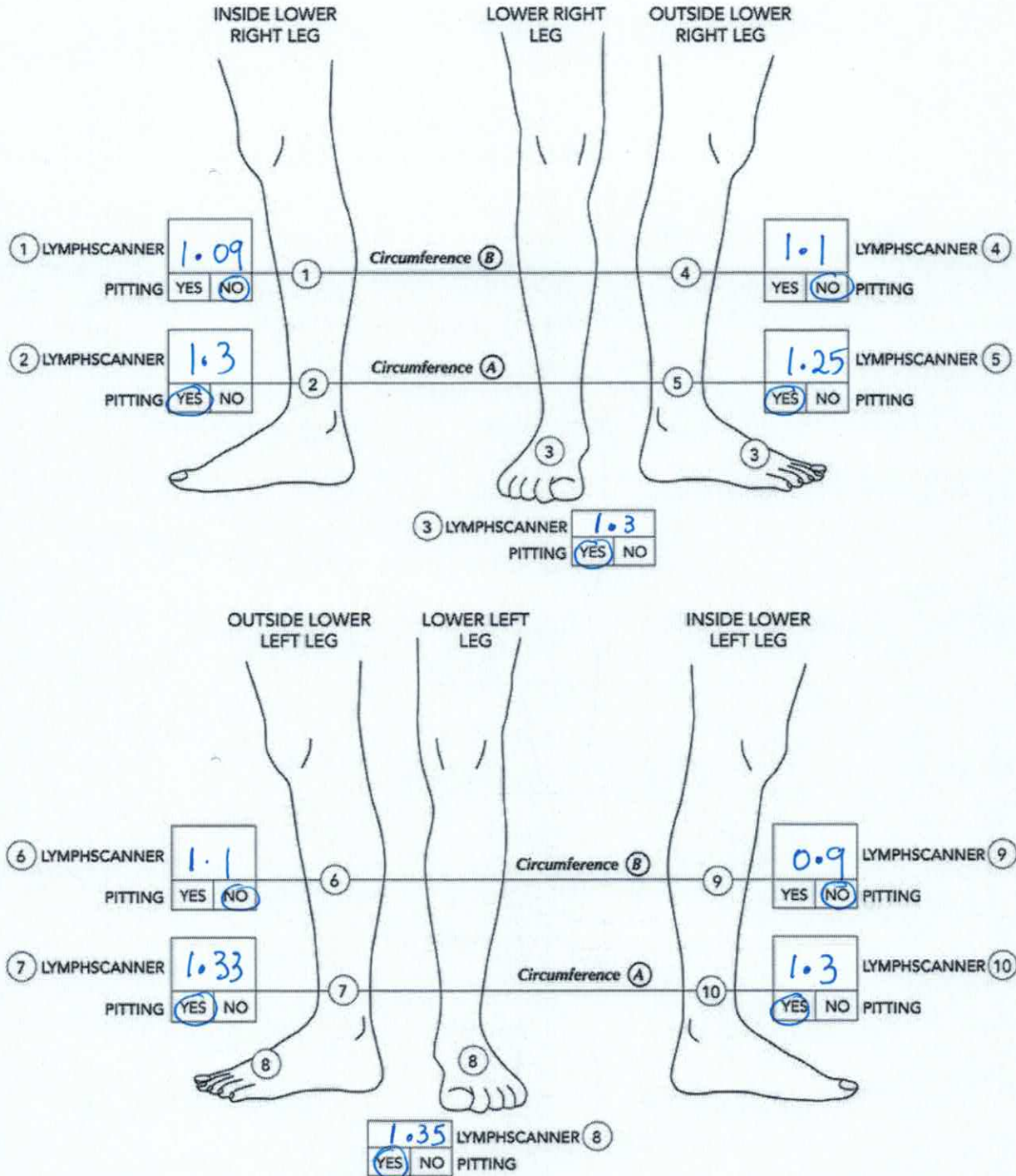
LymphScanner in Spot Mode

Place the LymphScanner on the areas indicated and note the % that is shown on the device

Pitting test (must do LymphScanner first)

With your thumb press down on each of the locations indicated in the diagram to the right. Hold for 30 seconds in each spot and note if pitting oedema is present (YES/NO)

NOTE: Circumference A 10 cm above floor and Circumference B: 30 cm above floor – as marked when completing the circumference measurements



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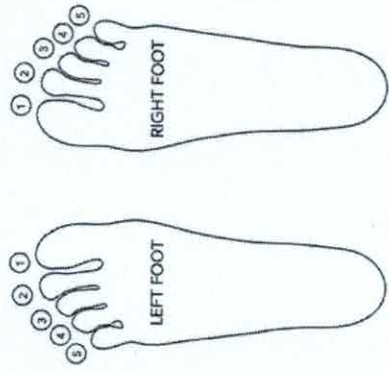
Physical Assessment – Circumference Measurements

NOTE Supine: lying on back, Med (medial): inside, Lat (lateral): outside, MTP (metatarsal-phalangeal joints): base of toes, TMT (tarsal-metatarsal joints): mid foot

Position of patient:  Yes  No Variations: \_\_\_\_\_ Height: 162cm Foot length: 52.8 Weight: 62Kg Time: \_\_\_\_\_

Board levels	Left leg	MTP med: <u>17</u>	TMT med: <u>11</u>	Mid-point Malleoli med: <u>9</u>
		MTP lat: <u>15.5</u>	TMT lat: <u>10</u>	Mid-point Malleoli lat: <u>9</u>
Right leg	MTP med: <u>17</u>	TMT med: <u>11</u>	Mid-point Malleoli med: <u>9</u>	
	MTP lat: <u>15.5</u>	TMT lat: <u>10</u>	Mid-point Malleoli lat: <u>9</u>	

		Left leg		Right leg		Difference	Toes	Left foot		Right foot		Difference
		MTP	TMT	MTP	TMT			1	2	3	4	
Circumference A	10cm	<u>22.5</u>	<u>23.0</u>	<u>22.5</u>	<u>23.0</u>	<u>0.5</u>		<u>7.5</u>	<u>7.7</u>	<u>4.5</u>	<u>4.6</u>	<u>0.1</u>
	20cm	<u>21.0</u>	<u>21.5</u>	<u>21.0</u>	<u>21.5</u>	<u>0.5</u>		<u>4.3</u>	<u>4.4</u>	<u>4.3</u>	<u>4.4</u>	<u>0.1</u>
Circumference B	30cm	<u>24.5</u>	<u>24.5</u>	<u>24.5</u>	<u>24.5</u>	<u>0</u>		<u>4.1</u>	<u>4.2</u>	<u>4.1</u>	<u>4.2</u>	<u>0.1</u>
	40cm	<u>36.5</u>	<u>36.5</u>	<u>36.5</u>	<u>36.5</u>	<u>0</u>		<u>4.4</u>	<u>4.4</u>	<u>4.4</u>	<u>4.4</u>	<u>0</u>
	50cm	<u>40.2</u>	<u>40.4</u>	<u>40.2</u>	<u>40.4</u>	<u>0.2</u>						



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