

Update on Saskatchewan Lymphedema Working Group Initiatives

Glenda Cook, LAS Past president 2015

Introduction

- Breast Cancer Survivor, Stage 2 Arm/Hand Lymphedema
- Past LAS Board Member, 2009-2014
 - Vice-President and President
- LAS representative on the Saskatchewan Ministry of Health's Lymphedema Working Group and Working Group on Implementation 2011-2013
- Lymphedema Patient Advocate

Lymphedema Working Group

- **October 2011:**
 - The Ministry of Health convened a Working Group to review **best practices, services, policies, procedures** in the prevention and treatment of lymphedema in the province of Saskatchewan.
 - Working Group: representatives from the Ministry of Health, Regional Health authorities, lymphedema service providers and lymphedema patients.

Lymphedema Working Group

- **Tasks were identified and completed:**
 - An environmental scan of current services in the province
 - Research on best practices, diagnosis and treatment
 - Presentation by a practicing CDT therapist
 - Gaps and needs in prevention, assessment and diagnosis, education, training, programs, services and policies were identified

Lymphedema Working Group

- **April 2012:**
 - A summary report outlining possible solutions to address gaps in lymphedema services was submitted to Minister of Health (**The Lymphedema Working Group 2011-12 Summary Report**)
- **Minister of Health Response:**
 - **\$100,000** in funding towards education, prevention and training
 - **\$250,000** provided to SAIL for the purpose and distribution of compression pumps
 - Review of the policy and processes for the SAIL Compression Pump and Garment Program

Lymphedema Working Group

- **November 2012:**
 - A new Lymphedema Working Group on Implementation was been established to contribute to **four prevention and education initiatives and policy and process review of the SAIL Compression Pump and Garment programs**
 - Working Group: representatives from the Ministry of Health, Regional Health authorities, lymphedema service providers and lymphedema
 - Meetings from November 2012 to March 2013

Lymphedema Working Group

- **Minister of Health commitment:**
 - Provision of education and training to regional health care providers regarding prevention and management of primary and secondary lymphedema and post surgical lymphedema treatment of patients.
 - Complex Decongestive Therapy Training (CDT) will be offered to therapists throughout the province to build capacity in all health regions.

Health Regions with CDT Therapists

- Regina Qu'Appelle
- Saskatoon
- Five Hills
- Sunrise
- Sun Country
- Prairie North
- Heartland
- Cypress Hills
- Kelsey Trail
- Mamewetan-Churchill River

Saskatchewan CDT Therapists



Health Regions with Complex Decongestive Therapists

Sunrise Health Region *
Cornerstone Therapies
200 Bradbrooke Drive
Yorkton, SK S3N 2K5
306-786-0178
(2 therapists)

**Prairie North Regional Health *
Authority (PNRHA)**
Primary Health Centre
11427 Railway Avenue
North Battleford, SK S9A 3G2
306-446-6423
(through Community Occupational
Therapist)

**Prairie North Regional Health *
Authority**
Dr. Cooke Ext. Care
3915-56 Avenue
Lloydminster, Alberta T9V 0Z7
780-871-7918 for appointment
Therapist: Kathy Dumouchel, BSCOT
780-871-9917
email: kathy.dumouchel@pnrha.ca

Sun Country Health Region *
Tatagwa View
808 Souris Valley Road
Weyburn, SK S4H 2Z9
306-842-8443

Kelsey Trail Health Region *
Nipawin Hospital
PO Box 389
80-6th Street East
Nipawin, SK S0E 1E0
306-862-9822

Five Hills Health Region *
Therapies Department
Moose Jaw Union Hospital
455 Fairford Street East
Moose Jaw, SK S6H 1H3
306-694-0201
306-691-6525

**Regina Qu'Appelle Health Region
(RQHR)**
Pasqua Hospital Therapies Dept.
4109 Dewdney Avenue
Regina, SK S4T 1A5
306-766-8600
Therapists:
Diane L. Miller, RPT * &
Tracy Gardikiotis *
Email: diane.miller@rqhr.ca
Email: tracy.gardikiotis@rqhealth.ca

City Hospital *
701 Queen Street
Saskatoon, SK
306-655-8208

**Mamawetan Churchill River
Health Region ***
La Ronge Health Centre
Backlund Street
La Ronge, SK S0J 1L0
306-425-4829 Fax: 306-425-3298
ATTN: Judy Mayotte
Therapist: Judy Mayotte
Email: Judy.Mayotte@mcrrha.sk.ca

Saskatoon Health Region *
Royal University Hospital
Physiotherapy Department
103 Hospital Drive
Saskatoon, SK
306-655-2431

Cypress Health Region *
Swift Current and surrounding rural
centers
306-778-9511 (homecare manager)

Heartland Health Region *
Unity Integrated Health Centre
Box 741
Unity, SK S0K 4L0
306-228-2666 ext. 281
Therapist: Courtney Maze, PT
Email: courtney.maze@hrha.sk.ca

***Please see complete list of public and private
CDT therapists on LAS website**

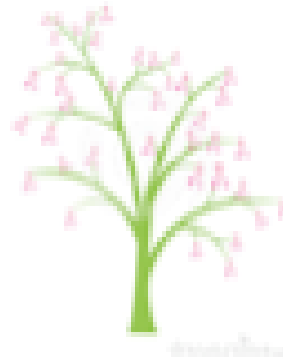
Lymphedema Working Group

- **Minister of Health commitment:**
 - Development of a breast cancer patient education resource and video.
 - Maintenance and enhancement of printed patient education materials and distribution of information to the regional health authorities.

Your Journey Breast Cancer Resource

Your Journey

a guide for women diagnosed with
breast cancer



Your Journey Breast Cancer Resource

- Written resource and video
- Distributed to newly diagnosed breast cancer patients at various entry points after diagnosis throughout the health regions
- 1000 copies printed
- Available online on the Saskatchewan Ministry of Health Website (search breast cancer)

<http://www.saskatchewan.ca/live/health-and-healthy-living/health-topics-awareness-and-prevention/diseases-and-disorders/cancer/your-journey--a-guide-for-women-diagnosed-with-breast-cancer-lymphedema>

Lymphedema Working Group

- **Minister of Health commitment:**
 - Development and implementation of a referral protocol to specialized lymphedema services throughout the province to enhance treatment to patients in a timely manner.
 - Development and implementation of a post surgical referral protocol to regional health authority rehabilitation therapies departments therefore enhancing the continuum of care and timely access to rehabilitation post treatment.

Lymphedema Working Group

- **Ministry of Health commitment:**
 - Review of the policy and processes for the Saskatchewan Aids to independent Living (SAIL) Special Needs Equipment Program and Compression Garment Program.
 - Purchase and distribution of compression pumps that meet best practise standards and maximize benefits to patients.

Saskatchewan Health Coverage

- **Updated SAIL coverage:**
 - 2 compression day garments per affected limb for every 6 months
 - 1 night garment every 2 years
 - Compression bandaging supplies
 - Swell spots (localized compression pads), fibrosis/scar pads
 - Garment accessories (adhesive glue, stocking applicators, rubber gloves, etc....)
 - Funding assistance for 12-chambered pumps for primary lymphedema

www.health.gov.sk.ca/sail

Lymphapress



**Lymphapress Optimal® Model
1201**

Conclusion

- We have made significant strides in lymphedema awareness and treatment services in Saskatchewan.
- Patient voice is vital in identifying needs and gaps in lymphedema care.
- Need further work in health care provider education, funding for treatment services, referral process, and lower extremity and breast cancer edema pathways.