Exploring the Psychosocial Impact of Physical Therapy Intervention on People Living with Lymphedema

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Background: Lymphedema is a debilitating condition that has a negative psychosocial impact on affected individuals. These challenges are important to physical therapists, who play a significant role in the treatment of lymphedema and strive to understand the psychosocial impact of the condition on a patient’s overall well-being.

Goal: This research aims to engage in inquiry that centers on the physical therapy experiences of people with lymphedema, and is guided by the following research question:

Research Question: How do people living with lymphedema perceive the impact of the physical therapy experience upon disease management?

Methods:
- A qualitative approach using conventional content analysis
- Conventional content analysis specifically describes the phenomenon under study
- Data collection: semi-structured 1:1 interviews. 11 open ended questions

Participants: Purposeful sampling with snowball methods, 5-8 people with primary or secondary lymphedema of the upper or lower extremities, who have received at least 6 weeks of physical therapy to help with the management of lymphedema.

Data Analysis
- Data analysis, trustworthiness measures to be employed, compose manuscript draft

Impact
This research uniquely uses qualitative methods to understand perspectives of people with lymphedema.

This addresses the problem of understanding how the physical therapy experience impacts quality of life.

Clinical Relevance: This topic has not been a focal point of research, and further exploration could improve the approach physical therapists take when managing patients with lymphedema, aiming to improve their quality of care and quality of life.

References