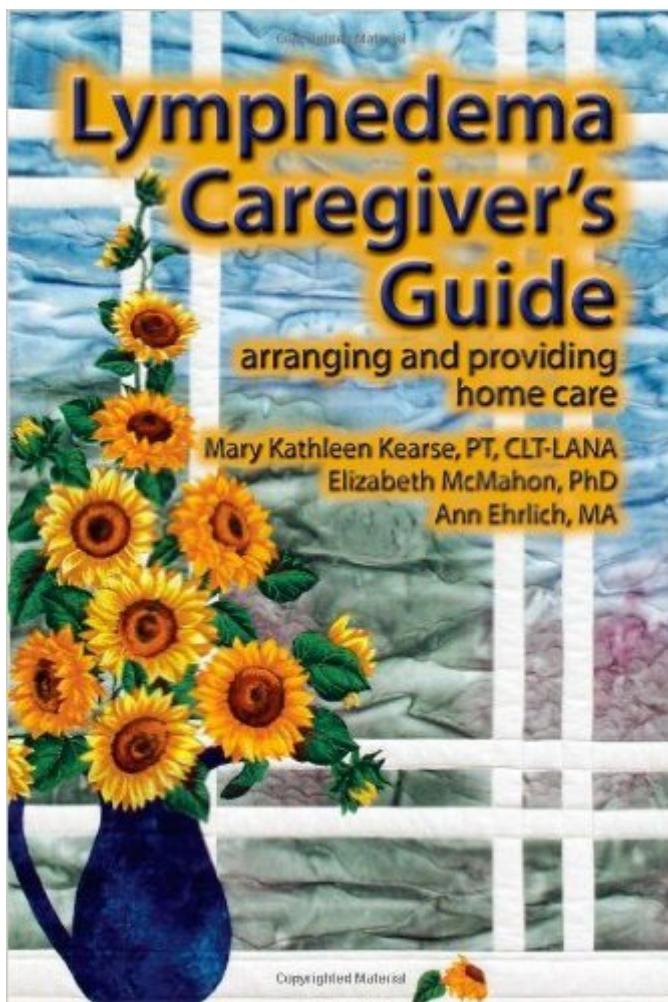


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# Lymphedema Caregiver's Guide: Arranging And Providing Home Care



## Synopsis

Caregiver's Guide is the first book to provide detailed instructions for caregivers on all aspects of lymphedema (or lymphoedema) home care including physical care (skin care, simple lymph drainage, compression, exercise, etc.), communications skills and emotional support, and activities of daily living. Caregivers will also learn ways to protect themselves from injury and burnout. Caregiver's Guide outlines a systematic approach to determining the patient's care needs, arranging care, and coordinating multiple caregivers. Trained lymphedema caregivers are in short supply now and we face a 'care gap' in the near future as the number of people needing care increases while the pool of potential family caregivers shrinks. This book is an important first step in the process of providing trained caregivers. This book will help: \* People with lymphedema and their families and friends understand what care is required, locate caregivers and other resources, and navigate the reimbursement maze. This book also covers coordinating multiple caregivers, preparing the home for care, and many other practical topics. \* Caregivers understand lymphedema, their role in lymphedema care, specific skills for providing physical care and emotional support, and how to manage equipment and supplies for home care. They will also learn ways to protect themselves from physical injury and emotional burnout as caregivers. \* Lymphedema therapists work more effectively with their patients and the patient's caregivers. \* Home care planners and administrators understand lymphedema and the special requirements of lymphedema home care. About the authors: \* Mary Kathleen Kearse, PT, CLT-LANA, has worked full time with lymphedema patients for nine years and practiced physical therapy for 24 years. \* Elizabeth McMahon, PhD is a clinical psychologist and co-author of *Living Well with Lymphedema*, author of *Overcoming the Emotional Challenges of Lymphedema*, and co-editor of *Voices of Lymphedema*. \* Ann Ehrlich, MA is a professional medical writer, co-author of *Living Well with Lymphedema*, and co-editor of *Voices of Lymphedema*.

## Book Information

Paperback: 472 pages

Publisher: Lymph Notes; 1 edition (February 27, 2009)

Language: English

ISBN-10: 0976480670

ISBN-13: 978-0976480679

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.6 pounds ([View shipping rates and policies](#))

Average Customer Review: 4.6 out of 5 stars  See all reviews  (11 customer reviews)

Best Sellers Rank: #1,209,567 in Books (See Top 100 in Books) #32 in  Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Home Care #106 in  Books > Medical Books > Medicine > Home Care #123 in  Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Caregiving

## **Customer Reviews**

I gave this book 5 STARS, but the site incorrectly registered 2 stars. The Lymphedema Caregiver's Guide is THE source book on understanding and treating this chronic disease. This latest edition is full of invaluable information and a must-read/must-have for health-care practitioners, patients, and caregivers.

My daughter has severe Lymphedema in both legs. The hospital we use for her treatment and instructions for wrapping has very limited resources and instruction material and it is a very large, well known hospital. They gave me one lesson in wrapping and sent us on our way. Lymphedema is a very serious condition and is not curable. This book was such a great help and I felt there were others out there that were going through what we were. It's a great source of information and compassion.

This is an excellent and comprehensive book for anyone who is dealing with lymphedema or is caring for someone who does. There are so many issues around this little understood and undertreated disorder. This book helped me to be able to have sound facts and knowledge with which to speak to health care professionals.

This comprehensive and well organized guide provides a good source of information for lymphedema caregivers and patients alike. I will recommend this resource to my patients.

This is a very informative book and easy to understand. Thanks to the authors for a great job. Liliya V. Jones, MD, PT, CLT

Excellent & very broad range of information for those with lymphedema & their caregivers. A great resource for whatever questions may arise.

As a lymphedema sufferer of 20 years and counting, I wish I had this book two decades ago. The proper name for this book is the LYMPHEDEMA OWNER'S MANUAL. Yes, it's that good. There are a few parts I would question, but we are each unique, what did not work for me over the years very well could work for someone else, just consider that not every aspect of this book will cover all of the odd aspects that each person has who suffers from lymphedema. The book is worth its weight in gold in just the chapter labeled Simple Lymphedema Drainage (SLD). The techniques demonstrated and explained within this book are spot on for those of us suffering from any aspect of Lymphedema. I also have an advanced situation with May Thurner Syndrome so the compression therapy section of the book no longer applies to me. Perhaps it would have had I been taught about compression therapy earlier in the disease process. This book would have been handy to have had back then, maybe then today I could tolerate the compression garments.

I learned some very necessary information with this book. It was recommended by my lymphedema specialist and was worth the purchase. If you have lymphedema, you should have this book.

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