

For patients with chronic oedema, it is crucial, where possible, that they engage in their care. Self-care can offer a means to maintain or even improve the capacity to live well over time¹.



Patients Need to Be

Willing



Health literate



At the centre of your decision making and care delivery



Supported



¹Grady and Gough, 2014

Physical and mental ability

- Can the patient physically reach the limb and apply and remove the compression garment/wrap?
- Can they understand their treatment and care?
- Are they mentally and physically able to self-care?

Support/situation

- Are they dependent on carers or family for care delivery?
- Are there financial constraints which might form a barrier?

Motivation

- Do they understand why self-care will help them?
- Are they willing and ready to carry out self-care?
- Will they be willing to manage lifestyle factors such as weight, nutrition, smoking, drinking etc?
- Have they had any negative experiences in the past which might influence how well they cope?

Promoting self-care can empower patients and reduce nursing workloads. Patients should never feel abandoned but should have support available as needed.