

Study Protocol

Title of Study: Can an adjustable compression garment replace compression bandaging in the treatment of patients with Breast Cancer related upper limb Lymphoedema? A pilot study

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Study Protocol

Intervention: Participants will attend the Physiotherapy Department in Sligo University Hospital for treatment. They will receive Complex decongestive Therapy consisting of 5 Manual Lymphatic drainage treatments, each followed by wrapping with coban compression wrapping (Control Group- standard treatment) or an adjustable compression garment (Experimental Group).

Limb Volume will be measured pre –treatment, after 3 treatments and on the last appointment by a blinded assessor.

All participants will be given advice on exercises, skin care, and weight management.

Main outcome measure:

Limb Volume measured using the truncated cone formula

Secondary Outcomes: Quality of life using Short Form 36 Questionnaire

Objectives of Study:

1. Evaluate the effect that an adjustable compression garment has on Lymphoedema volume.
2. Explore how this new therapy compares to the current standard treatment
3. Identify any adverse effects.