Health Care Professionals (HCP) Questionnaire on Reducing the Risk of Breast Cancer Related Lymphoedema

My name is Melanie Thomas and I am the National Clinical Lead for Lymphoedema Services in Wales. I am also in my 5th year of my Doctorate at Swansea University; this questionnaire is part of my final study into investigating perceptions of HCP's on reducing the risk of lymphoedema after breast cancer. I have received ethical approval from the College of Human Health Sciences at Swansea University. The data received will be analysed and published after the thesis is completed. If you would like to participate in completing the questionnaire, informed consent will be assumed. I will ensure that you will not be identified from your individual responses. The questionnaire will take approximately 10-20 minutes to complete and can be posted back to me at:

Melanie Thomas
Lymphoedema Network Wales
Cimla Health and Social Care Centre
Cimla
Neath
SA11 3SU

Alternatively email to: Melanie.J.Thomas@wales.nhs.uk

1. Please indicate whether you are
   □ Male or □ Female

2. What is your age group?
   □ 18-24       □ 25-34
   □ 35-44       □ 45-54
   □ 55-6        □ 65+

3. What type of HCP are you?
   □ Nurse       □ Physiotherapist
   □ Occupational Therapist       □ Doctor
   □ Health care assistant        □ Academic
   □ MLD Therapist               □ Other.................................................................

4. What NHS band are you?
   □ Band 2       □ Band 3
   □ Band 4       □ Band 5
   □ Band 6       □ Band 7
   □ Band 8 +     □ Not Applicable

5. In which part of the UK do you live?
   □ England       □ Northern Ireland       □ Scotland       □ Wales

6. How long have you worked in Lymphoedema?
   □ 1 year or less       □ 2-4 years
   □ 5-8 years            □ 8-12 years
   □ 13-19 years          □ 20+ years

7. How important do you think Risk Reduction/Prevention of Lymphoedema is with breast cancer patients?
8. How much of your time is dedicated to breast cancer related lymphoedema risk reduction/prevention on average per day?
- nil
- less than 1 hour
- 1-3 hours
- 3 hours plus to 5 hours
- more than 5 hours

9. How would you rate your knowledge of risk reduction/prevention of breast cancer related lymphoedema recommendations?
- excellent
- good
- satisfactory
- poor
- very poor

10. Do you provide written information on risk reduction/prevention of lymphoedema for breast cancer patients?
- Yes
- No

11. When do you think is the best time to provide information to breast cancer patients on lymphoedema?
- on diagnosis
- prior to surgery
- post surgery
- radiotherapy
- chemotherapy
- 1 year post surgery
- reinforce throughout cancer journey
- should not provide prevention information

12. In your opinion do you think the incidence of breast cancer related **arm lymphoedema** has changed since Sentinel Lymph Node biopsy has been introduced?
- increased
- decreased
- unchanged
- Unsure

13. In your opinion do you think the incidence of breast cancer related **breast oedema** has changed in the last 5 years?
- increased
- decreased
- unchanged
- Unsure

14. How important is educating breast cancer patients on cellulitis?
- very important
- important
- neutral
- not important

15. Do you specifically educate breast cancer patients about cellulitis signs and symptoms and antibiotic treatment?
- Yes
- No

16. If you see patients for risk reduction/prevention of breast cancer related lymphoedema do you:
- Weigh them
- yes or no
- Take their height
- yes or no
- Work out their BMI
- yes or no

17. If patients have a BMI over 25 do you recommend that they reduce their weight to decrease the risk of lymphoedema?
- Yes
- No

18. Do you encounter any barriers to delivering lymphoedema risk reduction recommendations to breast cancer patients?
- Yes
- No
If yes please comment why
19. Please respond to the following statements whether you strongly disagree, disagree, neutral, agree or strongly agree on what you think should be taught to all breast cancer patients in reducing their risk of lymphoedema

<table>
<thead>
<tr>
<th>Please tick one box for each statement</th>
<th>Strongly Disagree 1</th>
<th>Disagree 2</th>
<th>Neutral 3</th>
<th>Agree 4</th>
<th>Strongly Agree 5</th>
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<td>Reduce weight to BMI 25 or less</td>
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<td>Exercise daily with recommended exercises</td>
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<td>Exercise 5 times a week for 30 minutes duration</td>
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<td>Do not use the sauna</td>
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<td>Avoid hot tubs</td>
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<td>Avoid extreme temperatures</td>
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<td>Do not have blood pressure monitoring on your affected side</td>
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<td>Avoid any form of venopuncture/ injections on your affected side</td>
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<td>Avoid acupuncture on your affected side</td>
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<td>Do not have a tattoo on your affected side</td>
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<td>Do not participate in any complimentary therapies e.g. reflexology, massage, aromatherapy</td>
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<td>Moisturise every day to prevent infections</td>
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<td>Avoid repetitive activities such as pushing or pulling</td>
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<td>Do not carry your bag on your affected side</td>
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<td>Do not lift over 2Kg in weight on your affected side</td>
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<td>Do not take dogs for a walk in case they pull your affected side</td>
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<td>Do not smoke</td>
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<td>Do not sunbathe</td>
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<td>Do not do any extreme sports</td>
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<td>You must wear a garment whilst going on the aeroplane</td>
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<td>Do not wear any tight jewellery or clothing on your affected side</td>
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<td>Use insect repellent whilst on holidays</td>
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<td>Wear gloves whilst gardening to prevent infections</td>
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<td>Protect your skin from scratches, cuts and burns</td>
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Treat any fungal infections promptly

Avoid underwire bras

20. If you could only teach three things to breast cancer patients to reduce the risk of lymphoedema based on evidence; what would they be?

1.  

2.  

3.  

21. Please respond to the following statements whether you strongly disagree, disagree, neutral, agree or strongly agree on how to improve dissemination of reducing the risk of lymphoedema to breast cancer patients.

<table>
<thead>
<tr>
<th>Please tick one box for each statement</th>
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<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly Agree</th>
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<tr>
<td>Have dedicated staff to offer one to one sessions on reducing the risk of lymphoedema to all breast cancer patients</td>
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<td>Have dedicated staff to offer reducing the risk of lymphoedema group sessions to all breast cancer patients</td>
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<td>Development of National ‘reducing the risk of lymphoedema’ leaflets</td>
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<td>Development of video prescriptions/ mobile apps on phones/ tablets in reducing the risk of lymphoedema</td>
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<td>Development of a self-measurement guide to check size of the arms</td>
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<td>Make taking arm measurements pre-operatively mandatory</td>
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<td>Allow all breast cancer patients to self-refer to their nearest lymphoedema clinic if they have symptoms of lymphoedema</td>
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Many thanks for answering these questions and I really appreciate your help. If you have any other comments you would like to make about reducing the risk of breast cancer lymphoedema please let me know:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Melanie Thomas

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