

**DEVELOPMENT OF A PHYSICAL THERAPY PATIENT-CARE PLAN
FOR BREAST CANCER RELATED LYMPHEDEMA UTILIZING
COMPLETE DECONGESTIVE THERAPY AND
INTERMITTENT PNEUMATIC COMPRESSION**

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ABSTRACT

Breast cancer is the most common cancer in the world and the improvements in therapeutics have led to improved survival rates (Treede et al., 2019). Breast cancer-related lymphedema is a progressive swelling due to the accumulation of protein and fluid in the interstitial space that may occur after removal of, or damage to, lymph nodes or lymphatic vessels as is common during cancer treatment (Gillespie et al., 2018). The internationally accepted current recommended best practice for lymphedema treatment commonly known as Complete Decongestive Therapy (Michopoulos et al., 2020). Intermittent Pneumatic Compression is an adjunct modality for controlling lymphedema (Dunn, et al., 2022). The aim of this study was to develop a Physical Therapy Patient-Care Plan for Breast Cancer Related Lymphedema utilizing Complete Decongestive therapy and Intermittent Pneumatic Compression. The results revealed that Complete Decongestive Therapy in combination with Intermittent Pneumatic Compression is most effective in stage 2 Breast Cancer Related Lymphedema. Moreover, the study also indicated that it was effective in both phases of lymphedema treatment, well tolerated and remarkably free of complications. Lastly, the experts considered the developed plan of care acceptable in Breast Cancer Related Lymphedema management. It was concluded in the study that optimal treatment parameters should be followed to ensure effectiveness of Complete Decongestive Therapy in combination with Intermittent Pneumatic Compression in Breast cancer Related Lymphedema.

Keywords: Breast Cancer Related Lymphedema, Complete Decongestive Therapy, Intermittent Pneumatic Compression