



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA





Night-time Compression for Breast Cancer Related Lymphedema (LYNC): A Randomized Controlled Efficacy Trial



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STUDY TEAM

Principal Investigators:

- Dr. Margaret McNeely

Vancouver Investigator

- Dr. Kristin Campbell



Physicians:

- Dr. Urve Kuusk
- Dr. Elliott P. Weiss

Lymphedema therapist:

- Fatima Inglis



CIHR IRSC
Canadian Institutes of Health Research Institut de recherche en santé du Canada



WHY?

- 24,000 Canadian women develop breast cancer every year
- 88% will survive at least 5 years



LYMPHEDEMA IN CANADA

- Approximately 50,000 breast cancer survivors in Canada have developed lymphedema
- 20,000 are living with the progressive form of the condition



LIVING WITH LYMPHEDEMA

- Functional limitations
 - Pain
 - Risk of infections in the arm
-
- Limited support
 - Inadequate information
 - Increased medical expenses

COMPRESSION BANDAGING

- Complicated technique
- Often a family member is needed for help
- Time consuming to apply bandaging
- A challenge to achieve consistent pressure of the bandage
- Poorly applied bandages are *ineffective* and can cause *discomfort* which can disturb sleep and require removal or reapplication of the bandages





NIGHT-TIME COMPRESSION SYSTEM GARMENT





NIGHT-TIME COMPRESSION SYSTEM GARMENT

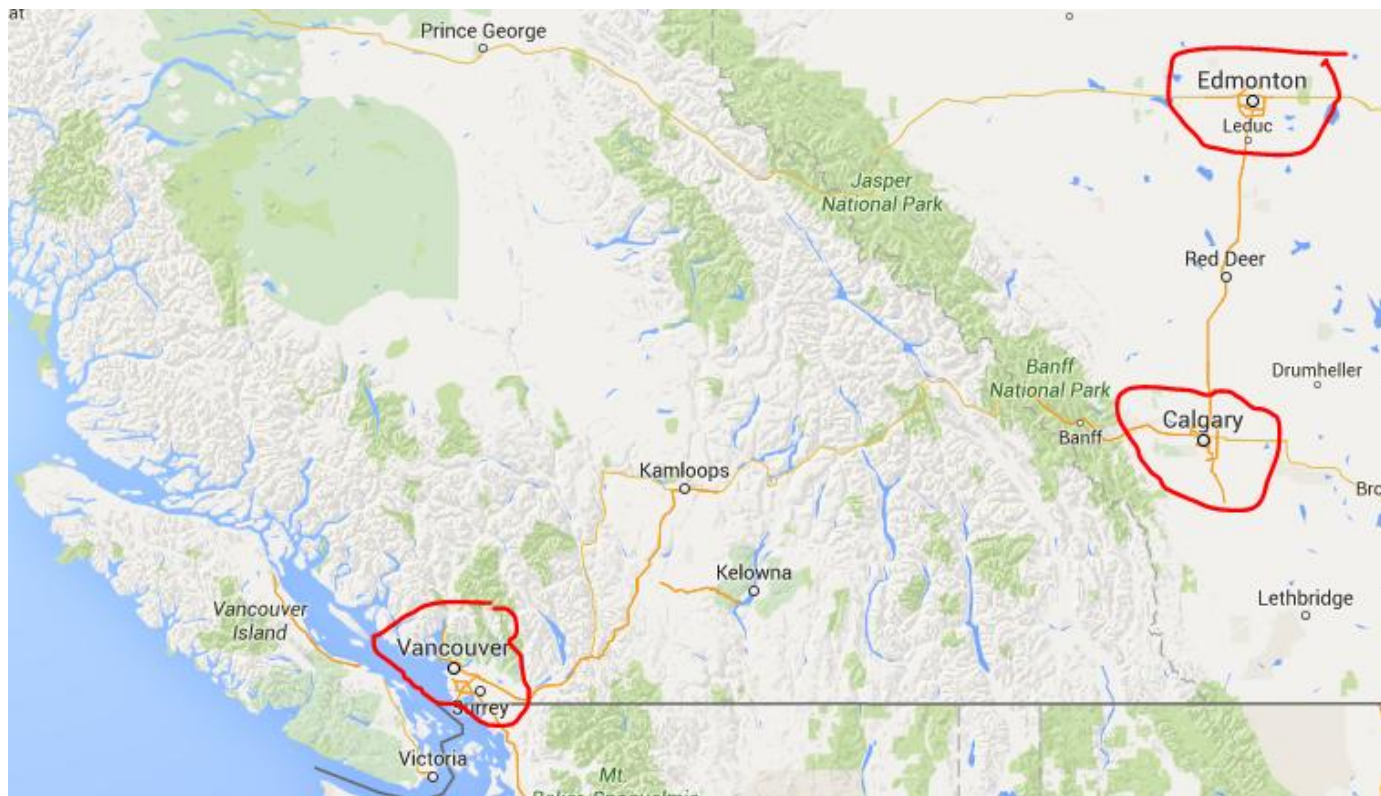
- simple to use
- easy to adjust
- apply gentle pressure to the arm through a garment with a foam liner and a series of adjustable straps
- non-elastic and provide low resting pressure on the arm
- safe to wear while sleeping at night
- alternative self-management strategy

AIM

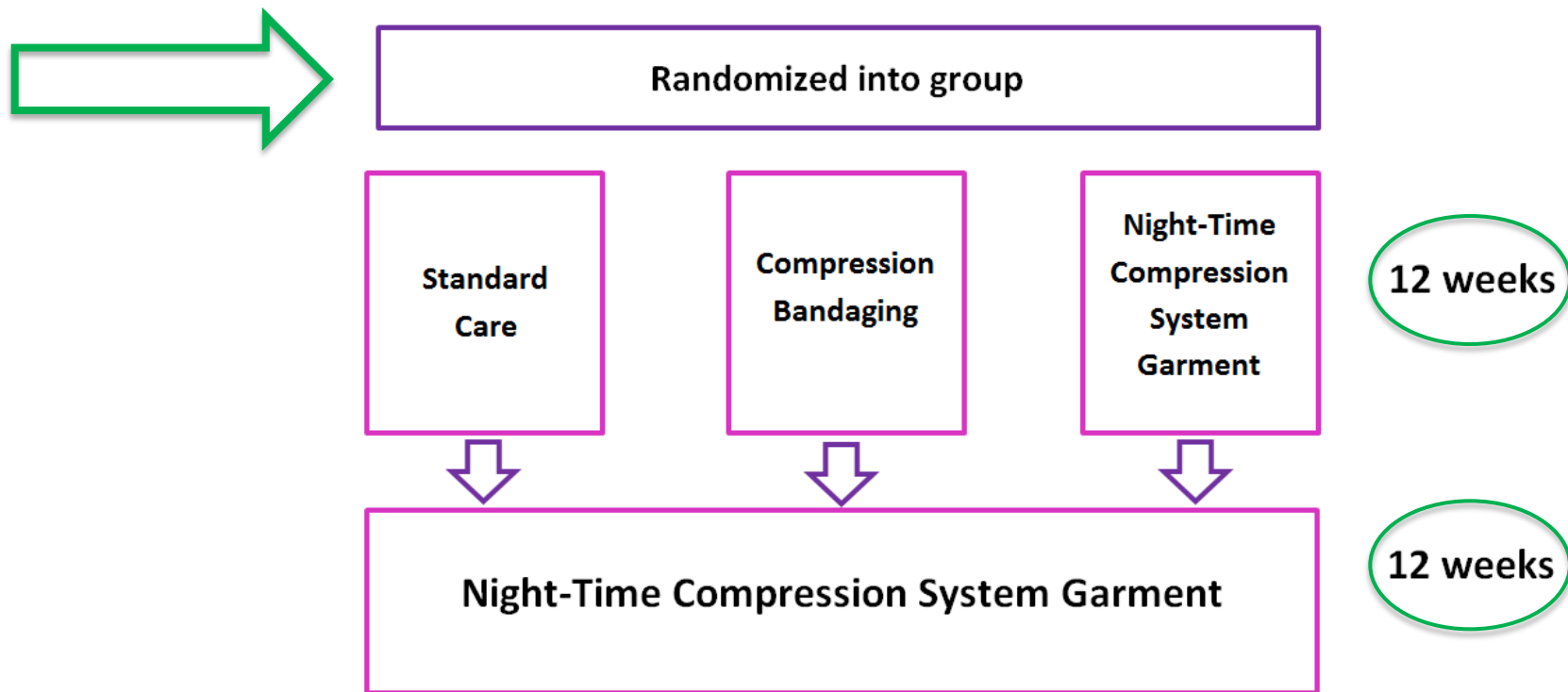
1. Night-time compression can improve control of arm lymphedema
2. Night-time compression can improve
 - Quality of life
 - Sleep quality
 - Arm function
3. If Night-time Compression System Garment is beneficial over Compression Bandaging



STUDY SITES



STUDY DESIGN



STUDY OUTLINE



3 GROUPS

1 GROUP

ARM ASSESSMENT

- Arm volume: perometer
- Arm fluid: bioimpedence analysis
- Questionnaire



GROUP 1: DAY-TIME SLEEVE ONLY

- Day-time compression sleeve
- 6-week: evaluate response
- 12-week: women in this group will be fitted for a NCSG
- 18-week and 24-week: evaluate response to the NCSG treatment

GROUP 2: NIGHT-TIME COMPRESSION BANDAGING

- Instructed in the application of night-time multi-layered CB by the physical therapist
- Wear the CB at night while sleeping
- Day-time compression sleeve
- 6-week: evaluate response to the CB protocol
- 12-week: women in this group will be fitted for a NCSG
- 18-week and 24-week: evaluate response to the NCSG treatment

GROUP 3:

NIGHT-TIME COMPRESSION SYSTEM GARMENT

- Women will be fitted with NCSG by the physical therapist
- Wear the NCSG at night while sleeping
- Day-time compression sleeve
- 6-week, 12-week, 18-week and 24-week: evaluate response to the treatment



PARTICIPANTS

1. Women with a history of breast cancer
2. Lymphedema in one arm only
3. Have completed all primary and adjuvant cancer treatments
4. Not pursue any other lymphedema treatments
5. Have own properly fitted compression day-time sleeve
6. No current use of night-time compression



INTERESTED IN LEARNING MORE?

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Thank you!