



Baxter Regional Medical Center

Project Title: Lymphedema Outreach Program/Training Project

Amount: \$15,633

Project Description:

To help raise statewide Lymphedema awareness with physical therapists and nursing staffs at Arkansas hospitals and in physicians' clinics, the Baxter Regional Medical Center Lymphedema Outreach Program will sponsor a certification course for The Lebed Method of Exercise. Started by a breast cancer survivor more than a decade ago, this nationwide program addresses the two complications most often experienced by breast cancer patients: 1)Lymphedema and 2)frozen shoulder, which is a surgical complication. Both of these complications result in a decreased range of motion in the upper body.

Upon completion of the certification course, more than 20 Arkansas therapists and nurses will begin to teach the exercise sessions, which use smooth, gentle movements that are easy to do. As an integrative medical service that specifically targets all ages of women with breast cancer, the exercise program can help to reduce common side effects of treatment and surgery. The exercise sessions can help to prevent or minimize any loss of mobility, and will substantially serve as a breast cancer-specific quality-of-life measure.

Another specific aim of the BRMC Lymphedema Outreach program is to expand on-going information to breast cancer survivors in the prevention and control of Lymphedema as well as to offer compression garments and Lymphedema bras to lower income survivors in north central Arkansas. By training the nursing staff, it is believed that many cases of Lymphedema can be controlled before they become problematic. The program will provide a pre-operative consultation and ongoing educational information to patients at risk.

Service Area:

