

Chronic oedema: Prevalence and status in long-term care facilities in Japan

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Lower-extremity oedema tends to occur and become chronic among the elderly because of their lower activity. In Japan, the prevalence of chronic oedema in long-term care facilities for the elderly is 66.1%. Reportedly, the predominant site of swelling is in the lower extremities, most of which are soft pitting oedema in the later-stage elderly (>75 years of age). In addition, 92% of elderly patients with lower-extremity oedema are chair-bound. Our prospective cohort study revealed that 13.3% of pitting or non-pitting oedema worsened within 3–4 months. Despite encountering several problems related to chronic lower-extremity oedema among the elderly, most healthcare professionals do not emphasise this condition because it is considered to be an ageing-related process. Hence, we must establish a new intervention to manage lower-extremity oedema in the later-stage Japanese elderly.