

“A mixed methods study to explore the perceptions of self-management in children and adolescents and professionals: an ILF research initiative”

This presentation will disseminate the initial findings from a mixed methods study exploring the practice of self-management of Lymphoedema (LO) amongst Children, Young People (CYP) and professionals. Our primary objective was to establish the perceived barriers and facilitators to self-management of LO. We wanted to begin to understand what self-management in LO looked like to patients, families and professionals; how LO is managed and the impact of this. We also wanted to explore any cultural differences and establish whether a week long summer camp could provide support and agency to all those involved in the self-management of LO. Utilising a mixed methods design, Focus groups, Questionnaires, Observations, Drawings and Photographs captured the lived experience of those self-managing LO. Initial findings would suggest that Children are robust in self-managing their condition employing a variety of coping mechanisms but that parents and professionals would sometimes benefit from additional support.