

TREATMENT PROTOCOL FOR HEAD AND NECK OEDEMA



Haddenham Healthcare

Name: _____ Date:

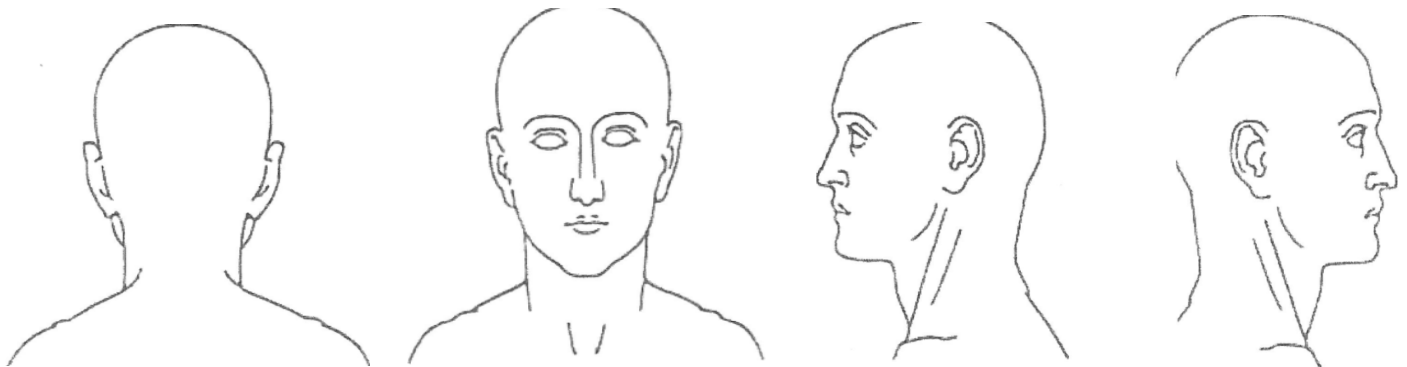
Date of Birth: _____

Number: _____

	Time	Wavelength	Average Power Density	Pulse Frequency	Total Mins
THOR 104	60 Seconds	56 x 660nm 48 x 850nm	50mW/cm ²	2.5 Hz	

Treatment Program

Exercise Compression/Hosiery MLD SLD



KEY
Scars: ----- Oedema: xxxxxx Laser Points: oooooo

Total number of points Laser/ Led applied:

DATE	MINUTES	DOSE	DATE	MINUTES	DOSE	DATE	MINUTES	DOSE

	Day 1 (baseline)	Day 3 (end of week 1)	Day 6 (end of week 2)	Day 9 (end of week 3)	Day 13 (end of weekly sessions)	Day 15 (end of fortnightly sessions)	Day 17 (on completion of monthly sessions)
Date							
Rotation Left							
Rotation Right							
Side Flexion Left							
Side Flexion Right							
Flexion							
Extension							
Tissues							
Tissues 1							
Tissues 2							
Sensation							
Pain							
Comfort level							
Colour							
Scars							

Comments

Tissues	0= Normal, 1= soft/non pitting, 2 = soft/ pitting, 3= fatty/Doughy, 4= Firm/ non pitting 5= Firm/Dense, 6= Firm/Woody
Skin assessment	1. Intact, 2 Dry, 3 Fragile, 4 Rash/Redness, 5 Taut/Shiny, 6 Broken/Ulcerated, 7 warm/hot, 8 Infected, 9 Hyperkeratosis, 10 papillomatosis/severe
Pain	Using a scale of 1 to 10, 1 being no discomfort to 10 being the worst
Comfort	0 I feel Ok, 1 I feel slightly better, 3 I feel better, 4 I feel a lot better
Colour	Using a subjective measurement state if skin colour is not normal on the affected area and state yes or no to indicate improvement. Photographs to assess are useful
Scar	Using subjective measurement to indicate improvements by either stating yes or no, comments from patient and clinician can be added in the comments section.
Oedema reduction	Using either tissue dielectric constant (Moisture Meter D Compact) or Bodystat Quadscan as Gold standard to measure oedema reduction in midline oedema. For arm and leg oedema Limb Volume Measurements should be documented
MLD response	0= MLD not part of treatment plan 1 = responded as expected, 2=an improved response to MLD, 3= a quicker response from MLD, 4= a great improvement in MLD response Please state in the comments box if MLD response was better with the inclusion of LLLT if patient was previously treated without LLLT

Flexion	The ability to bend the head towards the chest, starting from a neutral position. 100% when touching the chest.
Extension	The ability to tilt the head backwards to look up at the ceiling. 100% when looking directly upwards.
Rotation	The ability to turn the head to either side, looking over the shoulder. 100% when positioned over the shoulder.
Side Flexion	The ability to tilt the head side wards so that the ear nearly touches the shoulder whilst looking forward.

Use the following numbers to document changes on the Outcomes Chart.
Good = 1, Fair = 2, Poor= 3, Unable to Move = 4 or percentage achieved