

**If you have any concerns about this service
or suggestions for improvements**

contact

**Arthur Rank Hospice Charity on
01223 675777**



If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service using the details on the inside back cover.

Polish: Jeżeli potrzebujesz tych informacji w innym formacie, jak na przykład w dużej czcionce, w formacie audio lub w innym języku, prosimy o kontakt z Arthur Rank Hospice Charity pod numerem telefonu: 01223 675777, lub za pośrednictwem poczty elektronicznej pod adresem: feedback@arhc.org.uk

Portuguese: Se precisar desta informação em formato diferente, tal como impressão em letra grande, cassette áudio ou noutra língua, por favor contacte o Arthur Rank Hospice Charity através do telefone 01223 675777, ou pelo e-mail : feedback@arhc.org.uk

Russian: Если данная информация требуется в другом формате, например крупным шрифтом, аудиозаписи или на другом языке – просим обращаться в Arthur Rank Hospice Charity, по телефону 01223 675777, или по электронной почте по адресу: feedback@arhc.org.uk

Cantonese: 本資料亦以特大字體、錄音形式或其它語文提供，如有需要，請聯絡劍橋郡社區服務國家健康信託（Arthur Rank Hospice Charity）電話01223 675777

Turkish: Eğer bu bilginin kendi dilinizde çevirisini (ya da daha büyük harflerle baskısını veya kasete kayıtlı halini) isterseniz, lütfen Cambridge Bölgesi Kamu Hizmetleri Ulusal Sağlık Hizmeti Birimini (Arthur Rank Hospice Charity) no'lu telefon 01223 675777, veya e-posta yoluyla da: feedback@arhc.org.uk

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Self Measurement Chart for Arm and Hand

Lymphoedema Service Arthur Rank Hospice Specialist Palliative Care

The measurements of your arm/hand are now remaining steady and so the provision of your compression arm sleeves/gloves, that are available on prescription, is being transferred to your GP via *Patient Choice*.

Compression sleeves and gloves should be renewed every six months and it is important that you measure your arm/hand prior to your prescription request. See below for how to measure.

Sleeve type:

PIP (Pharmacy) code:

Glove type:

PIP code:

Date	Hand - cms	Wrist - cms	Elbow - cms	Top of arm - cms

Contact the Lymphoedema Service on 01223 675 765:

- If your measurements are outside the limits given.
- If you have any concerns or queries regarding your lymphoedema.

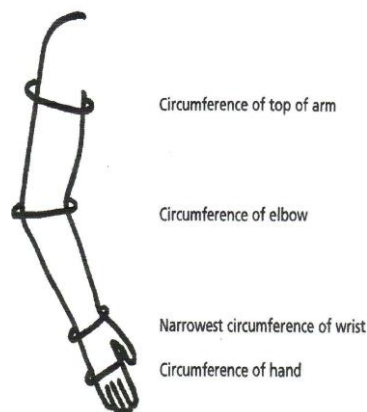
Contact *Patient Choice* on **0800 8620686** for:

- repeat prescriptions.

Contact your GP:

- If your arm/hand becomes red/hot/ increasingly swollen and you feel unwell (as this may be a sign of cellulitis).

How to Measure your Arm and Hand



For specific arm exercises for lymphoedema, please see the Arthur Rank Hospice Charity website Lymphoedema page www.arhc.org.uk

To tell us what you think or for further information about this service contact:

Arthur Rank Hospice Charity
Cherry Hinton Road
Shelford Bottom
Cambridge
CB22 3FB

Tel No: 01223 675777
www.arhc.org.uk

Please note: To enable us to offer support and improve our service, we ask for contact details for your family members, carers and friends. We store this information on a secure database in compliance with the Data Protection Act 1998. We do not share this information with any other agencies.