Improving Lymphoedema Self-Management After Breast Cancer
The Lymphoedema Navigation Online (LeaN On) Program

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Background

In 2022, **about 4,100** people in Australia developed lymphoedema after breast cancer. **Nearly 40%** didn't know they were at risk and didn't get the support they needed.

Aim

Address this evidence-practice gap and reduce the burden of lymphoedema for breast cancer patients.

Methods

Stage 1 Complete

Co-design

A co-design qualitative approach to develop a wireframe for an online self-management platform

Stage 2 Ongoing

Implementation

- Nurse-led integration with the McGrath care model.
- Nation-wide direct consumer access via the Breast Cancer Network Australia.

Stage 3 Future

Scaling and sustainability

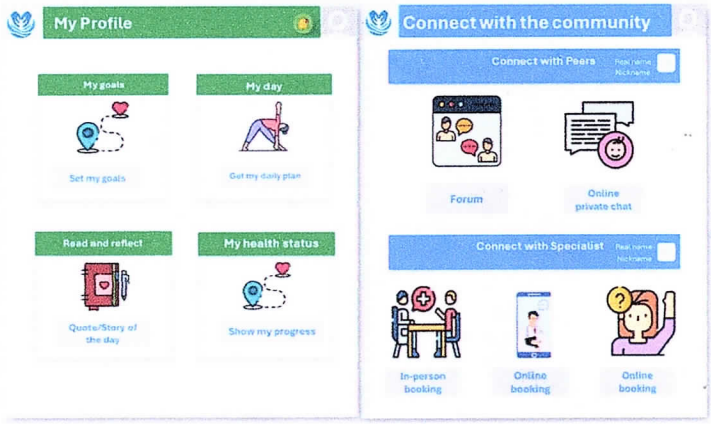
- Translation plans to inform national and international adoption.
- adapting it for other lymphoedema-prone populations

Results

The platform should have **easy terminology** and **understandable naming conventions**.

The content should be **evidence-based.**

It should contain **practical tips** for **daily life.**



Strategies
To enhance uptake and engagement

Trust
Trust to the platform for the data security and content legibility.

Goal-setting & Tracking
Goal-setting and tracking features for progress monitoring.

Recognition & Reminder
A feature to receive recognition and reminders to stay on track with the plan.

Conclusion

This platform could **empower** breast cancer survivors to **self-manage** lymphedema and serve as a model for other cancers.

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