

# CASE MANAGER CHECKLIST

## Lipedema Care Plan Guide



Lipedema, is often misdiagnosed and under recognized, is a chronic disease characterized by the abnormal accumulation of adipose tissue, primarily in the lower limbs. This disproportionate fat distribution can lead to **pain, swelling, and impaired mobility, significantly impacting a patient's quality of life.** Given the unique challenges of this disease, including emotional and psychosocial aspects, **effective care management is essential** for individuals with Lipedema.

Discover the essentials of Lipedema care management with the following assessment questions. These questions are designed to uncover the key aspects of each patient's condition and inform tailored patient-centric care strategies.

### CASE MANAGER ASSESSMENT QUESTIONS



<b>Medical History</b>	What is the patient's medical history, including any relevant co-morbid conditions and/or physical impact?	<input checked="" type="checkbox"/>
<b>Diagnosis</b>	When was Lipedema diagnosed? Any challenges during the diagnostic journey?	<input checked="" type="checkbox"/>
<b>Current Symptoms &amp; Challenges</b>	Is the patient experiencing pain? What is the severity and location of pain? Does patient have swelling and is there an impact on daily life?	<input checked="" type="checkbox"/>
<b>Treatment History</b>	What are current treatment, medication, therapies, and are they effective?	<input checked="" type="checkbox"/>
<b>Lifestyle &amp; Daily Habits</b>	What are the patient's nutritional habits, preferences, and restrictions?	<input checked="" type="checkbox"/>
<b>Psychosocial Well-being</b>	What emotional challenges does the patient face related to Lipedema?	<input checked="" type="checkbox"/>
<b>Support Systems</b>	How does the patient perceive the level of support from family, friends, or community?	<input checked="" type="checkbox"/>
<b>Goals</b>	What immediate goals does the patient have related to Lipedema management?	<input checked="" type="checkbox"/>
<b>Additional Considerations</b>	Explore Lipedema expenses covered under health plan (compression, Lipedema reduction surgery, decongestive therapies). Consider religious and cultural preferences.	<input checked="" type="checkbox"/>

### Care Plan Tips:

- Approach the assessment **holistically** to capture the full impact of Lipedema on the patient's life. Consider *physical symptoms, emotional well-being, and social aspects* when assessing a patient with Lipedema for a more comprehensive understanding of their needs.
- Foster **open communication** to grasp the patient's unique experiences and concerns regarding Lipedema, encouraging them to share their goals for a more personalized care approach.
- **Collaborate with specialists** like lymphatic experts, dieticians, and behavioral health professionals to gain insights and ensure a well-rounded understanding of Lipedema, optimizing the development of effective care plans.