



# Understanding the patient experience of Indocyanine Green Lymphography

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## Introduction

Indocyanine Green (ICG) lymphography is an imaging technology in lymphoedema assessment which maps an individual's superficial lymphatic vessels to inform diagnosis, staging and treatment planning (see Figure 1). The PA hospital has introduced the first publicly available ICG lymphography clinic in Australia.

The personal experience of undergoing ICG lymphography has not yet been examined. There is increasing recognition of the value of examining the patient reported experience as a necessary step for comprehensive evaluation of clinical utility.

## Research objectives

This study aimed to explore participant's experiences of ICG lymphography to inform cancer-related lymphoedema therapy

## Methods

**Design:** Qualitative phenomenological

**Participants:** People with secondary cancer-related lymphoedema from the PAH Lymphoedema service.

**Data collection:** Semi-structured interviews exploring the personal experience and impacts of ICG lymphography.

**Data analysis:** Qualitative thematic analysis using an inductive approach.

## Results

Seventeen participants were recruited. Three overarching themes emerged from participant's dialogue of their experience.

Theme 1: Describing the experience of the ICG lymphography procedure.

*"I was gobsmacked and it was fantastic" [P13]*

Theme 2: The new knowledge explained symptoms and tailored their individual treatment.

*"being told and actually seeing are two different things... you could see it actually moving away" [P20]*

Theme 3: The internal impact of self-knowledge, which included impacts of the new information on empowerment and motivation to self-manage their condition as well as their feelings.

*"I now feel like I'm armed with as much information as I can to be able to self manage it... I feel more empowered about my condition" [P4]*

## Discussion

Participants consistently reported that ICG lymphography was acceptable and provided new knowledge about their lymphatic system to explain their symptoms. This addition of experiential learning may reflect the value of individualised and multimodal education identified as most effective for chronic disease self-management education.

## Limitations

Changes reported in this study were subject to the recollection and self-report of participants and should be validated in future studies

## Conclusion

ICG lymphography is a novel technology which empowers patient's knowledge, understanding and attitude towards lymphoedema self-management

