## LYMQOL ARM Lymphoedema Quality of Life Tool

This questionnaire has been designed and validated for patients with chronic oedema/ lymphoedema of one or both arms to measure quality of life. Please tick the box that best describes how you feel about each of the questions.

Name: .....

Hospital Number:....

Date:

## (Q1)How much does your swollen arm affect the

following daily activities?

If any of the items are not applicable to you, please write N/A in the relevant answer box(es).

- a) occupation
- b) housework
- c) combing hair
- d) dressing
- e) writing
- f) eating
- g) washing
- h) cleaning teeth

(Q2) How much doe	es it affect your	leisure activities/
social life?		

Please give examples of this

.....

(Q3) How much do you have to depend on other people?

(Q4) How much do you feel the swelling affects your appearance?

(Q5) How much difficulty do you have finding clothes to fit?

(Q6) How much difficulty do you have finding clothes you would like to wear?

(Q7) Does the swelling affect how you feel about yourself?

(Q8) Does it affect your relationships with other people?

Not at all	A little	Quite a bit	A lot

Not at all	A little	Quite a bit	A lot

(Q9) Does your lymphoedema cause you pain?

## (Q10) Do you have any numbress in your swollen arm?

(Q11) Do you have any feelings of "pins & needles" or tingling in your swollen arm?

- (Q12) Does your swollen arm feel weak?
- (Q13) Does your swollen arm feel heavy?
- (Q14) Do you feel tired?

In the past week....

(Q15) Have you had trouble sleeping?

(Q16) Have you had difficulty concentrating on things, e.g. reading?

(Q17) Have you felt tense?

(Q18) Have you felt worried?

(Q19) Have you felt irritable?

(Q20) Have you felt depressed?

(Q21) Overall, how would you rate your quality of life at present? Please mark your score on the following scale:

0	1	2	3	4	5	6	7	8	9	10	
poor										excellen	t

## Thank you for completing this form.

If you have any comments or queries about it, please discuss these with .....

Dr V L Keeley, Consultant

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Not at all	A little	Quite a bit	A lot