



Actions for Engagement

See how each of these engagement prompts might look in practice...



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Adaptive Practice April

1
Identify one rigid clinical habit you could loosen this month.

2
Trial a new limb-positioning or exercise-pairing cue.

3
Ask an industry representative about compression solutions you rarely consider.

6
Watch or read one resource on compression strategies.

7
Ask a colleague about early intervention approaches they find effective.

8
Trial one alternative donning aid or assistive method.

9
Reflect on one patient case where greater adaptation may have helped.

10
Review evidence related to early intervention outcomes.

13
Explore severe or fibrotic lymphoedema management.

14
Schedule time to update your compression supplier list.

15
Consult an OT or hand therapist about function-first adaptations.

16
Explore a rarely used assessment approach linked to function.

17
Write one sentence about a time when creative thinking improved outcomes.

20
Ask one patient what outcome matters most to them this month.

21
Review volume-change thresholds that help explain progress.

22
Notice assumptions related to body shape, tolerance, or readiness.

23
Contact a garment provider for education on complex sizing.

24
Consider one area of challenging management and add a CPD topic or event to your planner.

27
Review guidance on compression class and indications.

28
Involve a patient in problem-solving discomfort.

29
Document a trial-and-adjust plan rather than a fixed prescription.

30
Write a closing sentence for the month.

Creating space for learning to evolve, connections to form, and practice to continually strengthen.

Adaptive Practice April

Examples of Engagement



MONDAY

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		<p>1</p> <p><i>Question your default preference for circular-knit garments and consider flat-knit alternatives for appropriate patients.</i></p>	<p>2</p> <p><i>Pair shoulder mobility exercises with lymphatic drainage education during treatment or home-exercise instruction.</i></p>	<p>3</p> <p><i>Ask an industry representative about compression options designed for irregular limb shapes or fluctuating oedema patterns.</i></p>
<p>6</p> <p><i>Learn how various compression strategies can improve outcomes.</i></p>	<p>7</p> <p><i>Discuss strategies colleagues use to encourage early compression before swelling becomes difficult to manage.</i></p>	<p>8</p> <p><i>Introduce a stocking donner to improve independence when applying compression garments.</i></p>	<p>9</p> <p><i>Reflect whether introducing nighttime compression earlier may have reduced daytime swelling and symptoms.</i></p>	<p>10</p> <p><i>Note evidence showing early compression reduces progression risk and supports long-term limb stability.</i></p>
<p>13</p> <p><i>Identify fibrosis-management insights and consider trialling in practice.</i></p>	<p>14</p> <p><i>Trial a garment option you have not previously prescribed.</i></p>	<p>15</p> <p><i>Discuss grip comfort strategies or garment adaptations for patients experiencing hand-related swelling.</i></p>	<p>16</p> <p><i>Consider how to incorporate quality of life assessment tools.</i></p>	<p>17</p> <p><i>"Flat knit garments improved patient adherence within days."</i></p>
<p>20</p> <p><i>A patient identifies independent sleeve donning as their most important goal this month.</i></p>	<p>21</p> <p><i>Use a simple measurement change to explain treatment progress and support patient understanding.</i></p>	<p>22</p> <p><i>Notice assuming nighttime compression would not be tolerated without first exploring patient preferences.</i></p>	<p>23</p> <p><i>Request a short fitting demonstration or measurement video for complex limb shapes.</i></p>	<p>24</p> <p><i>Add a future training event to your calendar that focuses on managing head and neck oedema.</i></p>
<p>27</p> <p><i>Refresh key differences between Class 2 and Class 3 garments and their clinical indications.</i></p>	<p>28</p> <p><i>Agree to trial shorter wear periods to gradually build compression tolerance.</i></p>	<p>29</p> <p><i>Consider when you can incorporate layering of compression.</i></p>	<p>30</p> <p><i>"Creative thinking and flexibility often improve adherence more than pressure alone."</i></p>	

These examples illustrate practical ways engagement may show up in day-to-day practice. Adapt them to suit your patients, setting, and role.



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