Actions for Engagement

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

Collaborative Care June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Identify one patient who could benefit from a more tailored intervention plan.	**2** Contact one allied health or industry partner to support coordinated care.	**3** Recall one past patient where earlier recognition may have changed outcomes.	**4** Read a brief review on lipedema management approaches.	**5** Schedule time to explore one lipedema-focused learning resource.
8 Note one insight about patient motivation or engagement.	**9** Trial one assessment method you use less frequently.	**10** Add one multidisciplinary learning activity to your CPD plan.	**11** Discuss a shared patient goal with another professional.	**12** Review recent research on pain management or adherence in lipedema.
15 Review guidance on multi-layer compression for lipedema.	**16** Identify one technical skill you want to refine this month.	**17** Invite a patient to help choose one intervention to trial.	**18** Describe how collaboration improved care for one patient.	**19** Adapt exercise recommendations to suit limb shape or pain levels.
22 Share a useful lipedema-related resource with a colleague.	**23** Choose one outcome measure to monitor over the coming month.	**24** Review and adjust one patient's compression plan based on feedback.	**25** Record one skill improvement or learning insight.	**26** Identify one barrier encountered by you or a patient this month.
29 Review June and identify one change in your approach to lipedema care.	**30** Identify one focus area to carry forward into July.			

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

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Examples of Engagement

Collaborative Care June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *Review one patient and adjust compression strategy to better match pain sensitivity.*	**2** *Contact an occupational therapist to discuss adaptive clothing options for limb shape.*	**3** *Identify missed early signs of disproportionate limb fat and tenderness in a previous patient.*	**4** *Read a review and note combined strategies including compression, movement, and education.*	**5** *Schedule time to watch a webinar on lipedema lymphatic techniques.*
8 *Record one insight showing patients respond better to short, achievable actions.*	**9** *Establish a baseline using bioimpedance or perometry during one patient assessment.*	**10** *Schedule a case discussion with a nutritionist and physiotherapist.*	**11** *Discuss a patient goal with a physiotherapist and agree on a coordinated plan.*	**12** *Review research showing compression combined with gentle exercise reduces discomfort.*
15 *Review guidance and note recommended duration and pressure ranges.*	**16** *Practise maintaining consistent bandage tension when treating fibrotic tissue.*	**17** *Ask the patient to choose between compression shorts and leggings for comfort.*	**18** *Write one sentence describing how coordinated therapy improved comfort and adherence.*	**19** *Replace high-impact exercise with pool-based movement for one patient.*
22 *Send a short video demonstrating correct compression application to a colleague.*	**23** *Select pain-free range of movement and record it weekly for one patient.*	**24** *Adjust compression to a lighter fabric based on patient feedback in warmer conditions.*	**25** *Record improved confidence when explaining the rationale for compression to patients.*	**26** *Identify reduced confidence with independent self-bandaging as a key barrier.*
29 *Write one sentence describing earlier patient involvement in selecting interventions.*	**30** *Plan a fortnightly micro-assessment of tissue response for ongoing monitoring.*			

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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