**Chronic oedema: Prevalence and status in long-term care facilities in Japan**

By Junko Sugama

Lower-extremity oedema tends to occur and become chronic among the elderly because of their lower activity. In Japan, the prevalence of chronic oedema in long-term care facilities for the elderly is 66.1%. Reportedly, the predominant site of swelling is in the lower extremities, most of which are soft pitting oedema in the later-stage elderly (>75 years of age). In addition, 92% of elderly patients with lower-extremity oedema are chair-bound.

Despite encountering several problems related to chronic lower-extremity oedema among the elderly, most healthcare professionals do not emphasise this condition because it is considered to be an ageing-related process. We have conducted clinical pilot study managing for lower-extremity oedema in the later-stage Japanese elderly by using a vibration device. In this session, some tentative results will be introduced.