



## LYMPHOEDEMA THERAPY, TRAINING & EDUCATION

### CLINICAL MANUAL LYMPHATIC DRAINAGE TRAINING COURSE BRIEF OVERVIEW, OUTLINE AND TOPICS COVERED

#### About:

- *Maximum of 10 attendees* – less students = more personalised time per student
- Course delivery:
  - online, on-demand theory modules over 3 weeks, and
  - Thursday evening 6pm-7pm zoom session x one during first week of theory (compulsory attendance)
  - 3 days face-to-face practical sessions (compulsory attendance)
- Completion of this course will not qualify you as a Decongestive Lymphatic Therapist (i.e., you cannot bandage or fit garments)

#### Theory:

- The theory modules are delivered as online training, with pre-set modules each week for 3 weeks
- Attend a 1-hour zoom session during the first week of online theory
- You will need to allocate 6-10 hours per week to complete the theory modules
- Knowledge check, not timed, open book, unlimited attempts
- E.g., multiple choice, match the word with definition, label a diagram, fill the gaps

#### Face-to-Face:

- 3 days practical including: manual lymphatic drainage and adjunctive therapies
- Generally, 8:00 am to 5:00 pm but hours discussed at zoom

#### Assessments (completed during the F2F):

- Competently perform manual lymphatic drainage on upper and lower limb (for all indications)
- Competently perform manual lymphatic drainage on the face (for non-cancer related conditions)

#### Some of the Topics Covered Include:

- anatomy and physiology
- physiology of other systems and their relationship to Lymphatic system
- oedema
- consequences of lymphostasis
- Starling's Forces – traditional and new findings
- features of lymphoedema
- pathophysiology
- common infections
- applying critical thinking and implementing processes for effective treatment
- staging – lymphoedema and other associated conditions
- tools of the trade
- adjunctive therapy – SIPC, LLLT, ABPI, Taping
- sequences
- psychosocial
- medications
- medical devices
- business, marketing and events
- complete treatment procedure
- where to find resources – such as supplies, PD, companies
- client education, modifying activities of daily living

Develop competence and confidence in delivering a clinical service to clients presenting with pathophysiologies of the lymphatic system. After completion of the course, you will not be abandoned. I am available to help with treatment plans, answer questions. Access a Google drive of information for 3 months. After that time you can join a membership site for health professionals on matters relating to the lymphatic system including business management, webinars, suppliers etc.

After completing this course, you may find that your clients need compression therapy in the form of compression bandaging and/or medical grade compression therapy. You can go on to complete this course. You will then be able to join the Australasian Lymphology Association (ALA) as a Decongestive Lymphatic Therapist.

....2

### **Who Can Attend?**

This course is suitable for a variety of health professionals who encounter lymphoedema, lipoedema and other conditions/diseases of the lymphatic system in their practice.

- Current qualification minimum of Diploma of Remedial Massage, or AHPRA registered
- Current insurance
- Current first aid and CPR
- Current registration with your industry
- Please contact me to discuss your suitability to attend in the case of disability, medical conditions such as personal history of cancer. I need to ensure your learning needs can be met.
- A good understanding of English – language, literacy and numeracy – medical terminology used

### **What Do I Need to Bring?**

- Linen for massage table-bottom sheet, covering sheet/towel, small towel, pillow. (If flying in, I will provide linen)
- Basic stationery for note taking
- Laptop if you prefer to type than write
- Any notes from the theory component – not required but some students like to have their notes
- A more detailed list will be emailed if you decide to attend the course

### **Travel:**

- Responsibility of the attendee – check COVID-19 refund policies
- Please allow 2kg of extra luggage

### **Accommodation:**

- Responsibility of the attendee – check COVID-19 refund policies
- For all courses held at Dakabin, there is accommodation at the venue - <http://www.watsonpark.com.au/>

### **Catering:**

- I provide a very basic morning tea of fruit and biscuits
- I provide a very basic lunch of cold meats, salads, bread/wraps
- Tea, coffee, and several milks (lactose free, almond, full cream)
- Where possible I try to have some gluten free
- If the above is not suitable, or for significant intolerances, please provide your own meals

### **What should I wear?**

- Easy to don clothing as you will be on and off the table
- Please note it may be a mixed gender class
- Cardigan as rooms can be cool
- Socks or thongs are okay in the classroom

### **What is provided:**

- A3 laminated posters
- Product samples
- Information booklets
- Workbook
- Carry bag

100% attendance is required.

Visit <https://ltte.com.au/> for further information

