

ABOUT THE DECONGESTIVE LYMPHATIC THERAPY PRACTITIONER COURSE

This course is accredited by the Australasian Lymphology Association (ALA). It meets the international standards for 135 hours of training. This course is not associated with any other trainers. The following should answer most of your questions regarding this course. Please get in touch if you need further information or would like to enrol. I look forward to meeting you soon.

Who can attend?

- Relevant AHPRA qualification (Aust/NZ)
 - Eg physio, OT, osteo, podiatrist, RN, doctor
 - Please check the ALA website if unsure
- Diploma of remedial massage (Aust/NZ)
- Current membership/registration with an appropriate association
- Have insurance and current first aid

What does this course cover?

- Upper limb
- Lower limb
- Abdomen
- Breast
- Head and neck and genital are a separate course.

Does not cover
head and neck
or genital

What type of patient will I be able to treat?

- Lymphoedema
- Lipoedema
- Mixed disease
- Vascular disease
- Pre and post-surgical (such as knee replacement, liposuction, body lifts, cancer)
- Sinusitis, headache, fibromyalgia
- Parkinson's disease
- Oedema related to obesity, travel, pregnancy, recumbency/immobility
-and much more

Course accreditation

- The course is accredited by the Australasian Lymphology Association meeting the international standards of 135 hours of training.
- On completion of the course, you are encouraged to join the ALA (fee of around \$320 / year).
 - not compulsory
 - highly recommended as your name will be added to a register of qualified practitioners which gives you credibility as having received appropriate training and gives access to further training, etc.
- Massage and Myotherapy Australia – 30 CPE

How is the course delivered?

Theory

- Delivered online, set modules each week but self-paced, over 4 weeks - about 10 -15 hours per week (depending on your learning style)
- Detailed, peer-reviewed, mostly within the last 3-5 years
- PDF notes available to download

Zoom

- There is a 1 hour zoom session each Thursday of the 4-week theory
- Discuss the weeks' learning, answer questions
- Go through assessments

Practical workshop

- 6 full days – intensive
- Covers upper body and lower body - includes breast
- **Does not** cover complex care, however, I bring in a complex client so you understand the challenges and the importance of your training. Does not cover head and neck or genital – these are separate courses
- Covers oedema, lymphoedema, lipoedema, combination, vascular assessment
- Knowledge on oedema-related vascular (venous and arterial) and cancer
- Covers manual lymphatic drainage techniques and sequences
- Compression bandaging – students receive a set of bandages which will be used at the workshop
- Compression garment measuring and fitting– garments and donning equipment for students to try
- 1-2 reps visit where possible
- Complex client visits for students to practice their clinical skills as a group
 - Although complex cases are not covered, they will walk through your door. You need to know where to start so you can ascertain whether you can treat or need to refer out
- Adjunctive therapy - e.g., sequential intermittent compression pump, low level laser, ABPI machine – students can use these

Google Drives to assist with learning

There are three google drives

1. DLT Course
 - a. Contains information about the course (access for 3 months)
 - b. How to access the course
 - c. Assessments
 - d. What to bring
 - e. and more
2. LTTE - DLT
 - a. Contains information related to the online theory (access for 3 months)
 - b. Course articles
 - c. Forms templates assessments
 - d. Posters
 - e.and heaps more
3. DLT Students Lifetime Access
 - a. Lifetime access
 - b. Patient information sheets

Assessments

- There are 3 written assessments – due by the last day of the practical workshop
 - Definitions sheet
 - Design a patient information sheet or therapist sheet
 - Case study
- Practical application of manual lymphatic drainage
- Practical application of compression bandaging

Certification

- You need to attend the online theory, zoom and face-to-face workshop
- All assessments marked and passed
- Then an email sent out with instructions on how to apply to ALA (if relevant), update insurance, certificates

What's included

- Basic morning tea and lunch – if you have a food intolerance, you should provide own meals
- Downloadable notes and access to peer-reviewed articles
- Set of bandages, tape measure, products from companies when available
- Laminated A3 posters
- Workbook
- and more.....

Why should you attend this course?

- Peer-reviewed information presented in small, detailed chunks
- Small classes capped at 8
 - Giving each student the opportunity to be on the table to feel a treatment
 - More inclusive learning environment
- Vascular assessment - students can experience an ABPI
- Time to “play” with the equipment – low level laser, sequential pumps, garments and more
- Each student offered 1-2 hours of one-on-one time before or after class
- A patient with a complex medical condition joins us for students to practice their clinical skills on
- Two reps visit to showcase their products
- Lifelong assistance

VENUE

Watson Park Convention Centre, 337 Old Gympie Road, Dakabin Qld 4503

<http://www.watsonpark.com.au/>

Accommodation is available at the venue

- Probably 3 star
- Clean and tidy though
- Keeps the cost down
- 5 star accommodation available elsewhere, but you would need a car or taxi

Motel style

- about \$115 per night
- room includes queen bed + linen, ensuite + basic toiletries (no hairdryers), kitchenette (microwave, bar fridge, toaster, kettle, portable hotplate, utensils/plates/cookware)
- Coffee and tea
- Air conditioning and fan
- TV, single lounge chair, table/chairs

Budget rooms

- About \$40/night – it is a “budget” room, clean and tidy but no extras
- Linen hire \$15/week or bring own
- Ensuite (no toiletries)
- Bar fridge (no bar 😊)
- No tea/coffee, no TV, no A/C
- Queen bed + two sets of bunks but you do not share your room
- Table/chair, fan
- Share kitchen is a few metres away

About the Venue

- Nice, safe grounds to walk in
- Pool
- WIFI code given for internet
- Mobile service can be static
- Woolworths, bottle shop, takeaway about 1km easy walk (or I will take you)

Getting to the Venue

- Instructions in Watson Park website - <http://www.watsonpark.com.au/>
- Train from domestic airport to **Petrie Station** is about 60 mins (<https://www.airtrain.com.au/>)
- Then take an uber or taxi from Petrie station about 10 mins
- OR
- Uber or taxi from airport

Topics covered – this list is not exhaustive

- Review the history of lymphatics and developmental stages
- Define lymphoedema and lipoedema
- Identify and describe the location, function, components of the lymphatic system
- Describe the role of the initial lymphatics in lymph formation and transport
- Describe the order and pattern of flow of lymph fluid
- Describe microcirculation, lymphotomes and watersheds
- Understand and describe innate and adaptive immunity (immune function)
- Understand homeostasis - impact of lymphatic system on other body systems
- Describe function and anatomy of cardiovascular system
- Understand blood flow and exchange of gas
- Explain blood pressure and its relevance to DLT clinical practice
- Define MALT and describe absorption of fat in the small intestine
- Explain how excess fluid is removed from interstitial spaces
- Describe the importance of fluid balance and blood capillary exchange
- State the definition of oedema noting its characteristics and pathophysiology
- Identify conditions often confused with lymphoedema
- Describe the presentation of oedema including local and systemic causes
- Describe the altered Starling forces that result in oedema
- Differentiate between oedema and lipoedema and lymphoedema
- Describe what happens when the lymphatic system fails
- Describe the revised Starling's Forces - Glycocalyx
- Identify lymphoedema signs, symptoms, and staging
- Early onset and late onset lymphoedema
- Identify signs and symptoms of common infections and discuss treatment options
- Describe the difference between primary and secondary lymphoedema
- Identify at risk groups for lymphoedema
- Describe the diagnosis, assessment and management of lipoedema
- Understand the basics of cancer treatment and the relationship to lymphoedema
- Describe venous disease and the relationship to the lymphatic system including performing a venous v arterial disease assessment
- Describe staging for lipoedema, filariasis, chronic venous insufficiency, breast cancer and melanoma
- Understand the importance of a diagnosis for your patient
- Identify some medications that exacerbate lymphoedema
- Describe the action of diuretics on oedema versus lymphoedema
- Recognise different types of medical devices and associated contraindications
- Determine when to refer your client for medical treatment
- Identify the tools of the trade used to diagnose and manage lymphoedema
- Demonstrate accuracy in performing and documenting circumferential limb measurement
- Demonstrate accuracy in bandaging both upper and lower limbs
- Design a treatment plan based on the 5 key components of decongestive lymphatic therapy
 - compression therapy
 - manual lymphatic drainage
 - skin care, exercise and modification of ADLs
- Setting up your business and marketing to your target audience
- Communication with other health professionals

Learning Outcomes, face-to-face component:

- Demonstrate competency performing a visual assessment and palpation
- Manual lymphatic drainage (principles, outcome, precautions, response to)
- Apply critical thinking to considerations for sequences
- Understand different treatment considerations for various demographics
- Effectively explain to client/carer how to perform MLD
- Bandaging (indications, contraindications, alternatives, choice, care)
- Garment (recommendations, precautions, don/doff, care)
- Measure RTW and custom-made garment
- Exercise for clients with pathophysiologies of the lymphatic system
- Skin care (review integumentary system, effects of lymphoedema, skin changes, skin care)
- Describe the psychosocial effect of negative perceptions for both client and therapist
- Difficult conversations

Post-Workshop

- Facebook page dedicated to DLT students for questions, case studies, etc
- Membership site for health professionals working with the lymphatic system
- I am available in business hours to assist with client questions etc. I encourage students to send in some details so I have time to prepare and allocate time in my workday to answer these questions
- Refresher and advanced short courses available

Enrolment

- For current fees, please see the website

If you would like to register, please get in touch and I will email a registration form.

JABeutel

Regards....Jac

Jacquelin Beutel RN; DRM; OM, TAE

Trainer and Assessor & Therapist

Member - Australasian Lymphology Association

ALA Accredited Lymphoedema Practitioner

Member of AHPRA, MMA

Gympie, Qld

