COURSE DATE: 11/29/2018 – 12/01/2018

TITLE: Lymphedema: Module III

DESCRIPTION:

This course is open to Certified Lymphedema Therapists who have completed a minimum of 62 hours of prior lymphedema education. Through this course participants will be provided with an updated understanding of the structure and function of the lymphatic system. Participants will receive a combination of lecture and practical workshops on the treatment of special situations; such as head and neck edema, truncal edema, breast edema, and genital edema. This is an intensive course and is hands on including breast drainage, pelvic floor and full body MLD techniques. In addition a spa style of manual lymphatic therapy will be taught to further expand participant’s skills and ability to treat a more diverse range of patients.

There will be an opportunity to share creative solutions, products, resources, manual techniques and time to discuss problem cases. There will be an opportunity to teach, learn, and collaborate with classmates regarding skin care and bandaging options, MLT, and other areas. Various commercial compression garments and alternatives will be presented.

This course consists of 2 (0.2 CEUs) hours pre-course Homework, 24 hours (2.4 CEUs) of lecture and hands on labs, and 8 hours (0.8 CEUs) of Post Course Assignments (see below for requirement).

OUTCOMES:

- Gain a deeper understanding of the lymphatic system as it applies to the treatment of lymphedema.
- Learn bandaging techniques for various problem situations.
- Be able to evaluate and plan treatment for patients with basic head and neck lymphedema, truncal edema or genital lymphedema.
- Be familiar with a variety of compression options and alternatives.
- Learn more intricate protocols than in previous courses
- This is an advanced course and participants will learn from the requirement to prepare and present on topics related to this specialty area.

INSTRUCTOR: Mike Bond, MS, PT, CLT
Mike Bond, MS, PT, CLT has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual therapy, soft tissue mobilization, myofascial release (MFR), and Kinesio Taping in addition to many years’ experience as a treating lymphedema therapist in a variety of settings. He is currently the director of therapy services for a large home health and hospice agency. In addition to treating patients, he supervises the work of numerous staff that have been trained in various lymphedema certification programs. Having a background as a therapist he has in-depth knowledge of the anatomy and physiology related to numerous disorders and how they can interact with and impact the lymphedema client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings. He is very active in treating, consulting, and teaching about lymphedema wherever and whenever he finds a place for it. He joined the staff at UWM in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management course and Lymphedema II: The Next Level. He is invested in this education due to both personal and professional reasons.

LEVEL: Advanced

AUDIENCE: OTs, PTs, OTAs, PTAs, RNs, LPNs, MDs, DOs and ATs who are certified lymphedema therapists and have taken the Comprehensive Lymphedema and Venous Edema Management 6 day course from UWM or have an accumulated at least 62 hours of classroom / lab lymphedema course work from another institution (copy of these course attendance certificates required with registration).

AGENDA:

Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30 AM</td>
<td>Registration Begins</td>
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<tr>
<td>8:00 AM</td>
<td>Introductions</td>
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<tr>
<td>8:15 AM</td>
<td>Review of anatomy and physiology of the lymphatic system – in depth</td>
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<tr>
<td></td>
<td>review of anatomy and structures and fluid flow related to lymphatics</td>
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<tr>
<td></td>
<td>and venous system</td>
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<tr>
<td>9:00 AM</td>
<td>Lab - Review of anatomy and physiology of the lymphatic system and</td>
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<tr>
<td></td>
<td>anastomoses location and opening them using Vodder techniques</td>
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<tr>
<td>10:00 AM</td>
<td>Break</td>
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<tr>
<td>10:10 AM</td>
<td>Continued – Lab: Review of anatomy and physiology of the lymphatic</td>
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<tr>
<td></td>
<td>system and anastomoses location and opening them using Vodder techniques</td>
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<tr>
<td>12:30 PM</td>
<td>Lunch</td>
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<tr>
<td>1:15 PM</td>
<td>LAB - Lymph node placement, skin care, skin inspection, self-</td>
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<tr>
<td></td>
<td>measuring (if you want, bring a skin care product—lotion or cleanser –</td>
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<tr>
<td></td>
<td>to be assessed)</td>
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<tr>
<td>3:30 PM</td>
<td>Lab - Drawing lymphotomes / watersheds and looking at drainage patterns</td>
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<tr>
<td></td>
<td>(lab clothes, washable markers)</td>
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<tr>
<td>5:30 PM</td>
<td>Adjourn</td>
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Day 2

8:00 AM  Lab – and demonstration of bandaging tricks and tips from many programs to prevent slipping, tight spots, new padding layers, under-bandages, alternative bandage, Show and tell of student bandaging options and demonstrate bandaging options (4 layer, alternative bandaging methods, slipping prevention options).

10:05 AM  Break

10:15 AM  Continued Lab - Bandaging options

12:30 PM  Lunch

1:15 PM  Lab – present and demonstrate after brief education – Skin care options share and review and demonstrate skin care cleansing and options (exfoliation with oils and other products)

3:10 PM  MLT / MFR and tissue stacking lab to release deeper restrictions and scars and bound up tissue

4:15 PM  Intra-oral MFR lab – release of intra-oral planes for face and neck drainage

5:00 PM  Soft palate massage and release lab

5:30 PM  Adjourn

Day 3

8:00 AM  Head and neck edema basic to advanced drainage lab – drainage area options, sutures and head drainage

10:00 AM  Break

10:10 AM  Breast drainage basic to advanced lab – working the breast tissue, draping, professionalism, drainage areas for quadrants, general breast drainage for health and fluid reduction

12:30 PM  Lunch

1:15 PM  Pelvic floor drainage options – lab for exercises and MLT options for draining pelvic floor and genital swelling

3:00 PM  Break

3:10 PM  Full body spa style MLD lab - MLD for system cleansing, detox, venous edema, relaxation.

5:30 PM  Adjourn

Day 4

Homework assignment; See Post Course Requirement

The Post-Course assignment consists of preparing a 1 hour PowerPoint presentation about a lymphedema topic (topic requires pre-approval) and presenting that topic to a group (minimum of 4) of peers; presentation attendees should include PT, PTA, OT, OTA, RN, LPN, MD, DO, MA, or LMT. The power point must be uploaded to the UWM Panther file to be reviewed and graded.

- Must include references cited list
- Must include a role / roster of attendees (and profession) to your presentation, length, date
- Must upload any handouts used in the course as well

PRE-COURSE ASSIGNMENT:

Pre-course Forms will be sent to participants at the time of registration and should be completed and returned to the instructor at least one week before the start of the course.

These forms include:

- Survey on compression options you are currently using
- Case studies (one to two per participant). The case studies should include patients you treated that did not obtain the results you wanted or the complexity presented special challenges; this is a chance for group problem-solving and learning from each other.
- Survey on manual lymphatic methods you have learned that you feel are unique.
- Survey on skin care methods and products (lotions or cleansers).
- Student proposal for PowerPoint presentation requirement.

POST COURSE ASSIGNMENT: Completed within 3 months of the completion of the classroom portion.

The Post-Course assignment consists of preparing a 1 hour PowerPoint presentation about a lymphedema topic (topic requires pre-approval) and presenting that topic to a group (minimum of 4) of peers; presentation attendees should include PT, PTA, OT, OTA, RN, LPN, MD, DO, MA, or LMT. The power point must be uploaded to the UWM Panther file to be reviewed and graded.

- Must include references cited list
- Must include a role / roster of attendees (and profession) to your presentation, length, date
- Must upload any handouts used in the course as well
REQUIRED COURSE MATERIALS:

Workshop attire and what to bring:

- Tape measure, washable markers
- Lab clothes, we will be in lab clothes each of the 3 days - Shorts and sports bra that unhooks in the back to allow uninterrupted access to the back
- Two towels—one beach towel size, one regular size
- A set of the bandaging materials you use for an arm and for a leg and anything you use to help keep leg bandages up and anything you use for truncal and chest edema.
- A skin care product to demonstrate
- A “show and tell” item: this can be a product (or information about it) which you have discovered, a product that you use in an unusual way, a pad or other device you have created, or it can be a book, website, or other resource you have found useful; this is a chance to share your discoveries and creativity with each other

COURSE #: 10403

PRICE: $615, After 10/29/2018 = $665

CEU's / CLOCK HOURS: 34 CE Contact Hours (3.4 CEUs)

LOCATION:

UW-Milwaukee Continuing Education
Plankinton Building, 7th Floor
161 West Wisconsin Avenue
Milwaukee, WI  53203

DOMAIN OF OT: Areas of Occupation

OCCUPATIONAL THERAPY PROCESS: Evaluation, Intervention, and Outcomes