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# LYMPHATIC EDUCATION AFRICA

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Evolving Lymphatics and Wound Care Education the International Way

## **LEA Online COURSE OBJECTIVES**

Our online training is 45 hours, and is a combination of power points, videos, reading, handouts, and online tests. It is self-paced but must be completed prior to attending the practicum portion of the course. Allow 1 month to complete your online pre-course work. **You must score a minimum of 70% or higher to pass the online portion and proceed to the practicum of the course.**

**The Theoretical review covers the following and upon completion of the LEA Online Lymphoedema Course, the participant will be able to:**

1. Understand the History of Complete Decongestive Therapy – CDT and MLD
2. Understand the anatomy, physiology and pathophysiology of the lymphatic system and differentiate between lymphoedema, lipoedema, lipolymphoedema, phlebolymphoedema, dependent oedema, and venous oedema
3. Understand classification of lymphoedema, etiology and staging
4. Understand how to complete and document a comprehensive lymphoedema evaluation
5. Understand the theory of the components of CDT – Manual Lymph Drainage (MLD), Compression Bandaging, Exercises, Skin Care, Long Term Compression and Self Care
6. Understand long-term compression garment systems available
7. Understand home care education and exercise program for long term management
8. Understand the benefits of risk reduction and precautions of lymphoedema
9. Understand basic wound assessment, treatment and dressings that are appropriate under compression bandaging
10. Understand the importance of ABPI testing and how to choose an appropriate level and type of compression based on ABI results



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## ***Practicum Course Objectives***

*Following successful completion of:*

*Practical lab demonstrations*

*Written case study and oral presentations*

*Instructors evaluation of competency*

*Written multiple choice exam*

## ***Upon completion of hands-on course participant will be able to:***

1. Describe the anatomy, pathology and pathophysiology of the lymphatic system and differentiate between lymphoedema, lipoedema, lipolymphoedema, phlebolymphoedema, dependent oedema, and venous oedema by identifying one key clinical characteristic unique to each type of oedema
2. Demonstrate and understand how to complete a comprehensive evaluation, take measurements and pictures of oedematous area, develop and execute an appropriate plan of treatment on a student patient simulating a complex case study with multiple complicating co-morbidities, including lymphoedema, a wound and at least one other type of oedema
3. Demonstrate understanding of the components of Combined Decongestive Therapy
4. Demonstrate understanding of Manual Lymph Drainage treatment techniques by being able to treat on a student model with simulated multiple co-morbidities and demonstrate mastery of MLD by correctly using treatment techniques, precise targeting of soft tissue
  - Describe various hand positions and strokes and rationale of MLD
  - Demonstrate correct manual hands-on application of all MLD techniques
  - Demonstrate a full one-hour sequence of MLD treatment independently
  - Differentiate and make variations in treatment approach depending on diagnosis
5. Demonstrate mastery of multilayer short stretch compression bandaging demonstrate mastery of lymphoedema bandaging by creating an effective, graduated compression system on a student model, within 30 minutes, including the use of custom foam inserts for both arm and leg bandaging techniques and differentiating different types of compression bandages by being able to:



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- Describe various compression materials and products available
  - Demonstrate correct application of multi-layer compression bandages for full arm & full leg bandaging
6. Identify and understand the effects of long-term compression systems that best fits a patient with multiple co-morbidities and mobility difficulties
- Understand when to fit and when to refer for a compression garment
  - Differentiate between therapeutic and non-therapeutic compression in garments
  - Identify and describe different types of compression gradients and material
  - Select compression garments and bandages most appropriate based on diagnosis
7. Demonstrate understanding of specific exercises to enhance lymphatic flow
- Design an exercise program incorporating compression
  - Describe the role and effects exercise has on patients
8. Describe importance of skin and nail care and role of hygiene
9. Identify and describe symptoms of cellulitis and treatment
10. Understand patient home care education by being able to:
- Give basic dietary recommendations – foods that may increase oedema
  - Identify and list risk reduction measures
  - Teach specific steps for self-MLD
  - Teach self-bandaging or night time compression device
  - Teach donning and doffing of long-term compression garments
  - Teach a home exercise program for long term management
11. Understand the basic principles of wound care and dressings safe under compression
12. Understand the basic principles and effective techniques for lymphatic elastic taping
13. Perform a bedside ABPI study using a hand-held Doppler on a student model and choose an appropriate level and type of compression based on ABI results