

# Lymphatic Education Africa (LEA)

## Bandaging and Compression Course

30 CPD Points (applied for)

**SPACE LIMITED : Maximum of 20**

**Please do not delay your registration**

**Register today!!!!**

[www.lymphafrika.com](http://www.lymphafrika.com)

Presented by Suzi Davey OTR/L, CLT-LANA, CLWT

**Length of course:** 2-days focusing on compression bandaging options with 15 hours CPD  
2-days focusing on compression garment options and custom fitting certification training with 15 hours CPD

**Participants:** Training for OT, Physio, PNP, Wound Care Nurses, Doctors and Orthotists

**Preparation for Attendees:**

- 1) Clothing to maximally expose the arms and legs for bandaging and fitting lab
- 2) Sharp scissors
- 3) Masking Tape for Bandaging
- 4) A small blanket or towel for draping and pillow to increase comfort when practicing skills

**Course Information:** Handout materials will be provided

**Overview:** A 4-day lab experience in the application and uses of Bandaging, Foam Padding, Velcro Wraps and Compression garments to assist in treatment of Oedema (Including an overview of Lymphoedema and Venous Insufficiency). Learn how to bandage for improved lymphatic flow by enhancing skin mobilization, redirect fluid and reduce oedema. Case presentations for all aspects of care for upper and lower extremity oedemas will be reviewed

### **COURSE OBJECTIVES**

1. Correctly perform a bedside ABI test for assessment of Peripheral Arterial Disease
2. Distinguish between compression contraindications and precautions
3. Demonstrate correct application of toe and finger bandaging
4. Demonstrate correct application of a full leg, multi-layered, compression bandage with foam
5. Demonstrate correct application of a full arm, multi-layered, compression bandage with foam
6. Design an effective compression bandaging system to help soften fibrotic skin and subcutaneous tissue
7. Distinguish between compression textiles that provide higher working/lower resting pressure
8. Choose appropriate Circular Knit, Flat Knit, or Short Stretch, Inelastic compression garments
9. Correctly measure for circular knit, inelastic, and custom flat knit compression garments
10. Identify quality of garments that contribute to comfort, containment and ease of application
11. Demonstrate compression garment donning and doffing techniques and use of adaptive devices available