



Advanced Lymphedema Management Course (ALM)

Outline

NOTE: Daily order sequence may be altered to accommodate instructor availability check the specific course schedule or call ACOLS at 772-589-3355

Combination of 4 sections (6 days) of *Lymphatic Correction Using Elastic Taping Methods, Management of Lymphedema Affecting the Head and Neck (HNL), Advanced Topics in Lymphedema Management,* and *Fundamentals of Wound Care for Lymphedema Patients*

Prerequisites: 12 hour online course *Anatomy and Physiology of the Lymphatic System Review* (included in tuition) and CLT certification (135 hr).

Participants will take part in 42 hours of live presentation (8 hours a day), plus 12 online hours, for a total of 54 hours of education. Attendees will be provided a course manual with 4 separate course sections, including copies of all power point presentation slides used during the course, excluding patients' case studies pictures as per HIPPA regulations.

Management of Lymphedema Affecting the Head and Neck (HNL)

Day 1 8:00 am – 4:30pm

8:00 to 9:30 Review of Anatomy and Physiology of the Lymphatic System Relevant to HNL. Review Drainage Pathways for HNL

9:30 to 10:30 Pathophysiology Lymphedema HNL, Etiology of HNL, Lymphostatic Encephalopathy

10:30 to 10:40 **BREAK**

10:40 to 12:00 Surgical Procedures and Radiation Therapy. Effects of HNL on Communication and Swallowing. Psychosocial Aspects

12:00 to 13:00 **LUNCH**

13:00 to 14:30 Development of a Basic Treatment Plan for a Patient with HNL. Evaluation Components for HNL. Appropriate Modalities to Reduce HNL, MLD and Compression Therapy for HNL. Contraindications

14:30 – 15:30 LAB: MLD Techniques for HNL and Face

15:30 – 15:40 **BREAK**

15:40 – 16:30 LAB: Treatment Sequences for HNL. Rerouting Techniques

Day 2 8:00 am – 4:30 pm

- 8:00 – 9:30 LAB: Review of Treatment Sequences for HNL. Manual Therapy for HNL.
- 9:30 – 9:45 **BREAK**
- 9:45 – 10:45 Manual Approaches for HNL – Cancer Patients – Buccal Mucosa Release
- 10:45 – 12:30 Compression Therapy for HNL – Demonstration/Fabrication of Compression Pads
- 12:30 – 13:30 **LUNCH**
- 13:30 – 14:30 Treatment Modalities, Therapeutic Exercises
- 14:30 – 16:15 Measuring Techniques for Fascial Compression Products
- Evaluation/Test**

Lymphatic Correction Using Taping Methods

DAY 3 8:00 am – 4:30pm

- 8:00 to 8:30 Introduction and Housekeeping
- 8:30 to 9:45 Lecture: Elastic Taping Methods and General Information
- 9:45 to 9:55 **BREAK**
- 9:55 to 12:00 LAB: Upper extremities – Hand, forearm, elbow, hand (Demonstration/Practice)
- 12:00 to 13:00 **LUNCH**
- 13:00 to 14:30 LAB: Trunk – Upper Trunk, Axilla, Breast (Demonstration/Practice)
- 14:30 to 14:40 **BREAK**
- 14:40 to 15:25 LAB: Lower Extremities – Foot, Knee, Thigh (Demonstration/Practice)
- 15:25 to 16:15 LAB: Head and Neck, Scar Management, Soft Tissue Mobilization,
- Evaluation/Test**

Advanced Topics for Lymphedema Management

Day 4 8:00 am – 4:30pm

8:00 – 9:30 Advanced Modality Treatments – Deep Oscillation Therapy, Lower Level Laser Therapy “LLLT”, Physiotouch, Fluoroscopy Guided MLD, Intermittent Pneumatic Compression Pumps for Lymphedema Treatment

9:30 – 9:45 **BREAK**

9:45 – 10:30 Surgical Interventions for Lymphedema, Prophylactic Lymphatic-Venous Anastomosis, Vascularized Lymph Node Transfer (VLNT), Lymphatic venous Anastomoses (LVA), Suction Assisted Protein Lipectomy (SAPL), Debulking Lymphedema Surgery

10:30 – 11:00 Tools to Help Diagnose Lymphedema – Limb Circumference, Lymphedema Quality of Life Survey, Indocyanine Green Lymphography vs Lymphoscintigraphy, Bioimpedance Spectroscopy

11:00 – 12:00 Genital Lymphedema Management

12:00 – 13:00 **LUNCH**

13:00 – 14:00 Compression System Application for Genitals – Genital Bandaging

14:00 – 15:00 Advanced Bandaging Techniques/Compression Techniques/Demonstration of Breast Treatment

15:00 – 16:15 Pneumatic Compression Pumps Presentation

16:15 – 16:30 **TEST**

Fundamentals of Wound Care for Lymphedema Management

Day 5 8:00 am – 4:30pm

8:00 – 9:30 Introduction/Overview, Anatomy and Physiology Vascular, Lymphatic and Integumentary System, Wound Definition, Phases of Wound Healing

9:30 – 10:30 Wound Classification, Types of Wounds, Stages, Wagner Grading System, CEAP, Burns. Acute vs Chronic Wounds, Clinical Measurements

10:30 – 10:45 **BREAK**

10:45 – 12:00 Primary and Secondary Lesions, Barriers to Healing, Wound Bed Preparation, Lymphedema and Skin Breakdown (microenvironment, inflammation vs. infection, debridement, exudate, management bacterial control)

12:00 – 13:00 **LUNCH**

13:00 – 14:30 Integumentary Assessment, Wound Examination, Clinical Measurements, Wound Differentiation (venous, arterial, diabetic/neuropathic, atypical) Lymphedema and Wound Healing, Classification and Stages of Lymphedema and Wounds

14:30 – 14:45 **BREAK**

14:45 – 15:45 **WORKSHOP** TESTs, ABI, Videos (debridement), Assessment, Review Bandaging

15:45 – 16:30 Questions, Answers and Discussion

Day 6: 8:00am – 4:30pm

8:00 – 8:30 Overview, Questions, Atypical Wounds

8:30 – 9:45 Treatment Interventions (cleansing/irrigation, debridement, offloading, compression considerations, UNNA boots, multilayer compression, pumps, velcro devices, electrical stimulation, ultrasound, light therapy, negative pressure wound therapy), Skin Care Considerations with Lymphedema, Skin Lesions associated with Lymphedema

9:45 – 10:45 Dressings Considerations

10:45 – 11:00 **BREAK**

11:00 – 12:00 Special Integumentary Considerations unique to Lymphedema Patients, Intervention Considerations with Wounds, Clinical Pearls, Research and References

12:00 – 13:00 **LUNCH**

13:00 – 14:30 Case Studies (fungal infections, fungating wounds, CVI, AI, Mixed, Neuropathic) Differential Diagnosis

14:30 – 15:30 **WORKSHOP** – Treatment (compression bandages, CDT for treatment of wounds, interdisciplinary approach), Adjunctive Interventions for Lymphedema Wound Management

15:30 – 16:30 Questions and Answers, Discussion, Evaluation Survey, adjourn, **TEST**