**Lymphoedema and chronic oedema course (73 hours or 90 UIs). Theoretical instruction: 16 hours or 24 UIs**

**Taught by a physician/lymphologist with special lymphology training.**

**LYMPHOOEDEMA:**

* Diagnostics of lymphooedema, lymphoscintigraphy, indirect and direct lymphograpy, patent blue test, Stemmer’s sign, primary lymphoedema and its pathophysiology, secondary lymphoedema and its pathophysiology, malignant lymphoedema, MLD and metastatization;
* Risks and prevention of oedema, oedema fact sheets;
* Compression therapy of lymphoedema using  
  bandaging, stockings and compression devices;
* Surgical interventions in lymphoedema;
* Complications in lymphoedema such as erysipelas, lymph vesicles, lymphatic fistulas, lymphocele, lymphogenic ulcers, protein fibroses, interdigital mycoses, papillomatosis cutis lymphostatica, Stewart- Treves syndrome = angiosarcoma;
* Lymphoedema and pregnancy;
* Radiation injury in combination with lymphoedema;
* Radiation dermatitis, radiation fibrosis, radiofibrotic plexus injury, radiation injury of other organs;
* Outpatient and inpatient lymphology treatment and results in lymphoedema.
* Face lymphoedema after neck dissection. INTEGRATIVE HEALTH & MLD TRAINING

**ARTIFICIAL LYMPHOOEDEMA (SELF-INDUCED OEDEMA):**

* Assessment and measurement of lymphoedema.

**VENOUS OEDEMA:**

* Anatomy of veins and pathophysiology of the venous system
* Thromboses, thrombophlebitis, varicose veins, ulcus cruris venosum
* Compression therapy in phleboedema, phleboedema/ulcus cruris/phlebolymphoedema as indications for MLD.

**POST-TRAUMATIC OEDEMA / POST-OPERATIVE**

**OEDEMA/ PERI-OPERATIVE OEDEMA:**

* In fractures, contusions, distortions, sprains, dislocations, pain, postoperative oedema and hematoma as well as oedema in burns.
* Pathophysiology and role of MLD and other accompanying therapies.

**REFLEX SYMPATHETIC DYSTROPHY = SUDECK’S DISEASE (COMPLEX REGIONAL PAIN SYNDROME)**

* Pathophysiology, manifestations, medical therapy andMLD as supplementary treatment.

**OEDEMA CAUSED BY PHYSICAL INACTIVITY:**

* Pathophysiology, role of MLD.

**OEDEMA IN ARTERIAL CIRCULATORY PROBLEMS:**

* Pathophysiology, gangrene, indication for and limits of MLD and compression therapy

**LIPOEDEMA**

* Distinction between adiposity, lipohypertrophy, lipoedema and lipolymphoedema.
* Pathophysiology, diagnosis and therapy.

**IDIOPATHIC OEDEMA:**

* Pathophysiology, clinical picture and therapy, role of MLD and compression.

**CHRONIC INFLAMMATORY OEDEMA:**

* Rheumatic oedema, pathophysiology, MLD as additional therapy.

**CONTRAINDICATIONS FOR MLD, IN PARTICULAR:**

* Acute infections
* Cardiac decompensation
* Acute phlebothrombosis
* • Local recurrence of tumor, local metastasizing
* Acute eczema in oedema region

**OEDEMA THAT ONLY RESPOND TO MEDICATION AND DIETARY THERAPY:**

* Pathophysiology, role of MLD.

**PRESCRIPTION OF MLD**

* Prescription of compression bandaging and

stockings: Indications for bandaging;

* Different types of compression stockings, compression devices and prostheses;
* Psychological problems in patients with oedema in post-cancer treatment.

**PATIENT DEMONSTRATIONS:**

* Eight or more patients suffering from oedematous disorders need to be presented, among them at least one case of primary oedema, one case of secondary lymphoedema of the arm, one case of secondary lymphoedema of the leg, one phleboedema and one lipoedema. As a matter of principle, these patients must be introduced. Deviations are admissible in countries other than Germany/Austria.

**MINIMUM CONTENTS OF MEDICAL / THEORETICAL INSTRUCTION:**

Anatomical and physiological basics of the circulatory system (arterial, venous, lymphatic); etiology and pathogenesis of oedema, especially in malignant diseases; complications in lymphoedema; organ damage and oedema following radiation therapy; indications and contraindications for MLD. Other medical and non-medical treatment options in lymphoedema in addition to MLD.

**MINIMUM CONTENTS OF PRACTICAL INSTRUCTION** (57 hours, 66 UI)

Repetition of practical instruction from Elementary (Level I) Courses. Oedema strokes and special strokes. Lymphatic drainage and compression therapy of primary lymphoedema of the leg, secondary lymphoedema of arm and leg, lipoedema and venous oedema. Lymphatic drainage and remedial exercises as well as decongestive respiratory therapy. Treatment of ulcerations, protein fibroses and radiation-induced fibroses.

Participants will practice on each other. Treatment will be demonstrated in two or more oedema patients (at least one secondary oedema of the arm and one secondary oedema of the leg, when available) by the practical instructor or the treating therapist including complete bandaging of the oedematous extremity.

**FINAL EXAMINATION:**

**This test includes a written, a practical and a**

**medical/oral examination of all training contents.**

**Students will pass the examination if they score**

**“sufficient” in all portions of the examination.**

**Each failed portion of the examination may be**

**repeated no more than two times.**

**Application Form**

You may fill out this form electronically and email it back to **meadbh@thelymphclinic.ie** if you

wish to pay by Bank Transfer (see course costs and payment section).

Please select your course.

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| --- | --- | --- | --- | --- |
| PART 1 |  | **21st - 25th & 27th November 2022** | LOCATION | **TBC** |
| PART 2 |  | **28th Nov - 1st December 2022** | VENUE | **CORK** |

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| Name |  | | | | | | | |
| Address Line 1 |  | | | | | | | |
| Address Line 2 |  | | | | | | | |
| Address Line 3 |  | | | | | | | |
| Telephone |  | | | | | | | |
| Email |  | | | | | | | |
| Profession |  | | | | | | | |
| POLO SHIRT | Female | **8** | **10** | **12** | **14** | **16** | **18** | **20** |
| Please indicate your size | Male | **S** | **M** | **L** | **XL** | **XXL** |  |  |

**QUALIFICATIONS**

Please email electronic copies of your qualifications to **meadbh@thelymphclinic.ie**. If applying by post, please send photocopies only

**COURSE COSTS AND PAYMENT**

Cost of the course is €1,900.00 To reserve your place on the course a deposit of €400 is required on application. The

balance must be paid in full by 1st July 2021. Deposits are NON-REFUNDABLE\*. Payment can be made by Bank

Transfer or by sending a cheque, made payable to The Lymph Clinic. Bank transfers are preferred and can be made

using the following details:

CHEQUES

**Cheques should be crossed and made payable to The Lymph Clinic**

BANK TRANSFER

Account Name: The Lymph Clinic Ltd.

Branch: AIB Western Road, Cork

NSC: 934194

Account Number: 30706069

BIC/Swift Code: AIB KIE 2D

IBAN: IE85 AIBK 934194 30706069

**PLEASE USE YOUR SURNAME AS REFERENCE**

REMEMBER TO ENCLOSE

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| --- | --- |
|  | **THIS COMPLETED FORM.** If returning by email please ensure all relevant fields are completed. |
|  | **CHEQUE** or **BANK TRANSFER REFERENCE** |
|  | PLEASE TICK TO CONFIRM YOU HAVE READ REFUND POLICY |