



LYMPHOEDEMA
EDUCATION SOLUTIONS

Level 1 Upper Limb Lymphoedema Course Melbourne

Study Day 1 Wednesday

8.00 – 8.30	Registration
8.30 – 9.00	Introduction
9.00 – 10.15	Clinical Reasoning Session 1: Case study Helena
10.15 – 10.45	Morning tea
10.45 – 11.30	Practical session assessment of upper limb observation, palpation, bioimpedance, lymph scanner and translating this to MLD Group 1 : ½ group objective assessment with client 20min ½ group SOZO 20min Group 2: ½ session lymphscanner with client 20min ½ session MLD on client based on objective findings 20 min
11.35 – 12.20	Assessment Session 2: swap groups
12.20 – 13.00	Lunch
13.00 – 14.15	Circumference measurement workshop
14.00 – 15.00	Early rehabilitation following breast cancer management what you need to know. Part 1
15.00 – 15.15	Afternoon tea
15.15 – 16.00	Early rehabilitation following breast cancer management Part 2
16.00 – 17.30	MLD techniques (Jenny)
17.30	Evaluation Day 1

Homework to Prepare for Day 2

In the wrap workshop you will launch into measuring and fitting wraps. To prepare for this session review the compression wrap lessons in Module 5 of the LES course. Plan MLD pathway body map for Helena.

Study Day 2 Thursday

8.00 – 10.00	Coban 2 upper limb
10.00 – 10.15	Morning tea
10.15 – 10.45	Coban 2 continued
10.45 – 11.45	MLD upper Limb: Chest and arm
11.45 - 12.45	Clinical reasoning session 2 (Frances)
12.45 – 13.30	Lunch
13.30 – 15.15	Wrap Session 13.30 – 14.15 – Practical session 1 14.15 – 14.55 – Practical session 2 14.55 – 15.15 – Questions
15.15 – 15.30	Afternoon tea
15.30 – 15.45	Plan Upper limb MLD case study case study Helena
15.45 – 16.15	Upper limb MLD case study review group 1 case study Helena
16.15 – 16.25	Pendleton feedback
16.25 – 17.00	Upper limb MLD case study review group 2 case study Helena
17.00 – 17.10	Pendleton feedback
17.10 – 17.30	Self lymphatic drainage and exercise
17.30	Evaluation Day 2

Homework to Prepare for Day 3

For your client Frances develop a MLD pathway body map. In the compression garment workshop tomorrow you will learn how to measure for off the shelf upper limb compression garments. You will also have the opportunity to don and doff the compression garments. To prepare for this session review the following videos in module 5 in the compression garment section.

- Prescribing compression garments – Keys to success
- Upper limb garment wearing guidelines
- Measuring for an off the shelf compression garment
- How to don and doff upper limb compression garments

Study Day 3 Friday

8.00 – 8.30	Circumference measurement practice
8.30 – 9.30	Compression garment review principles and case studies
9.30 – 9.45	Explanation of workshop including demonstration of upper limb garment donning and doffing
9.45 – 10.30	Session 1
10.30 – 11.00	Morning tea and trade displays
11.00 -11.30	Session 2
11.30 – 12.00	Session 2
12.00 – 12.15	Aides to assist putting on garments and trouble shooting
12.15– 13.00	Lunch and trade displays
13.00 – 13.45	Breast oedema compression garments what to look for and what is available
13.45 – 14.45	Treatment planning and review body maps
14.45 – 15.30	MLD and Coban 2 case study Helena
15.30 – 15.40	Pendleton feedback and remove bandages
15.40 – 15.55	Afternoon tea
16.00 – 16.45	MLD and Coban 2 case study Frances
16.45 – 17.00	Pendleton feedback and remove bandages
17.00 – 17.15	Evaluation Day 3
17.15 – 18.00	Optional extra practice time

Study Day 4 Saturday

8.15	Arrive
8.30 – 10.00	Exam : MLD & bandage group 1
10.00 – 10.15	Remove bandages and Morning tea
10.15 – 11.45	Exam : MLD & bandage group 2
11.45 – 12.00	Remove bandages
12.00 – 12.30	Lunch
12.30 – 12.45	Australasian Lymphology Association information
12.45 – 14.00	IPC workshop
14.00 – 15.00	Workshop with people with upper limb lymphoedema 14.00 – 14.15 Intro to workshop 14.15 – 15.00 Session 1
15.00 – 15.15	Afternoon tea
15.15 – 16.00	Session 2 with people with upper limb lymphoedema
16.00 – 17.30	Practice circumference measuring, putting garments on and off and wraps
17.00 – 17.15	Evaluation

Study Day 5 Sunday Objective Structured Clinical Examination

8.30 – 12.30	Objective Structured Clinical Examination OSCE (morning tea will be incorporated into the exam). Details in the assessment section Station 1: Compression garment Station 2: Circumference and pulses Station 3: Key Feature Problems Station 4: Wraps
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