



Breast Care Nurses Lymphoedema Courses

Reserve your place

- Lymphoedema - The Essentials for Breast Care Nurses Course
- Accredited Level 1 Lymphoedema Practitioner Upper Limb Course

Breast Care Nurses (BCNs) provide holistic care to their clients. They need to have knowledge and skills across a wide range of issues. Lymphoedema following breast cancer is a common issue that BCNs need to address this may be in the form of education and surveillance to being the health professional that needs to provide management of this condition across the spectrum of severity.

Lymphoedema Education Solutions provides BCNs with a solution to meet their needs. There are two courses to choose from.

Lymphoedema The Essentials for Breast Care Nurses

This two day course has been designed for Breast Care Nurses (BCN) as an introduction to:

- surveillance
- risk reduction
- early lymphoedema management following breast cancer treatment

It provides the BCN with essential information and practical tools to assist their clients. It also enables them to be aware of current lymphoedema management strategies. This course is not designed for the BCN to have the skills to manage lymphoedema but may be a stepping-stone for further lymphoedema education.

This course will utilise and expand upon their current knowledge and skills to facilitate their learning experience. It is hoped on completion that the BCN will feel confident to provide their clients with up to date information and a strategy depending on the presentation.

Learning objectives

Upon completion of the course, the BCN will be able to:

- Describe the anatomy of the lymphatic system.
- Discuss the physiology and pathophysiology of the lymphatic system.
- List the factors leading to oedema/lymphedema formation.
- Explore the factors to consider when assessing a client with lymphoedema.
- Explore the subjective assessment of a client at risk or with early lymphoedema.
- Explore the objective assessment of a client at risk or with early lymphoedema including:
 - Measuring the circumferences of the upper limbs with a tape measure;
 - The role of bioimpedance;
 - The role of the lymphscanner
- Compare physiotherapy rehabilitation options following breast cancer management including the importance of exercise and the management of treatment side effects.
- Discuss the current lymphoedema education following both sentinel node and axillary lymph node dissection.
- Explore treatment modalities for lymphoedema including exercise, manual lymphatic drainage,



Build confidence in your skills

compression bandaging and garments, intermittent pneumatic compression and laser.

- Develop clinical reasoning skills for a client who is at risk of lymphoedema or has early stage lymphoedema.
- Develop skills in manual lymphatic drainage and compression for breast oedema.

Course structure

The course has a distance learning component and a face to face component. The course is underpinned by evidence based learning and the content reflects the current best practice in lymphoedema management.

The distance learning component is included via Lymphoedema Educations Solutions (LES) online Learning Management System and via an e-learning modules provided by Klose Training www.klosetraining.com. It is estimated that the online training can take up to 14 hours. The Klose anatomy and physiology module will also include formative online quizzes which you must achieve 80% and you have three chances at achieving this. The face to face component is made up of 2 study days (16 hours).

Completion of the course

On completion of the study days and successful completion of the Klose training module the participant will be provided with a certificate for 30 hours continuing professional development.



For more information and course dates go to lymphoedemaedu.com

Level I Upper Limb Lymphoedema Course

This course provides the practitioner with the opportunity to develop their knowledge, skills and clinical reasoning in the management of uncomplicated upper limb and chest wall lymphoedema.

On successful completion of this course LES offers a unique opportunity to participate in small group online mentoring sessions with an experienced lymphoedema practitioner to discuss their current cases over a 6 month period on completion of the course. This provides participants with a chance to further improve clinical reasoning and management of clients.

Course Themes

The course is developed around four themes.

Theme 1

The role of the lymphoedema practitioner and its development.

Theme 2

Knowledge development in the following areas:

- Anatomy and physiology of the lymphatic system;
- Pathophysiology of lymphoedema;
- Cancer and its management (breast cancer, and melanoma);
- Upper limb oedema differential diagnosis;
- Assessment of upper limb lymphoedema;
- Psychosocial aspects of upper limb lymphoedema;
- Management of upper limb lymphoedema.

Theme 3

Lymphoedema skill development in the following areas;

- Assessment;
- Treatment of upper limb uncomplicated lymphoedema.

Theme 4

Applied practice. The focus of this theme is in developing skills that are required for clinical practice. It integrates elements from the other 3 themes and has a focus on clinical reasoning.

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Course Structure

The course is divided into sections. Each section has a distance learning component and a face to face component. The course is underpinned by evidence based learning and the content reflects the current best practice in lymphoedema management.

Distance Learning Component

The distance learning component is included via Lymphoedema Education Solutions (LES) online Learning Management System and via the e-learning modules provided by Klose Training www.klosetraining.com. The distance learning component is compulsory and will prepare you for the face-to-face study days. It is estimated that the Klose online training can take up to 45 hours to complete. There are approximately another 15 hours of learning via the LES Learning Management System. You will be given access to the distance learning program approximately 6 weeks prior to the face to face study days.

It will also include formative online quizzes which you must achieve 80% and you have three chances at achieving this.

Face-to-Face Component

The face-to-face component is made up of 4.5 study days (40 hours). It is an excellent opportunity for you to share your knowledge, skills, ideas and have a forum to troubleshoot a variety of aspects of lymphoedema management.

Participants are required to have 100% attendance throughout the face-to-face component.



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