

Course Title: Lymphedema 101

Course Subtitle: Complete Decongestive Therapy: The Gold Standard for Lymphedema Treatment: An Overview

Course Description: Complete Decongestive Therapy: The Gold Standard for Lymphedema is a 1- hour course for therapists looking to become familiar with the treatment protocol utilized by therapists for lymphedema. The course gives an overview on lymphedema with the different types and stages described. It then details the 4 major components of complete decongestive therapy: meticulous skin care, manual lymph drainage, multi-layered compression bandaging, and remedial exercise. Indications and contraindications to treatment are reviewed. Recent research is reviewed and a case study is provided to close up the course. This course will give therapists more knowledge in the area of lymphedema and also allow them to consider whether they would like to pursue further training in lymphedema.

Course Length: 1 hour

Course Format: Audiovisual presentation

Course Instructor: Kristyn Fletcher, PT, DPT, CLT

Target Audience: OT/OTA's, PT/PTAs

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

- Define lymphedema
- Summarize the 4 components of complete decongestive therapy (CDT)
- Recite 3 indications for CDT
- Recall 3 contraindications for CDT
- Explain the course of treatment for lymphedema with CDT

Outline of Content:

Hour #1

- What is lymphedema?
- 4 Components of CDT
- Indications/Contraindications
- General course of treatment
- Current evidence
- Case Study

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes audiovisual presentation with voice narrative and a downloadable PDF of the slide notes for this course.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the top-navigation bar.

OnlineCE.com is an AOTA Approved Provider of continuing education.