Advanced Course in
Management of Lymphatic system and lymphedema

30-31 March 2013

Organized by
Women’s Health Specialty Group, HKPA Limited
Co-joint with the HEMAX Health Products Company Limited

Instructor
Ms. Julia Osborne, PT, CLT-LANA
Oncology rehabilitation specialist
Faculty member at Regis University, Denver

Date / Time
30 March 2013 (Saturday): 8:30 - 17:30
31 March 2013 (Sunday): 8:30 - 17:30

Venue
Gymnasium, Physiotherapy Department, 2/F, Block P
Queen Elizabeth Hospital

Course Fee
HK$2,450 for WHSG members
HK$2,500 for HKPA members
HK$2,900 for non-HKPA members
Course fee for successful registration is non-refundable

Capacity
20

CPD
pending

Registration
Send application form with:
a “stamped self-addressed envelope”, and
a crossed cheque payable to “Hong Kong Physiotherapy Association
Limited” with name of this course, name of applicant and contact
telephone number on the back to:

Miss Ginny Choi
1/F, Physiotherapy Department,
Tseung Kwan O Hospital,
No 2, Po Ning Lane, Hang Hau,
Tseung Kwan O

Deadline of Registration: 25th Jan 2013
Unsuccessful applicants will be notified via email

Enquiry
Miss Ginny Choi / Miss Yuki Wong
Telephone: 7328 6626 / 7328 6558
E-mail address: ginnytsoi@yahoo.com.hk / wongsyy@ha.org.hk
Application Form

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30-31 March 2013

Name: ____________________________________________________________
(BLOCK LETTER, as appear in your HKPA registration)

HKPA membership ( Yes / No *)   HKPA Membership no : ________________

WHSG member ( Yes / No * )       * Please delete as appropriate.

Work Place & Unit: _________________________________________________

Phone no.: ____________________________(home) ________________________(office)
_______________________________(pager / mobile)

Email address: _____________________________________________________

Cheque no. & issuing bank: __________________________________________

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ADVANCED COURSE
IN MANAGEMENT OF THE LYMPHATIC SYSTEM AND LYMPHEDEMA

Speaker: Julia Osborne, PT, CLT- LANA

Day One
8:30 - 9:30 Introduction to Program Development
9:30 – 9:45 Clinical Review of Current Guidelines
9:45 – 10:30 What’s New in Lymphedema 2012/2013?
  • Research, Recent Studies, BioImpedance
  • Evolving Clinical Concepts
  • International Platform – Isolation to Collaboration
10:30 – 10:45 Break
10:45 – 11:45 Anatomy of the Lymphatic System – Going Beyond Basic Science for Complex Patients
  • Treatment Leverage and Success using Anatomy
  • The Power of the System
  • Mechanics of Skin Stretch and Release Phase
  • Sympathetic Nervous System
  • Smooth Muscle
  • Lymph Nodes
  • The Multifaceted Gift of Lymphatic Manual Drainage (LMD)
11:45 – 12:30 Stage III Patients - Physiology of Lymphedema
  • Lymph Fluid – Inflammatory Potential, Cytokines
  • Adipose Tissue – Altered Endocrine Function
  • Epidermis/Induration – Skin Failure and Damage
12:30 – 13:00 Treatment Concepts and Goal Setting
  • Treating the Condition of Lymphedema
  • Treating the Lymphatic System
  • Building Treatment Protocols using CDT and more
13:00 – 13:30 Lymphedema Risk Reduction/Prevention of Progression
13:30 – 14:30 Lunch
14:30 – 15:00 Patient Evaluation
  • Measurement Categories
  • Contra-Indications to Treatment
15:00 – 15:30 HEAD AND NECK LYMPHEDEMA – Patient Presentations
  • Injury, Surgery, Radiation
  • Superficial Lymph Pathways
  • Deep Lymph Pathways – Complex Patients
15:30 – 15:45 Break
15:45 – 17:30 LAB: HEAD & NECK
  Hands-On Integrated Techniques for Head and Neck Lymphedema
  Discussion: Compression, Kinesio Tape
ADVANCED COURSE
IN MANAGEMENT OF THE LYMPHATIC SYSTEM AND LYMPHEDEMA

Speaker: Julia Osborne, PT, CLT-LANA

Day Two
8:30 – 9:15  UE/TRUNK/BREAST LYMPHEDEMA – Patient Presentations
• Injury, Surgery, Radiation – Complex Patients
• Axillary Web Syndrome
• Mondor’s Syndrome

9:15 – 10:45  LAB: UE/TRUNK/BREAST
Hands-On: Integrated Techniques for Upper Extremity
Discussion: Compression bandage, Kinesio Tape, Chip Pads

10:45 – 11:00  Additional Methods of Treatment
• Compression Pumps
• Laser Therapy

11:00 – 11:15  Break

11:15 – 12:00  OBESITY AND LYMPHEDEMA
• Patient Management
• Collaboration with Medical Team
• Surgical Options

12:00 – 12:30  LIPEDEMA AND LYMPHO-LIPEDEMA
• Differential Diagnosis
• Patient Management

12:30 – 13:30  Lunch

13:30 – 14:00  LOWER EXTREMITY LYMPHEDEMA – Patient Presentations
• Injury, Surgery, Radiation

14:00 – 15:30  LAB: LOWER EXTREMITY
Hands-On: Integrated Techniques for Lower Extremity
Discussion: Compression bandage, Kinesio Tape

15:30 – 15:45  Break

15:45 – 16:00  ABDOMINAL/GENITAL LYMPHEDEMA – Patient Presentations
• Surgery, Radiation

16:00 – 17:15  LAB: ABDOMINAL/GENITAL
Hands-On: Integrated Techniques for Abdominal Lymphedema AND Genital Lymphedema
Discussion: Compression, Kinesio Tape

17:15 – 17:30  Close
COURSE OBJECTIVES:

1) Understand the anatomy and physiology of the lymphatic system and how to use the anatomy to its best advantage in performing effective lymphatic drainage in complex patients with aggressive and advanced lymphedemas, lipedemas, and primary lymphedemas

2) Advance and integrate lymphatic drainage skills with neuro-musculo-skeletal orthopedic skills to create increased efficiency and greater success in treating patients with UE complications, LE complications, Head and Neck complications, groin and genital complications, and abdominal and trunk complications

3) Demonstrate the ability to use the hands-on advanced techniques taught in this seminar to treat patients with co-morbidities such as chronic thrombosis, diabetes, CHF, auto-immune diseases; and patients with complications of lymphedema such as seromas, hematomas, severe fibrosis, axillary web syndrome, and mon dor’s syndrome

4) Have a more in-depth understanding of the acute trauma that occurs to the lymphatic system after surgery and radiation therapy so as to broaden treatment protocols and implement early intervention

5) Have the knowledge and tools necessary to shift mind set from treating “lymphedema” as a condition, to treating the “lymphatic system” as it relates to other body systems during periods of acute trauma – a necessary step towards progressive thinking in twenty first century medicine, and in the future development of evidence based research

6) Develop advanced critical thinking skills and clinical decision making skills in the management of patients with lymphedema and all associated co-morbidities and complications

7) Expand knowledge base about bandaging, compression, Kinesio Tape, and additional products on the market; and know how and when to apply advanced management products to patients

8) Gain and advance leadership skills in the continuum of care and multi-disciplined approach to the management of complex patients
COURSE OUTLINE:

This two-day seminar provides the information and techniques needed to problem solve through a complex variety of diagnoses relating to the lymphatic system. Complex diagnoses include patients with advanced and aggressive forms of lymphedema; patients with associated co-morbidities such as obesity, diabetes, auto-immune diseases, CHF, inflammation, venous-lymphatic insufficiencies, etc.; patients with differential diagnoses such as thrombosis, venous insufficiency, superior vena cava syndrome; patients with variable diagnoses related to the lymphatic system such as lipedema and primary lymphedema; and patients with complications related to advanced lymphedema such as fistulae, papillomas, and cysts. The course is also designed to expand clinician knowledge, insight, and management skills in the treatment of patients with acute/chronic trauma to their lymphatic systems, focusing on Stage 0 – Latency Stage Lymphedema and complications related to seromas, hematomas, axillary web syndrome, and Mondor’s syndrome. The hands-on techniques presented in the lab sessions will include a series of specialized, unique, integrated techniques which will in unison address the musculo-skeletal system, the nervous system, the vascular system, and the lymphatic system. Upon completion of the course clinicians will be able to use the integrated techniques specific to this seminar to address the advanced treatment needs of patients with UE complications, LE complications, head and neck complications, groin and genital complications, and abdominal and trunk complications in existing lymphedema conditions. Therapists with prior lymphedema experience will benefit from the application of these advanced clinical treatment techniques that will add leverage to their treatment protocols, optimize the functioning of the lymphatic system, improve the stability of the lymphatic system, and bring about more sustainable results in their patients. The information presented in the course will enhance therapists’ ability to develop a continuum of care, lead a multi-disciplined approach, and effectively market new concepts in lymphedema management to the medical community. The course presents evidence-based practice in the management of lymphedema, and includes extensive laboratory time to assist clinicians with their skills in applying integrated techniques to the system, all its contributing co-morbidities, and all its complications. The information obtained in this course can be immediately applied in the clinic to achieve sustainable functional outcomes.
KEYNOTE SPEAKER:

Julia Osborne has had a very diversified physical therapy career for 18 years and has practiced in hospital and outpatient settings in South Africa, England, and the USA. In 2002 Julia became specialized in the area of oncology rehabilitation, including outpatient post breast surgery care, post radiation care, rehabilitation during chemotherapy, and lymphedema management. She has established and directs Oncology Rehab, one of Denver, Colorado’s only Oncology Rehabilitation Clinics. The clinic offers expertise in post oncology-based surgery rehabilitation; oncology based pelvic floor programs for women and men; neuro-oncology based programs; and oncology based exercise programs for patients who have undergone radiation therapy, chemotherapy, and additional treatment protocols for the treatment of their cancer.

Julia is well known for her public speaking nationally at Oncology Conferences, Cancer Support Groups, and Cancer-based Hospital Systems. She is an affiliate faculty member at Regis University in Denver, CO where she does instructional and clinical teaching in oncology rehabilitation for the Doctor of Physical Therapy program. Julia is also a national clinical instructor for North American Seminars and, throughout the United States, extensively teaches fellow colleagues in the combined and integrative processes of physical therapy and oncology rehabilitation.