



**HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED**  
**香港物理治療學會有限公司**

中國香港特別行政區 九龍佐敦德興街 12 號興富中心 9 樓 901 室  
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# The Full Complete Lymphedema Certification Course (Hybrid Format)

Organized by Women's Health Specialty Group, HKPA Limited  
Co-organized by Tung Wah College

<b>Date &amp; Time</b>	<u>Home Study Online training (45 hours)</u> <u>Webinar Training:</u> 1-4 May, 2023 (Monday- Thursday) 18:00-21:00 HK Time 8-11 May, 2023 (Monday- Thursday) 18:00-21:00 HK Time 15-18 May, 2023 (Monday- Thursday) 18:00-21:00 HK Time 22 May, 2023 (Monday) 18:00-22:00 HK Time <u>In Person Training:</u> 25-29 May, 2023 (Thursday- Monday) 8:00-19:00 HK Time	
<b>Instructor</b>	<u>Webinar Training:</u> Tracy Cisneros, PT, DPT, CLT, LMT, CDT/MLD Instructor <u>In Person Training:</u> CDT/MLD Instructor from the Academy of Lymphatic Studies (ACOLS) Exact person to be confirmed	
<b>Venue</b>	Tung Wah College King's Park Campus (Ma Kam Chan Memorial Building, 31 Wylie Road, Homantin, Kowloon) Exact classroom to be confirmed	
<b>Course Fee</b>	HKPA WHSG Member	\$28,500
	HKPA / MPTA Member	\$28,600
	Non-HKPA Member	\$29,600
<b>Early Bird Offer (Before 15 January 2023)</b>		
	HKPA WHSG Member	\$27,500
	HKPA / MPTA Member	\$27,600
	Non-HKPA Member	\$28,600
<b>Capacity</b>	22	
<b>CPD</b>	Pending	
<b>Deadline of application</b>	31 January 2023	
For more information about the course, please visit <a href="https://www.acols.com/courses/complete-lymphedema-certification-hybrid.php">https://www.acols.com/courses/complete-lymphedema-certification-hybrid.php</a> For enquiry, please contact Ms. Ginny Choi (Phone: 52315159/Email: cwwz01@ha.org.hk)		
<b>Remarks</b>	<ul style="list-style-type: none"><li>• Successful applicants will be contacted by email. After confirmation of successful application, course fees are NOT refundable.</li><li>• If the course is cancelled due to insufficient registration, fees received will be refunded</li><li>• Status of membership is based on the updated list from HKPA and is counted to the date of deadline of application. If number of applicants exceeds the capacity with priority given to WHSG members followed by HKPA members &amp; drawing lots.</li></ul>	

## **COMPLETE LYMPHEDEMA CERTIFICATION (HYBRID FORMAT)**

The Complete Lymphedema Certification Course is an intensive 135-hour certification training medical professionals to successfully treat and manage lymphedema affecting different parts of the body, as well as other related conditions.

### **Lymphedema**

Lymphedema is an accumulation of protein-rich fluid in the superficial tissues and is a very common and serious condition worldwide. It has important pathological and clinical consequences for the patient if left untreated.

Secondary lymphedema is often caused by trauma to the lymphatic system, such as surgery, injury, scarring, infection and radiation therapy. Post-mastectomy lymphedema of the upper extremity caused by breast cancer treatment is very common in the United States.

Another cause for lymphedema is malformations of the lymphatic system (primary lymphedema). In such cases the swelling may appear after simple accidents such as sports injuries, which can suddenly overload the lymphatic system.

### **Course Objective**

Each course participant will be trained in the four components of Complete Decongestive Therapy (CDT) and the management of lymphedema affecting a variety of peripheral body parts - upper and lower extremities, head and neck, exterior genitalia, truncal swelling, pediatric lymphedema, post-surgical and post-traumatic swelling, lymphedema caused by chronic venous insufficiencies and other pathologies, lipedema and more. Upon completion of this course participants will be able to differentiate between a variety of peripheral edemas and understand the medical indications and contraindications of CDT. Furthermore, the therapist will be able to establish a treatment plan for individuals with chronic extremity lymphedema and other conditions and perform the treatment accordingly.

### **Class Topics**

- Anatomy, physiology and pathology of the lymphatic system
- Basic and advanced techniques of MLD and CDT
- Treatment of primary and secondary lymphedema as well as related conditions
- Introduction to the treatment of pediatric lymphedema, head/neck and genital lymphedema
- Lymphedema bandaging techniques for upper and lower extremities
- Decongestive exercises for lymphedema patients
- Measuring techniques for edema (volumetric and circumferential)
- Measuring techniques for compression garments (with certification) - JUZO, Solaris
- Home maintenance and self-treatment for lymphedema patients
- Hygienic skin and nail care for lymphedema
- Indications and contraindications for MLD and CDT
- Billing issues for lymphedema therapy

Also included:

- ACOLS provides free support of graduates (consulting services, therapist resource listing and more)
- ACOLS periodically offers advanced and review classes

## **Course Format**

The Academy of Lymphatic Studies pioneered research-based lymphedema training in the United States in the early 90's, using our traditional program that required students to spend two full weeks in off-site, classroom training. The Academy is now providing a more dynamic, accelerated course format which meticulously blends the optimal mix of online and classroom hours to provide our students with unparalleled quality of instruction.

The Complete Lymphedema Certification Course consists of 135 hours of intermediate-level education. Students will first complete a 45-hour Home Study Program, followed by the 90-hour class for their live lecture and hands-on instruction. To provide more flexibility to our participants, the program was specially delivered in hybrid format, which changes classroom time from 9 consecutive days to 40-hour of webinar training and 5 days of in person training.

### Part One:

Students will complete a 45-hour online, self-paced, home study program prior to attending Part Two of the course.

### Part Two:

Students attend a 40-hour virtual portion of the course from the comfort of their own homes. This part of the course is delivered by a certified instructor live via a virtual platform.

### Part Three:

Students attend a 50-hour live classroom portion of the course, which is delivered in just 5 days. This is the part of the course where students come together to learn and practice the techniques and treatment sequences for four days prior to taking the hands-on exam on the last half-day.

Upon successful completion of all three parts, the student will be a Certified Lymphedema Therapist (CLT)!

## **Target Participants**

Registered physiotherapist

## **Class Preparation**

Upon receiving your deposit, a confirmation package containing the course book and home study materials will be sent to you.

In preparation for the class, you must complete the 45-hour home study and take all of the exams. The home study must be completed at least 3 days prior to the start of the course.

## **Duration**

The classroom hours are 8am – 7pm daily. The last day of class is testing day, so class will start at 8am, but the ending times can vary depending on the number of students to be tested. There will be approximately one hour for lunch every day.

## **The Academy of Lymphatic Studies (ACOLS)**

### **History**

The Academy of Lymphatic Studies (ACOLS) has been the premier provider of Lymphedema Education in North America since 1994. ACOLS conducts Certification Courses in MLD/CDT (135 hours), Lymphedema Management Seminars (31 hours), Certification in Manual Lymph Drainage (Vodder Techniques) Courses (40 hours), as well as Advanced Courses in Lymphedema and Wound Management. ACOLS provides these courses throughout the year in the United States, and Internationally. Many of these courses are held in Universities, Outpatient Rehabilitation Facilities, Hospitals and Cancer Centers.

ACOLS also provides in-service lectures to physicians, other health care professionals as well as local lymphedema support groups. ACOLS faculty members are frequent speakers and presenters at National and International Lymphedema Conferences.

### **Mission Statement**

The mission of the Academy of Lymphatic Studies is to promote high professional standards and the continuing professional competence of health care practitioners by promoting the quality and integrity of continuing education to practitioners in the field of lymphedema management.

Their primary objective is to provide the highest quality education in Manual Lymph Drainage and Complete Decongestive Therapy (MLD/CDT) and to advance the availability, quality, use and support of lymphedema management techniques through standard settings, terminology, education and research.

### **High Quality in Education**

Consistent with their Mission Statement, they are dedicated to provide the highest quality education. Direct contact during their certification courses, small groups, highly trained and certified instructors with many years of experience in education and treatment, as well as up-to-date teaching technologies assure a maximum learning experience for participants in their programs.

## **About the Instructor**



**Tracy Cisneros**  
**PT, DPT, CLT, LMT, CDT/MLD Instructor**

Tracy began work as a Licensed Massage Therapist in the state of Texas in 2004. She concentrated in orthopedic and pain management facilities while pursuing her Bachelor's degree in Exercise Sports Science from Texas State University. She obtained her CLT certification in January 2017 and received her Doctorate of Physical Therapy from Texas State University later that year. She started her career as a Physical Therapist in an outpatient hospital based facility. Her full time focus is on Lymphedema management and prevention in Waco, Texas. She enjoys serving Oncology populations, primarily breast cancer and head & neck cancers. She also created a lower extremity program to serve the greater Waco area. Her passions include educating clinicians to raise awareness of Lymphedema and the opportunity to care holistically for people.

For information of other instructors from the Academy of Lymphatic Studies (ACOLS), please visit <https://www.acols.com/about/faculty-advisory-board.php>.



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**The Full Complete Lymphedema Certification Course**  
**Application Form**

<b>Course Name</b>	The Full Complete Lymphedema Certification Course		
<b>Name</b>	(English)	(Chinese)	
<b>HKPA / MPTA Member</b>	<input type="checkbox"/> Yes (Membership No.: _____) <input type="checkbox"/> No		<input type="checkbox"/> No
<b>WHSG Member</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<b>Phone no.</b>			
<b>Email Address</b>			
<b>Mailing Address</b>			
<b>Registration fee</b>	<input type="checkbox"/> WHSG member \$28,500 <input type="checkbox"/> Early Bird \$27,500	<input type="checkbox"/> HKPA / MPTA member \$28,600 <input type="checkbox"/> Early Bird \$27,600	<input type="checkbox"/> Non-HKPA member \$29,600 <input type="checkbox"/> Early Bird \$28,600
<b>Cheque No.:</b>	(Issuing Bank: _____)		
<b>Registration</b>	Please send this form with a crossed cheque payable to "Hong Kong Physiotherapy Association Limited" with 1) your name, 2) HKPA membership number (if applicable), 3) course name 4) phone number written at the back of the cheque to the following address: <i>Ginny Choi</i> <i>Physiotherapy Department, 1/F Main Building, Tseung Kwan O Hospital, 2 Po Ning Lane, Tseung Kwan O</i>		
<b>Legal Claim Waiver Consent</b> In consideration of HKPA Ltd. accepting my registration to this course, I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd. Signature: _____ Name of Registrant: _____ Date: _____ *Please sign the above consent before submitting your registration			
<b>Special Weather Arrangement</b> When Typhoon Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply: <u>For classes &amp; examinations have NOT YET started</u> If Typhoon Signal No.8 and/or Black Rainstorm Signal are in force 2 hours before the course, the course will be cancelled. <u>For classes &amp; examinations that have already started</u> When Typhoon Signal No.8 or above is hoisted - Classes immediately suspend. Fee paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.			