

CASLEY SMITH METHOD OF Manual Lymphatic Drainage for the Treatment of Lymphoedema

AIM: To develop healthcare professionals with knowledge and skills in the management of lymphoedema/chronic oedema, incorporating manual lymphatic drainage (MLD)

WHERE: Practical sessions will be held in Beacon Hospital, Dublin

WHEN: Online: 13th, 27th Sept, 11th, 25th Oct, 8th, 22nd, Nov 7-9pm
Practical: 27th/28th Nov and 11/12 Dec, 9-5pm

WHO: any registered Health Care Professional who has opportunity to practice. Applicants must be fully vaccinated.

COST: €1,200

FACILITATOR: Lynne Whiteside BSc (Hons) SRP, MCSP, NMP, Teacher of Casley Smith Method of MLD, Casley Smith Lymphoedema Education

For Further Details Contact:
Sarah.Wright@beaconhospital.ie
Ph: 01 293 3885

Closing Date:
7th Sept 2021

Learning Outcomes

By the end of the course, the student will be able to:

- describe the theoretical principles underpinning treatment in relation to the microcirculation and fluid transport systems
- demonstrate an awareness of literature and evidence in relation to treatment of lymphoedema using MLD and bandaging
- discuss the rationale for the provision of MLD and bandaging, including indications and contraindications
- communicate effectively with the service user and carer, providing both verbal and written explanation
- identify, implement and evaluate treatment utilising the four cornerstones of care
- make appropriate referral to other agencies

Course is Assessed in Three Ways

- **You will be expected to complete some short questions after each section to demonstrate your knowledge. The online sessions are there to help with gaps in your knowledge or understanding.**
- **There is a practical assessment in which you will be formally assessed on the MLD and treatment planning**
- **Your participation with online sessions.**

During practical part of the course, you are advised to wear comfortable clothing and shoes.

You will be working with a fellow student and when participating as a model, you will be expected to undress (often to knickers). While the group may be mixed, the participants can agree a way to minimise any embarrassment.

Please bring the following equipment with you

- Hand wipes
- Fineliner marker pen with washable ink
- Talcum powder
- Scissors
- 2 large bath towels (minimum)

Course Delivery

1. Online Introduction, setting context

- Anatomy and physiology
- Differential diagnosis
- Incidence and prevalence

2.

- Assessment
- Measurement of limbs
- Principles of management

3.

- History of MLD
- Treatment techniques
- Pathways and clearance routes

4.

- Principles of compression
- Bandaging
- Compression garments

5.

- Discussion on pros and cons of treatment
- Role of MLD in palliative care
- Preparing for practical days.

6. Revision session

Then 2 weekends to cover practical sessions for MLD and bandaging and finishing with assessment

Online sessions will be hosted on Microsoft Teams. Between online sessions it can be used as a forum site to pose questions and shape the following online session.

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