

LYMPHEDEMA WELLNESS MANUAL APPENDIX E: HOME STUDY COURSE INFORMATION

Lymphedema Wellness Manual Home Study 8 CE Course

Gay Lee Gulbrandson, Approved Provider # 451083-09



COURSE OBJECTIVE: Lymph drainage therapists, clinicians, researchers, students, and support staff provide knowledgeable, effective treatment or guidance to clients with Lymphedema (LE). The various protocols and details are covered in this Home Study Course. Exam performs spot-checking of learning.

When you have completed this home study course, you will be able to:

- * Identify the types of lymphedema (LE)
- * Locate the statistics and incidence of LE
- * Identify some diagnostic techniques for LE
- * Locate assessment & diagnostic methods for LE
- * Locate the absolute contraindications to MLD
- * Locate some measurement techniques for LE
- * Identify the bandaging techniques for LE
- * Define the CDT techniques for LE
- * Define the assessment techniques for pre-LE
- * Identify an individual treatment plan for LE
- * Learn the Best Practices treatments for LE
- * Learn the exercises recommended for LE
- * Learn the Best Practices consensus ratings
- * Learn the sources of personal articles for LE
- * Learn the location of therapists / clinics for LE
- * Identify the structure of the lymph system
- * Identify the risk of acquiring LE
- * Identify the signs of LE
- * Locate sources of meta-studies on LE
- * Locate the relative contraindications to MLD
- * Locate the treatment techniques for LE
- * Locate the compression garment types for LE
- * Locate the skin care techniques for LE
- * Locate QOL survey instruments for LE
- * Workup an individual risk control plan for LE
- * Locate alternative treatments ratings for LE
- * Locate Weight Lifting limits recommended for LE
- * Locate hydrotherapy exercises for LE
- * Locate sources of the best books on LE
- * Locate best websites for LE information

OVERVIEW: This course covers the LE therapist and the LE patient interface. It is recommended training for therapists already certified in CDT, or professionals desiring to learn more about CDT.

PROCESS: The "Lymphedema Wellness Manual" is studied. Then a brief open book exam is taken covering the major subject areas in the manual. Exam answers are entered online. Certificate is sent.

CEs: Earn 8 CEs approved by the NCBTMB, receive Certificate of Accomplishment by email.

Processing Fee: \$19.99, online only, including email Certificate. Manual processing priced differently.

Wellness Manual Home Study Course Subjects

ASSESSMENT & PROTOCOL

- | | | | |
|-----------|-------------------------------|-----------|--------------|
| Section 1 | LYMPHEDEMA OVERVIEW | Section 2 | ASSESSMENT |
| Section 3 | INDIVIDUAL TREATMENT PROTOCOL | Section 4 | RISK FACTORS |

TREATMENT & SELF CARE

- | | | | |
|-----------|-------------------------------------|-----------|------------------|
| Section 5 | CDT (Combined Decongestive Therapy) | Section 6 | OTHER TREATMENTS |
| Section 7 | EXERCISES & INSTRUCTIONS | Section 8 | QUALITY of LIFE |

REFERENCES & RESOURCES

- | | | | |
|------------|-----------|------------|-----------------|
| Section 9 | RESOURCES | Section 10 | MLD Topic Cards |
| APPENDIX A | SOURCES | APPENDIX B | GLOSSARY |

Title:

Manual Lymph Drainage Wellness Book Home Study 8 CE Course

COURSE INFORMATION & STANDARD DISCLOSURE:

Gay Lee Gulbrandson is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCTMB) as a continuing education **Approved Provider # 451083-09. Florida Board of Massage Therapy CE Provider # 50-11392**

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|---|---|
| Class Type: | 8 CEs for Home Study Course with successful completion of examination. |
| Provider/ Contact: | Gay Lee Gulbrandson, CLT-LANA, NCTMB, CMT, NAVALT, LANA, AMTA. GayLee@VodderMLD.com OFC: 510-849-1388 FAX: 510.558=8363 1791 Solano Ave #A8 Berkeley, CA 94707 USA |
| Duration of course: | No limit (estimated 6 + hours of study plus open book multiple choice exam, for 8 CE units). See <i>Terms & Conditions</i> attached. |
| Prerequisites: | None. Anyone may take the course. Completion of massage school or equivalent, MD, RN, PT, OT, Licensed Esthetician, CMT/ LMT/ RMT, LE patient, family, etc. is suggested. |
| Course Material: | Title: Lymphedema Wellness Manual, <i>Sub-Title:</i> Interactive Lymphedema Management for Patients and Therapists ISBN-10: 0985866403 ISBN-13: 978-0-9858664-0-2 |
| Interface: | Preparation for an advanced MLD or refresher class, MD, RN, PT, OT, CMT, admin or support staff intro to CDT, etc. |
| Fee: (See website for all pricing options. Groups inquiries welcome) | Special \$19.99 If the LE Wellness Manual was purchased or included as part of a seminar or class , this CE Course "Add-On" is \$19.99 web entry, or \$59.99 if borrowing somebody's Manual, or \$84.99 download & printed (+ post & tax in CA). Regular value \$112.00. Group inquiries welcome. |
| Source Material: | LYMPHEDEMA WELLNESS MANUAL. Bibliography & References list available online at www.voddermld.com/b |
| Cancellation / Refund: | Student may not cancel their purchase after paying or after download or shipping. Please see <i>Terms & Conditions</i> page or below for actual details. |

Sample Questions:

All questions have only one best answer.

1. Regarding LE diagnosis and treatment, choose the statements that are most true:
 - a. X-ray is considered optimal for LE diagnosis
 - b. Lymphoscintigraphy is considered optimal for LE diagnosis
 - c. Blood transfusions are considered optimal for treatment of LE
 - d. CDT is considered optimal for treatment of LE

2. Choose the statement that is MOST correct:
 - a. Much lymph flows to the intestines; lymph begins its journey at the venous arch
 - b. Much lymph originates in the intestines; lymph ends its journey at the venous arch
 - c. Both **a** & **b** are correct
 - d. Neither **a** nor **b** are correct

The exam is included in the fee when taken online. Open book exam!

Wellness Manual 8 CE Home Study Course Easy Steps To Completion

I. DOWNLOAD MATERIALS

When payment has been completed, **choose A or B**

- A. Home Study Course Instructions, Guide, and Exam, or
- B. Enter your answers in the online exam answer blanks!

Note: You will need a **LE WELLNESS MANUAL** to take this course.

II. STUDY THE WELLNESS MANUAL

See [Printing](#) for helpful tips.

Place download in a binder. Set a schedule to study the **LE Wellness Manual**, with a highlighter in hand, and the exam open. Make notes about questions and ideas that occur to you. Mark the exam answers on your copy.

III. EXAM - ONLINE ENTRY

Log onto VodderMLD.com/b using your login ID and Password.

Go to **WELLNESS MANUAL EXAM**

Follow the instructions for entering your answers in the online exam form.

IV. COMPLETION

You will receive your score report and Accomplishment Certificate by **email only**. Print your Certificate of Accomplishment for CE submission to certifying/licensing agency. Save your original Certificate of Accomplishment email / document in a permanent folder.