



Lymphedemamanagement.com **Pacific Therapy Education, Inc.**

Coast to Coast School of Lymphedema Management
Anne-Marie Vaillant-Newman, PT, MA. Director

How many CEUs is our curriculum worth?

Dear colleagues,

I asked the New York Society for Continuing Education in Physical Therapy, Inc. for an evaluation of our different courses

The basic, advanced, and level II courses were evaluated as well as the case study.

On February 12, 2006, NYSCEPT awarded

- the basic course program **4.52 CEUs**. In February 2005 they had awarded the same program **4.7 CEUs**. I will question the committee about this difference.
- the course level II 's program **2.15 CEUs**
- the advanced course program **3.5 CEUs**
- the case study **4.0 CEUs**.

So, the complete curriculum was awarded 14.17 or 14.35 CEUs by NYSCEPT.

The program evaluation in contact hours indicates:

- 45 to 47 contact hours for the basic course
- 24 contact hours for the course level II
- 35 contact hours for the advanced course
- 80 contact hours for the case study: (4.0 CEUs are the equivalent of 80 hours of work according to NYSCEPT.)

This is a total of 186 (184) contact hours.

These are the figures that you may submit to insurance companies questioning the length of your program.

Participation of S. G. Rockson, M.D. at the basic course in San Diego.

Stanley.G. Rockson, M.D. Chief of Consultative Cardiology, Director Center for Lymphatic and Venous Disorders at Stanford University made a presentation about "Progress in Lymphatic Research" at the basic course in San Diego. The feedback regarding this brilliant presentation was very positive. Doctor Rockson will be present at 4 coming courses in 2006. Local (or not local) previous attendees who wish to hear Doctor Rockson will be welcome. Please contact me to arrange your participation at the conference.

NOTE: There will be **2 advanced courses in 2006**: One to be held at the National Rehabilitation Hospital in Washington DC from **May 4 to May 7** and the other one at Stanford University, Stanford, California from **May 19 to May 22..** See page 4 of this newsletter.

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March 2006

Inside this issue:

| | |
|-------------------------------|---|
| <i>Case study</i> | 2 |
| <i>Articles of importance</i> | 2 |
| <i>Journals to read</i> | 2 |
| <i>Cancer prevention</i> | 3 |
| <i>Q & A</i> | 3 |
| <i>Program 2006</i> | 4 |

Special points of interest:

- *Our program is worth 14.17 CEUs, 186 contact hours!*
- *Stanley G. Rockson, M.D. Participates in 5 courses in 2006.*
- *Content of the case study*
- *2006 Program*



Start this case study now!

Did you notice that there will be 2 Advanced courses in 2006?

One on each coast!

If you register for the course level II and the Advanced course at NRH you will pay \$1,400.00 only.

Case study!

I think that you remember that the participants having completed the basic and the advanced courses and having passed the International Certification in Lymphedema Management (ICLM) Examination, have to complete a case study to become ICLM certified.

The case study must report a complete treatment provided to a patient suffering from lymphedema. This must be anonymous and you may check with your supervisor if you need any authorization to write this case study. It will include:

- The patient's medical history with emphasis on the history of the present illness. The date of onset of lymphedema, and the potential precipitating factors must be reported.
- A review of the anatomy of the lymphatic system in general with more detail regarding the anatomy of the lymphatics in the involved area.
- A review of the pathophysiology pertaining to the case.
- Tests performed to establish the diagnosis of lymphedema. Description of the procedure. Function of the test.
- Detailed evaluation. Rationale for intervention.
- Goals. Plan of treatment.
- Description of the physical treatment in quality and quantity with discussion of the rationale for applying specific techniques. Description of the research demonstrating the effectiveness of these techniques.
- Patient and family education. Precautions as presented to the patient and his family. Samples of the supportive documentation.
- Home program. Description. Rationale for implementing (or not) a home program. Samples of the supportive documentation regarding home program.
- Results. Discussion. Conclusion.
- Bibliography.

I look forward to reading the cases studies and awarding the ICLM certification to the successful participants.

Articles of importance

Here are some references of articles you must read if you did not read them already:

- Olszewski W.L et al The effectiveness of long-acting Penicillin (Penidur) in Preventing Recurrences of Dermatolymphoangioadenitis (DLA) and Controlling Skin, Deep Tissues, and Lymph Bacterial Flora in Patients with "Filarial" Lymphedema. *Lymphology* 38(2)60-80.
- Rockson S.G . Lymphedema. Review. *The American Journal of Medicine* Volume 110 March 2001;288-295.
- Rockson, S.G. Lymphedema *Current Treatment Options in Cardiovascular Medicine* 2006 , 8:129-136
- Rockson, S.G. Lymphedema Therapy in the Vascular Anomaly Patient: Therapeutics for the Forgotten Circulation *Lymphat Res Biol* 2005 Vol 3 No.4253-255.



Read and let us know if you find an interesting article.

Journals of interest

I cannot stress enough the necessity for reading “Lymphatic Research and Biology” Mary Ann Liebert , Inc Publishers, contact: info@liebertpub.com Other journals of interest are: Lymphology and The European Journal of Lymphology and Related Problems.

“The European Journal of Lymphology and Related Problems (EJLRP)” is the official journal of the European Group of Lymphology (GEL), the Latin Mediterranean Chapter of ISL (LMC-ISL), and the Societa Italiana di Linfangiologia (SIL).

To subscribe, contact Mr. JP Belgrado, Treasurer of the GEL Service de kinesitherapie, Avenue Paul Heger, 28, CP 168 1050, Brussels, Belgium. E-mail: belgrado@ulb.ac.be

Lymphology is the official journal of the International Society of Lymphology. To subscribe contact the editor: M.H. Witte, MD at lymph@u.arizona.edu

Cancer prevention

Reviewing the part “The Cancer Project” in the Journal :Good Medicine published by the Physicians Committee for Responsible Medicine (Spring Summer 2004), I noted that farm raised salmon has significantly higher concentration of 13 out of 14 organochlorine pollutants tested, including PCBs, dioxins, toxaphene.

Hites RA, Foran JA, Carpenter DO, Hamilton MC, Knutt BA, Schwager SJ. Global assessment of organic contaminants in farmed salmon. Science 2004;303;226-9.

You may visit the website of Physicians Committee for Responsible Medicine at: www.pcrm.org

Questions & Answers

- Questioning Doctor Rockson about the possibility of applying physical treatment of lymphedema during pregnancy I was told that there is no specific contraindication.

Some patients suffering from primary lymphedema see their symptoms decrease during pregnancy..

Patients suffering from lymphedema secondary to cancer surgery are recommended to avoid pregnancies after an episode of cancer.

- Regarding the question about functional goals raised at the Fall 2005 basic course at Stanford, I would like to let you know that Josette Mullins, PT is writing about it.

In the mean time if you apply the principle that a functional goal is:

-the specific desired outcome of physical therapy expressed by the patient ,and add:

-the measurable , functional goals that address activities related to the outcome you will be able to document well this part of the evaluation. More information to come.

REMINDER:

You must complete:

- *the basic course*
- *-the advanced course*

and

- ***Pass the ICLM Examination***

then

Present a case study

Once your case study

is accepted you become

ICLM certified.



Questions?



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2006 PROGRAM

BASIC COURSES (Level I):

- San Diego, California February 6-11, 2006*
- Middlesex Hospital, Middletown, CT June 12-17, 2006
- Stanford University, California October 19-24, 2006*

COURSE LEVEL II:

- National Rehabilitation Hospital Washington, DC May 1-3, 2006*

ADVANCED COURSE (Level III):

- National Rehabilitation Hospital Washington, DC May 4-7, 2006*
- Stanford University, California May 19-22, 2006*

***Guest speaker: Stanley G. Rockson, M.D. Associate Professor of Medicine**

Chief of Consultative Cardiology

Director, Stanford Program for Atherosclerosis and Cardiovascular Therapies

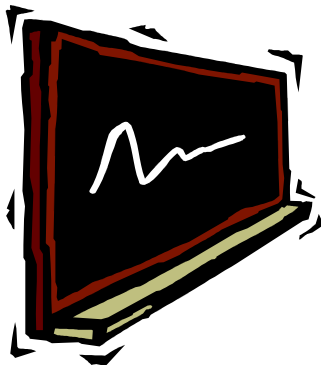
Director, Stanford Center for Lymphatic and Venous Disorders.

Falk Cardiovascular Research Center.

Stanford University School of Medicine

Stanford, California.

Note: Completion of course Level II is not a prerequisite for attendance to course level III.



*Pick up your seminar and become
ICLM certified*