



VOLUME 2 ISSUE 1

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Editorial

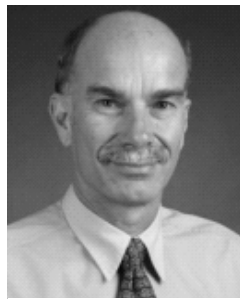
Robert Harris, HND, RMT, CLT-LANA

The time to stand up for what we do as therapists has arrived! The times are changing rapidly with the growth of awareness about lymphatic conditions. As research progresses, the elements of Combined Decongestive Therapy are increasingly coming under scrutiny and we need to build our evidence base. This issue of Therapy News has an informative article

from Prof. Neil Piller about how to get published in peer reviewed journals and I encourage all Dr. Vodder - certified therapists to step forward and let the world know about the results we get with our therapy. An important opportunity to present is coming up in Toronto in June. §

Letting others know what you know. The importance of publishing your findings

Prof. Neil Piller



Prof. Neil Piller

Many therapists have a range of exciting and interesting patients, in terms of their presenting condition, the associated symptoms, your strategies to help improve the condition and the actual outcomes of treatment or management both in the short and medium term. Sometimes you get a surprisingly good outcome

and sometimes it is the opposite, you just can't see why the patient responded poorly or not at all. We still have a deficit about our breadth and depth of knowledge of the lymphatic system and the impact of our interventions on it when there are functional and structural issues. All of you as Dr. Vodder Therapists have had a large amount of training and recertification and really should not be faced with too many surprise results, but we all are from time to time. It is important that you tell others about this so we can all learn from your experiences and through that help gain even better outcomes for our patients. The first step in this process of letting others know is of course to talk about it with your colleagues and present the findings at meetings, but by far the best way is by publication of your case study of the patient in question. Sometimes when the result is an unexpected surprise you do not have as much detail as you might need but it still may be enough to be accepted for publication.

So why don't many therapists publish this valuable information? Too busy? Afraid that the information is not good enough, or just afraid to publish? Well it's time to get over those barriers and tell us what you know that we may not know!

Publish your unique case as a case study! The two journals who may take such case studies are the "Journal of Lymphoedema" and the journal "Lymphology". Both have information about how you can make a submission.

What are the general criteria? Generally a case study is a shorter article often of approximately 1000 words. Below are listed the key elements of a good case study that would have a good chance of getting published. If you are not sure exactly of what you need to do or what and how to write, a member of the editorial board of the journal will generally help you get things into shape.

So here's what you need to do, if you do not already have an interesting result to talk about.

- Make a decision where your case study will be published
→This will set the nature of the data you collect.
- Have a look at other case studies published in the relevant journal.
- Select an interesting patient
→One where you expect an unusual result.
- Know the context of their problem that is describe the patient history.
- Record bio-data (height, weight, BMI, medication, etc.).
- Undertake baseline measurements
→Limb details – fibre, fluids, size, volume or any other information you have.
- Perform the MLD or other intervention (preferably alone with no other treatments at that time or immediately prior)
→Record details of exactly what you did
→Take a pre and / or post treatment photo (in the same position, same distance, lighting etc.).
- Take post treatment measurement of your key change parameters (time after is crucial).
- Perform follow-up measurement (again time is important, after a few hours, a day, a week or some other time).
→Acknowledge confounders as time increases (this means there are many other things that might have influenced the change in the limb over longer times that you have no control over).



Letting others know what you know.

Cont'd from page 1

- Prepare the case study for publication
→Introduction (context, methods, results, discussion, conclusion). Often it's good to have something visual as well such as a table, graph or a photo.
- Send the work off to the editorial board.
- Await their reply!
- Get your name in print.
- Help others know about your good work, your interesting findings, how the Dr. Vodder

technique helped and through the comments from others maybe even do better for your patients!

Happy Publishing!

Journal of Lymphoedema: www.lymphormation.org
Lymphology: www.u.arizona.edu/~witte/journal.htm

Professor Neil Piller, Lymphoedema Assessment Clinic, Department of Surgery, Flinders University and Medical Centre. Editorial Board Member of "The Journal of Lymphoedema" "Lymphology" and "Lymphatic Research and Biology"§

International Lymphedema Framework (ILF) conference Toronto June 16 – 18

The first time the ILF conference has been held outside the UK will be in Toronto in June this year and it promises to be an interesting conference full of debate and discussion. One of the major topics on the first day is a Systematic Review of Manual Lymph Drainage and I anticipate there will be some lively discussion around this topic. Recent research meta-analysis of randomized control studies by McNeely et al. (University of Alberta) has downplayed the role of MLD in lymphedema management: M. L. McNeely et al: Conservative and Dietary Interventions for Cancer-

Related Lymphedema. Cancer, 2010; 11.

If you have a few minutes, I encourage you to read an interesting article (link below) from the New Yorker Magazine, December 13, 2010 titled "The Truth Wears Off: Is there something wrong with the scientific method?". See why serious questions are being raised about the validity of randomized control studies.

Please do consider submitting an abstract for a presentation at the Toronto conference. The deadline is February 28th and we look forward to seeing you there.§

www.newyorker.com/reporting/2010/12/13/101213fa_fact_lehrer#ixzz1CXCLFM25

North American Lymphedema Education Association (NALEA)

A new organisation has been formed in North America concerned with the training standards of lymphedema therapists. The North American Lymphedema Education Association (NALEA) is currently comprised of three US and one Canadian training program: The Academy of Lymphatic Studies, Klose Training and Consulting, the Norton School of Lymphatic Therapy and the Dr. Vodder School – International. This alliance has the unified goal of setting and maintaining the highest standards of lymphedema education in North America.

Part of the reason for the development of this alliance was to respond to legislative developments in the USA with regard to the "Lymphedema Diagnosis and Treatment Cost Saving Act of 2010" (Bill HR 4662). In its original form, the bill was supported by all training programs but subsequent changes to the wording were not supported and NALEA has written a unified response to the authors of the bill, Heather Ferguson and Bob Weiss. NALEA has also written to organisations such as the American Lymphedema Framework Project (ALFP), National Lymphedema Network (NLN), Lymphology Association of North America (LANA) and International Society of

Lymphology (ISL) stating our position. The Lymphedema Diagnosis and Treatment Cost Savings Act of 2010 can be viewed at

<http://www.govtrack.us/congress/bill.xpd?bill=h111-4662> and the website created by Heather Ferguson, the person behind it, is www.LymphedemaTreatmentAct.org.

We recognise the different education provided by member schools and yet support the minimum education criteria necessary for therapists to become competent in Combined Decongestive Therapy (CDT). We support the minimum criteria that organisations such as LANA endorse. In North America, there are questions being raised in the lymphology field about the efficacy of individual components of CDT. Despite over 50 years of experience using it for lymphedema management, the push to provide evidence-based medicine has already limited availability of treatment and funding for patients in Canada. NALEA supports the use of the Combined Decongestive Therapy approach to lymphedema management and our primary goal is to train well-educated and competent therapists from all medical disciplines to manage patients with lymphedema.§

"Help others know about your good work, your interesting findings, how the Dr. Vodder technique helped and through the comments from others maybe even do better for your patients!"

To recertify or not to recertify: That is the question

By Grace Dedinsky-Rutherford, BSc, RMT



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Grace Dedinsky-Rutherford

As I sit watching the setting sun here in Florida, I have a moment to reflect upon another Vodder Lymph Drainage Recertification.

To keep your Certification and listed with the Vodder School, a review must be completed every two years. My name is Grace and this was my 6th review. I am an RMT in North Vancouver, BC

where I have the honour of having 500 Lymphedema patients in my flock, treating 10-12 hours a day, 5 days a week as well as treating some patients on my two days off. I have a 4 month wait list, but I will get a new Lymphedema patient in for a consultation as soon as I can so I can assess, plan for treatment or outsource to another Vodder Therapist.

So why do I really need to recertify if I certainly have more patients than I can treat in a normal week? Why do I put out the time and the money when having my name taken off the Vodder list would have no impact on me as my current load is heavy enough? There are 3 answers I have for this.

1) Even though I use MLD for the majority of my day, over the last 2 ½ days of my review, Robert Harris and Prof. Hildegard Wittlinger with their instruction were able to refine and improve my techniques. All of us have room for improvement. When we stop being open to learn, we stop growing and that is very sad. I am very appreciative that Robert and Hildegard with their years of experience were able to make my hands treat more effectively the true Vodder technique for the benefit of my patients and keep the respect of the Vodder name thriving.

2) Being one of 44 students from all over the world at this review, it was an environment of sharing experiences, problems, ideas and professional bonding that you cannot do on a day to day basis alone out there in your clinics. The environment of the review allows for so much growth and making

new friends at the same time.

3) Lastly and the most important I feel is, think of the patients **you have not treated yet**. Those who may be going through their cancer treatment right now and may develop some swelling sometime in the next while. When they start to research on the internet searching under swelling, breast cancer, arm, and they learn the word Lymphedema, they will then come to the Vodder website. The first shred of information about their condition they have come across is at their finger tips. Now they are going to look for someone in their community. Hold on, no they aren't as you have decided not to recertify and your name is not on the list. Deflated, the patient in search of help ends up at a dead end with no one in their area. The patient determined to get some answers looks to see who is remotely close, and for example, sees my name, email and website for contact. Desperate to find out how she can move forward with her swollen, heavy, painful limb, an email pops up on my blackberry from a new request. As I get out of treatment sessions, I walk to my reception area waiting for my patient to come out and I am reading this new patient's email with her questions. I answer her back saying I can provide her with information and either treatment with me or another colleague and one minute later I get a reply back from her saying **"Thank you this is the first positive feedback I have received in a long time."**

Replies like that are why I stay recertified. I have so many emails like this that I keep them to remind me when I am in doubt of what I am doing. Even if I couldn't fit this patient in, I was able to be there for her while she searched for help which is priceless. Think about being in your patients shoes looking for help and not having anyone to turn to.

So for those of you who have let your recertification go, or you are coming up to your 2 year window, think about those patients out there that need your help. Think of those who may not find out about MLD and CDT because you weren't listed as a certified Vodder therapist when they needed your help. You need your continued education credits for your educational cycles, it is a business write off (sitting in Florida in January wearing shorts is pretty awesome☺) and you become better in your skills doing it. What more can I say.

JUST DO IT!

Sincerely,

Grace Dedinsky-Rutherford BSc RMT

www.northshorelymphedemaclinic.com §

"The review is an environment of sharing experiences, problems, ideas and professional bonding that you cannot do on a day to day basis alone..."

Teacher Update

Congratulations to **Anne Bramham, LMT** and **Kathy Fleming, PT** for completing their Therapy I teacher training. Also congratulations to **GayLee Gulbrandson, CMT** for completing her Advanced Neck & Face Esthetician teacher training. §



Anne Bramham, Kathy Fleming & GayLee Gulbrandson

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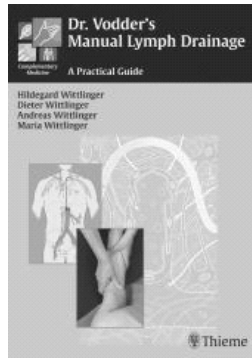
P.O. Box 5121
Victoria, BC
V8R 6N4
Canada

New website information on lymphedema

Here is an excellent website to go to, especially physicians, to obtain some basic information about lymphedema management. The article is written by a physician who herself has lymphedema, Dr. Judith Nudelman.

www.stepup-speakout.org/essential_informat_for_healthcare_providers.htm §

New textbook from Prof. Hildegard Wittlinger



Wittlinger: H, D, A and M: Dr. Vodder's Manual Lymph Drainage: A Practical Guide, Thieme, 2010

The latest Dr. Vodder textbook has now arrived! It is a comprehensive, one-step reference for students, therapists and practitioners of lymphology, manual medicine or physical

therapy. It has all the new practical sequences for all courses and many color pictures showing hand positioning. It features the latest information on combined decongestive therapy (CDT), including coverage of compression therapy, taping, respiratory treatment and other complementary methods.

It has 142 pages with more than 200 pictures. And the appendix contains an informative history of Dr. Vodder's life and his contributions to the field.

You can buy this now from our website, for \$59.95 (plus applicable taxes and shipping & handling), www.vodderschool.com §

Conferences 2011

International Lymphoedema Conference

(Lymphoedema Framework Project)

June 16 - 18, 2011 - Toronto, Canada

Contact: www.lymphormation.org

International Society of Lymphology conference

September 19 – 23, 2011 - Malmö, Sweden

Contact: www.lymphology2011.com

Lana Recertification: Attending a Dr. Vodder Review meets the recertification requirement for LANA.

LANA Exam dates: April 25 to May 14, 2011.

October 11 to 29, 2011

Contact: www.clt-lana.org §

Reviews for 2011

Please register early. Space is limited.

For more information contact info@vodderschool.com

Melbourne, Australia

March 30 to April 1, 2011:

Main speaker; Prof. Neil Piller

debs@rabbit.com.au

Victoria, BC

April 29 to May 1, 2011:

Main speaker; TBA

Tokyo, Japan

May 4 to 6, 2011

kuniko.utsugi@jfc.or.jp

Stowe, VT

May 27 to 29, 2011:

Also offering Advanced Creative Bandaging and Elastic Taping.

Walchsee, Austria

July 04 to 08, 2011:

office@vodderschule.com

Halifax, NS

August 31 to September 2, 2011

Scottsdale, AZ

September 16 to 18, 2011 §

NAVALT

The North American Vodder Association for Lymphatic Therapy will hold its annual meeting in Victoria this year during the Victoria Review class.

Please come and meet the executive Board members for a night of fun and community building, Saturday April 30th, Chateau Victoria. Please visit [NAVALT](http://www.navalt.org) at www.navalt.org for further information. §

Advanced Garment Fitting classes

Following up on the overwhelming success of two previous advanced classes, we are holding three classes this year, two in Victoria and one in Toronto. Angela Vollmer will lead the July class in Victoria in partnership with JUZO. Hans von Zimmerman will lead the Victoria class in May and the Toronto class in June (just before the ILF conference), in partnership with BSN. These courses are intended for those who already fit for garments or are interested in becoming more expert in the field and more information and

registration can be found on our website at: www.vodderschool.com, click on the Health Care Professional Training section, scroll down through the list until you find the Advanced Garment Fitting class, click on the magnifying glass beside the class name, scroll down and click on "Download Registration Form", fill out the form and fax, email or mail it into us. Please get the forms in as soon as you can as it is a first come first serve basis and if they are like past classes, they will fill up fast. §

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