

Curriculum Outline

Title of Program: Dr. Vodder's Manual Lymph Drainage: **THERAPY II & III COURSE** **Provider:** Dr. Vodder School - International

Course Content: Completion of the Dr. Vodder School Therapy I exam enables the student to continue to these final two courses which are taught consecutively. They cover various pathologies with an emphasis on lymphedema treatment in the context of Combined Decongestive Therapy (CDT). The course has a problem-based learning approach, where participants are encouraged to cooperate with their peers to devise appropriate treatment plans. Compression bandaging, garments and specific MLD treatments are taught at the end of the course, students take an oral, written and practical exam to demonstrate competence in techniques, treatment and bandaging. Students who successfully complete the examinations may then describe themselves as Vodder-certified MLD / CDT Therapists.

Hours: 18 hours theory, 53 hours practical and 9 hours of exams. Total of 80 hours (actual teaching time, exclusive of breaks).

Prerequisites: Courses are open to licensed or certified health care practitioners. Completion of Therapy I course offered by DVS.

Materials: Lymphedema Diagnosis and Therapy, Horst Weissleder MD and Christian Schuchardt MD. Bandage Kit for compression bandaging. DVDs: Bandaging for Therapists, Edema treatment, printed Lecture Notes and handouts

Instructors: Certified practical instructor with minimum experience teaching 10 Therapy I classes. Undergone teacher training by Dr. Vodder School and passed Therapy II & III level instructor theory and practical exams. Theoretical, pathology instruction is given by a physician/lymphologist experienced in lymphedema management who has trained with a Dr. Vodder School physician.

(Therapy II: topics and times may vary slightly)

DAY	Theory Topic Major topics covered:	Practical Topic (Including related theory lecture)	Hours
1 8.30 – 12.30 1.30 – 5.30	Anatomy, physiology and patho-physiology. Lymphedema development Patient examples and slides. Contraindications. diagnostics, imaging, measuring and documentation. Cancer staging, treatment, complications.		8
2 8.30 – 12.30 1.30 – 5.30	Related co-morbidities, Idiopathic cyclical edema, chronic regional pain syndrome. Challenging cases, trunk edema, Artificial lymphedema, Brachial plexopathy, Stewart Treves syndrome. Therapy of lymphedema MLD, bandaging, exercise, skin care etc. early prevention of lymphedema. Charting and measuring. Pumps. Compression Garment. Psychological factors in treatment. Best practice guidelines and algorithms for decongestive treatments, minimal data sets, advocacy, reimbursement issues, access to care. Models of care, health care system considerations, continuing education models, review.		8

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	Questions and Answers		
3 8.30 – 12.30 1.30 – 5.30		Bandaging techniques for arm and leg lymphedema Unilateral upper extremity lymphedema treatment	8
4 8.30 – 12.30 1.30 – 5.30	Theory exam	Head edema and related pathologies Unilateral lower extremity lymphedema treatment. Arm exercises.	1 7
5 8.30 – 12.30 1.30 – 5.30	Research literature.	Unilateral u/e lymphedema with complications + bandaging. Unilateral l/e lymphedema with complications + bandaging. Leg exercises.	8
Total			40

(Therapy III: topics and times may vary slightly)

DAY	Theory Topic	Practical Topic	Hours
1 8.30 – 12.30 1.30 – 5.30		Bilateral arm edema with complications. Scar treatment. Radiation burns. Ulcers + long stretch bandaging. Venous edema + bandaging	8
2 8.30 – 12.30 1.30 – 5.30	Garment fitting for lymphedema.	Primary l/e lymphedema with complications. Shoulder, elbow and wrist pathologies.	1.5 6.5
3 8.30 – 12.30 1.30 – 5.30		Hip, knee, ankle pathologies. Bilateral leg edema. Burn injuries.	8
4 8.30 – 12.30 1.30 – 5.30		Nervous system disorders. Mock O/P exam Practical review	8
5 8.30 – 12.30 1.30 – 5.30		Practical exam: Basic technique and neck treatment. Pathology treatment. Compression bandaging (short stretch, long stretch).	8
Total			40