

Introduction to Lymphoedema - Timetable

Day 1		Day 2	
Date	Friday, 20th January 2012	Date	Saturday, 21st January 2012
Time	Lecture	Time	Lecture
9.30-10.00	Welcome and Introductions	9.30-10.30	The 4 Cornerstones of Care - Skin Care
10.00-10.45	Anatomy of the Lymphatic System	10.30-11.00	Exercise
10.45-11.15	Coffee	11.00-11.30	Coffee
11.15-12.00	Physiology of the Lymphatic System	11.30-1.00	Simple Lymphatic Drainage and DVD
12.00-12.45	Types of Lymphoedema and Classification	1.00-1.45	Lunch
12.45-1.30	Lunch	1.45-2.30	SLD Practical Assessment
1.30-2.15	Definition of Need	2.30-3.30	Principles of Compression and Garments
2.15-3.00	Assessment - Subjective and Objective	3.30-4.30	The Need for Vascular Assessment
3.00-3.45	Measurement of the Swollen Limb	4.30-4.45	Evaluation and Close
3.45-4.45	Calculating Volumes		
Day 3		Day 4	
Date	Sunday, 22nd January 2012	Date	Monday, 23rd January 2012
Time	Lecture	Time	Lecture
9.30-10.00	Feedback	9.30-10.30	Demonstration - Lower Limb Bandaging
10.00-10.30	Management of Acute Inflammatory Episodes	10.30-11.00	Coffee
10.30-11.00	Psycho Social Issues	11.00-12.00	Group 1 Practice
11.00-11.30	Coffee	12.00-1.00	Group 2 Practice
11.30-12.30	Management of the Palliative Patient with Lymphoedema	1.00-1.45	Lunch
12.30-1.00	Principles of Palliative Bandaging	1.45-2.45	Assessment Group 1
1.00-1.45	Lunch	2.45-3.00	Break
1.45-2.30	Demonstration - Upper Limb Bandaging	3.00-4.00	Assessment Group 2
2.30-3.30	Group 1 Practice Upper Limb	4.00-4.30	Evaluation and Close
3.30-4.30	Group 2 Practice		