



## Effective Compression in the Management of Limb Edema and Chronic Wounds

June 3, 2017

King of Prussia, PA

### Course Description

This one day, evidence-based course is designed for clinicians (Nurses, PTs, OTs) who treat chronic edemas and wounds in the outpatient or home care setting. It will introduce basic compression bandaging techniques to manage the venous and lymphatic component of chronic limb edema and chronic wounds. Lab will focus on bandaging of the lower extremity. There will be ample time for case studies and discussion among participants will be encouraged.

### Course Objectives

Upon completion of this course, participants will be able to:

- Describe the lymphatic system and its relationship to fluid balance, edema formation and chronic wounds.
- Explain the principles of short stretch bandages and their proper application in the management of limb edema and chronic wounds.
- Apply effective compression bandaging techniques using appropriate compression products depending upon the characteristics of the limb edema.
- Integrate current best practice evidence of a comprehensive edema treatment program, including compression bandaging, exercise, and intermittent pneumatic compression.
- Compare, contrast, and implement effective compression techniques to manage various edemas and chronic wounds.

## Course Agenda

### 8:00 - 9:00 AM Anatomy and physiology of the lymphatic system

- Review relevant anatomy and physiology of the lymph system and its relevance to the development of edema and chronic wound.

*Linda T. Miller, PT, DPT, CLT*

### 9:00 - 9:30 AM Introduction to the principles of compression...beyond the Unna Boot!

- Describe the physiologic rationale for the use of compression in the management of edema and chronic wounds.
- Discuss the relevant current evidence in the use of this compression.

*Linda T. Miller, PT, DPT, CLT*

### 9:30 - 10:30 AM Venous Ulcers: Management options in the home care setting

- Describe the etiology of venous ulcers and the nursing management, including various dressing and compression options, most often used in the home care setting.

*Judy Welborn, BSN, WOCN*

### 10:30 - 10:45 AM *Mid-morning break*

### 10:45 AM - 12:00 PM Bandaging Products: Which Ones Do I Choose and Why?

- Review the assortment of product available and discuss the appropriate use of the products based on limb presentation. principles of compression bandaging
- Demonstrate appropriate lower extremity bandaging techniques
- Practice lower extremity bandaging

*Linda T. Miller, PT, DPT, CLT*

### 12:00 - 12:45 PM: *Lunch*

### 12:45 - 2:30 PM: Lower Extremity Bandaging Lab

- Demonstrate appropriate lower extremity bandaging techniques
- Practice lower extremity bandaging

*Virgil Miller, PT, CLT, Karin White, PT, CLT, Donna Clifton, OT, CLT*

### 2:30 - 2:45 PM: *Mid-afternoon break*

### 2:45 - 3:45 PM: Evaluation of Limb Edema: Making the Differential Diagnosis

*Linda T. Miller, PT, DPT, CLT*

### 3:45 - 4:15 PM Case Study: Interdisciplinary Management of Chronic Wounds in the Home Care Setting

*Krista DiJoseph, BSN and Angelina Monroe, PT, DPT, CLT*

### 4:15 - 4:30 PM: Course Evaluations and Questions

*This activity has been submitted for Continuing Education Units.*