



LymphEd Australia Pty Ltd

Training • Therapy • Education

This course is accredited by the Australasian Lymphology Association (ALA). It meets the international standards for 135 hours of training. This course is not associated with any other trainers. The following should answer most of your questions regarding this course. Please get in touch if you need further information or would like to enrol. I look forward to meeting you soon.

WHO CAN ATTEND?

- Professions recognised for Accreditation:
 - Physiotherapist, Occupational Therapist, Remedial Massage Therapist, Registered Nurse, Myotherapist, Osteopath, Podiatrist, Speech Therapist, Exercise Physiologist, Dermal Clinicians & Orthotist/Prosthetists
 - Please check the ALA website if unsure
- Current membership/registration with an appropriate association
- Have insurance and current first aid

WHAT DOES THIS COURSE COVER?

- Upper limb
- Lower limb
- Abdomen
- Breast
- Head and neck and genital are a separate course

Does not cover
head and neck
or genital

WHAT TYPES OF PATIENTS CAN I TREAT AFTER THIS COURSE?

Graduates will have the skills to safely support patients with:

- Lymphoedema (primary, secondary, cancer-related)
- Lipoedema and lipo-lymphoedema
- Mixed and complex oedema presentations
- Chronic venous and vascular disease
- Pre- and post-surgical clients
 - e.g., knee/hip replacement, liposuction, body contouring surgery, cancer surgery, or radiation
- Chronic pain and inflammatory conditions
 - such as sinusitis, headaches, fibromyalgia
- Neurological or mobility-related conditions
 - including Parkinson's disease
- Oedema related to obesity, travel, pregnancy, immobility/recumbency, medication or injury
- and other conditions where swelling, pain, or lymphatic dysfunction are present (within your scope of practice).

COURSE ACCREDITATION & PROFESSIONAL RECOGNITION

- Accredited by the Australasian Lymphology Association (ALA)
 - This course meets ALA and international standards of 135 hours of training in Decongestive Lymphatic Therapy (DLT).
- Eligibility for ALA Membership (*optional but highly recommended*)
 - Graduates may join the ALA at half-price membership upon completion.
 - While not compulsory, membership offers:
 - Your name listed on the National Lymphoedema Practitioner Register
 - Increased credibility and professional recognition
 - Access to ongoing education, resources, conferences and networking

- Professional Insurance
 - On successful completion, therapists may update their professional indemnity and public liability insurance to include *Decongestive Lymphatic Therapy / Lymphoedema Management*, provided they are working within their existing discipline and scope of practice.
 - Insurance providers may require a copy of your certificate and ALA accreditation details.
- Scope of Practice & Use of Title
 - Graduates are qualified to provide DLT, compression therapy, MLD and lymphoedema management within the boundaries of their profession
 - You may use the title “Accredited/Certified Decongestive Lymphatic Therapy Practitioner (ALA-trained)”.
 - This training does *not* permit diagnosis of medical conditions, prescription of medications, or practice outside *your* regulated profession.
- Massage & Myotherapy Australia (MMA)
 - This course is recognised by MMA for 30 CPE points.

HOW IS THE COURSE DELIVERED?

Theory (Online Learning – Weeks 1–4)

- Delivered online over 4 weeks, in structured weekly modules
- Self-paced – approx. 10–15 hours per week, depending on individual learning style
- Content is detailed, evidence-based and peer-reviewed
- Downloadable PDF notes and resources are provided for each module

Weekly Live Zoom Sessions

- A 1-hour live Zoom class is held every Monday (day subject to change) during the 4-week theory phase
- We review the week’s learning, answer questions and clarify complex topics
- Time is also dedicated to discussing assessments, expectations, and clinical reasoning

PRACTICAL WORKSHOP

The face-to-face intensive workshop runs over 5 full days and focuses on hands-on skills, clinical application and real-world confidence. It includes:

- Upper and lower body treatment techniques, including breast care
 - *Excludes head/neck and genital oedema* – these are taught in separate advanced courses
- Assessment and treatment of:
 - Oedema, lymphoedema, lipoedema and mixed presentations
 - Vascular involvement (venous and arterial)
 - Cancer-related lymphatic conditions
- Manual Lymphatic Drainage (MLD) – full sequences for upper and lower body
- Compression bandaging – traditional 4-layer and cohesive 2-layer systems
 - Each student receives a full set of bandages to use during training
- Compression garment measuring and fitting – including the use of donning/doffing aids
- Hands-on adjunctive therapies:
 - Sequential Intermittent Pneumatic Compression (SIPC)
 - Low Level Laser Therapy (LLLT)
 - Deep Oscillation Therapy
 - ABPI vascular assessment equipment

- Industry exposure – product representatives visit where possible
- Clinical experience – one or two clients with complex conditions attend for supervised group practice

GOOGLE DRIVE ACCESS FOR STUDENTS

To support your learning, you'll be given access to three Google Drive folders containing course materials, resources and templates.

1. DLT Course Drive

Includes essential course information such as:

- Course overview and structure
- How to access online modules
- Assessment instructions
- What to bring to the practical workshop
- Plus additional student resources

2. LTTE – DLT (Online Theory Folder)

Accessible for 3 months from the start of the course. Contains:

- Online theory content and weekly resources
- Peer-reviewed articles and further reading
- Assessment templates and forms
- Posters, diagrams and visual aids
- And much more to support your study

3. DLT Students – Lifetime Access Drive

Permanent access after course completion. Includes:

- Patient information sheets and handouts
- Templates and tools you can use in clinical practice
- Ongoing updates as new resources are added

ASSESSMENTS

To ensure you feel confident and competent in your clinical skills, the course includes both written and practical assessments.

Written Assessments

Practical Assessments

- Manual Lymphatic Drainage (MLD) techniques
- Compression bandaging application
- Measuring and educating patients for compression garments

Certification

- You need to attend the online theory, zoom and face-to-face workshop
- All assessments marked and passed
- Then an email sent out with instructions on how to apply to ALA (if relevant), update insurance, certificates

WHAT'S INCLUDED

Morning tea and lunch provided

- If you have allergies or dietary requirements, please bring your own meals.

Comprehensive learning resources

- Downloadable notes and access to peer-reviewed articles
- Workbook for theory, reflections, and clinical practice
- Laminated A3 posters and visual aids for ongoing reference

Starter clinical kit

- Set of bandages, tape measure, and product samples

Hands-on clinical experience

- Each student receives an ABPI (Ankle Brachial Pressure Index) assessment
- Practical use of equipment eg pumps, low-level laser, deep oscillation therapy, etc.

And more...

- Industry representatives showcasing products
- Supportive learning environment
- Ongoing access to guidance and mentorship after the course

WHY SHOULD YOU ATTEND THIS COURSE?**Evidence-based and clinically relevant**

- learn from current, peer-reviewed research delivered in clear, practical modules.

Small group learning

- Classes are capped to ensure individual attention, hands-on practice, and a supportive, inclusive learning environment.

Applied vascular and lymphatic assessment

- Observe and participate in structured clinical demonstrations.

Experience with therapeutic technologies

- Explore a range of adjunctive devices and compression systems used in clinical practice.

Individual mentoring

- Each student receives personalised support before or after training to discuss learning goals or client cases.

Real-world application

- Supervised practice with a patient living with complex or chronic conditions.

Industry connections

- Supplier demonstrations provide insight into current products and clinical tools.

Ongoing professional support

- Continued access to mentoring, discussion forums, and advanced training opportunities.

VENUE

Watson Park Convention Centre, 337 Old Gympie Road, Dakabin Qld 4503

<http://www.watsonpark.com.au/>

07) 3204 6544 – family-based business

**PRIVATE COURSE AVAILABLE
IN GYMPIE – 4 days**
2 students – I can find the
second student, if required.
Stay with me (add \$150) or sort
own accommodation.

ACCOMMODATION & VENUE INFORMATION

Accommodation

On-site accommodation is available, with two main options to suit your needs and budget:

Motel-Style Rooms

- Approx. \$115 per night (*subject to change – please confirm directly with the venue*)
- Queen bed with linen provided
- Ensuite with basic toiletries (no hairdryer)
- Kitchenette with microwave, bar fridge, toaster, kettle, portable hotplate, utensils and cookware
- Complimentary tea and coffee
- Air conditioning, fan, TV, table and chairs

Budget Rooms

- Approx. \$40 per night (*subject to change – please confirm directly with the venue*)
- Clean and tidy but basic
- Queen bed plus two bunks (private room – no sharing)
- Ensuite (loo paper but no toiletries or hairdryer)
- Bar fridge only – no tea/coffee facilities, TV, or air conditioning
- Table and chair, fan provided
- Shared kitchen located a few metres away
- Linen hire approx. \$15 per week or bring your own

About the Venue

- Clean, safe grounds suitable for walking
- Swimming pool (house guests) and Wi-Fi access (code provided)
- Mobile phone reception may vary
- Cafés and takeaway options within 5 minutes' walk
- Woolworths, bottle shop, and additional food outlets approx. 1 km easy walk away (transport available if needed)
- Limited office hours – please plan arrival and check-in times in advance
- Training facilities and accommodation only – no on-site restaurant or café

Please Note:

- Accommodation fees are not included in your course registration and are paid directly to the venue.
- Bookings should be made directly with the venue once your course place has been confirmed.
- Prices and inclusions are subject to change; please confirm current rates and availability prior to arrival.

GETTING TO THE VENUE – DAKABIN

The practical workshop is held at Watson Park Convention Centre, Dakabin (QLD).

Self-drive

- Directions and venue information are available on their website: www.watsonpark.com.au

By Train

- From Brisbane Domestic Airport, take the Airtrain to Petrie Station – approximately 60 minutes travel time.
- From Petrie Station, it's about a 10-minute Uber or taxi ride to the venue.
- Airtrain details and timetables: www.airtrain.com.au

By Uber or Taxi

- A direct Uber or taxi from Brisbane Airport to Watson Park takes approx 40–50 minutes, depending on traffic.
- Free on-site parking is available at the venue.

TOPICS COVERED (*indicative, not exhaustive*)

Foundations & Definitions

- History of lymphatics; key terms; differentiating oedema, lymphoedema, lipoedema, mixed presentations.

Anatomy & Physiology

- Lymphatic structures and flow pathways; lymphotomes/watersheds; microcirculation; interplay with cardiovascular, immune, and integumentary systems.

Fluid Science

- Starling forces (incl. revised glycocalyx model); capillary exchange; interstitial fluid clearance; fluid balance in health and disease.

Immunology Essentials

- Innate/adaptive immunity; MALT overview; clinical relevance to DLT practice.

Clinical Presentation & Risk

- Early vs late onset; signs, symptoms, staging; at-risk groups; conditions commonly confused with lymphoedema.

Differential Diagnosis

- Primary vs secondary lymphoedema; lipoedema assessment & management principles; relevant staging frameworks (e.g., CVI, filariasis, oncology contexts).

Cancer & Vascular Interfaces

- Basics of cancer treatment relevant to lymphoedema risk; venous vs arterial disease considerations; when vascular assessment (e.g., ABPI) informs care.

Medical Safety

- Infection recognition and response; medications that exacerbate swelling; diuretics—when they help (oedema) vs when they don't (lymphoedema); device use & contraindications.

Assessment Skills

- Safe measurement and documentation; red flags and referral pathways; selecting appropriate tools for diagnosis/supportive management.

Treatment Planning (DLT)

- Principles across compression, MLD, skin care, exercise, and ADL modification; adapting care to stage/progression and patient goals.

Compression Competencies

- Indications/contraindications; garment measuring & fitting; bandaging systems and practical application.

Professional Practice

- Communicating with referrers and care teams; scope, documentation, and ethics; practice setup and audience-appropriate marketing.

LEARNING OUTCOMES – FACE-TO-FACE COMPONENT

By the end of the practical workshop, students will be able to:

Assessment Skills

- Perform accurate visual and palpatory assessments to identify changes in tissue, texture, and swelling patterns.

Manual Lymphatic Drainage (MLD)

- Demonstrate correct technique and sequencing principles, understanding outcomes, precautions, and patient responses.

Clinical Reasoning

- Apply critical thinking to adapt treatment sequences for individual presentations and diverse demographics.

Client Education

- Confidently explain and demonstrate self-MLD techniques to clients and carers.

Compression Bandaging

- Safely apply and remove bandages, recognising indications, contraindications, alternatives, and product care.

Compression Garments

- Recommend appropriate options, demonstrate safe donning/doffing, and measure for both ready-to-wear and custom garments.

Exercise & Movement

- Integrate safe and effective exercise strategies for clients with lymphatic system pathophysiology.

Skin Care & Tissue Health

- Recognise common skin changes in lymphoedema and outline evidence-based skin care practices.

Psychosocial Awareness

- Discuss the emotional and social impact of lymphoedema, promoting empathy and effective communication.

Professional Communication

- Navigate sensitive or difficult conversations with clients and colleagues in a respectful, solution-focused manner.

POST-WORKSHOP SUPPORT

Learning doesn't end when the course finishes — continued guidance is available to help you build confidence and apply your new skills in practice.

Private Facebook group

- A dedicated space for DLT students to share experiences, ask questions, and discuss case studies.

Ongoing support

- Jacqui is available during business hours to answer client-related questions. Students are encouraged to send details in advance so dedicated time can be allocated for discussion.

Refresher and advanced short courses

- Available to extend your skills and stay current with new research and techniques.

You're not just attending a course — you're joining a professional community committed to excellence in lymphatic health and lifelong learning.

ENROLMENT

- For current fees, please see the website
- For upcoming dates, please see the website

STAYING UP TO DATE

Facebook: <https://www.facebook.com/ltte.rn>

Instagram: https://www.instagram.com/ltte_2023/

If you would like to register, please get in touch and I will email out a registration form.

Jacquelin Beutel RN; DRM; OM, DLT, TAE

Member - Australasian Lymphology Association ALA Accredited Lymphoedema Practitioner Member of AHPRA, MMA
Gympie, Qld

