



PORi Approach to LOWER EXTREMITY LYMPHEDEMA

JANUARY 17–20, 2019

DESCRIPTION

This Oncology-based Lower Extremity (LE) Lymphedema course (including the pelvis) is designed to highlight and broaden the clinician's knowledge and clinical skill set needed for expertise in the functional management of lower extremity lymphedema in patients with cancer. Using the PORi management system, participants will be provided with integrated pathways in the assessment and treatment of patients diagnosed with cancer and recovering from treatment sequelae.

The PORi assessment and treatment pathways include manual therapy application of the body systems approach—neuro-musculo-skeletal-lymphovenous-integumentary—designed for functional and management of sub-clinical and clinical LE lymphedema, combined with the development of prescribed functional exercises for the lymphatic system. The PORi assessment and treatment pathways are built according to evidence-based guidelines, clinical tests, and screening systems presented in the course. Both the functional treatment of the lymphatic system and the functional exercise prescription will integrate with functional movement patterns of the patient and translate into ADLs (home, occupational, recreational, and community-based) relevant to the patient. To deepen clinical understanding of the relationship between cancer and lymphedema, the course will offer the opportunity for participants to acquire a more in-depth knowledge about cancer pathogenesis and the standards of care for cancers that are commonly associated with the onset of LE lymphedema.

The course will go into detail about the key recovery trajectories for oncology patients recovering from surgical intervention, chemotherapy intervention, and radiation therapy intervention, and participants will be provided with knowledge on how to identify complications with healing during these recovery trajectories that commonly impact the functioning of the lymphatic system. Participants will learn to apply pathways of care to effectively implement Prehabilitation and early intervention of Rehabilitation at each phase of cancer-related treatment, as well as use the PORi management system to provide a continuum of care to successful long-term survivorship.

This course presents both didactic and lab-based course work. The lab-based course work is "patient-based" where patient volunteers attend the lab portions of the course in order to create a direct, hands-on learning opportunity for participants.

AUDIENCE

Target audience includes Physical Therapists and Occupational Therapists, as well as Physical Therapist Assistants and Certified Occupational Therapist Assistants.

[CLICK HERE TO REGISTER](#)

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

LOCATION

MAHEC Simulation Center

MAHEC Mary C. Nesbitt Biltmore Campus
119 Hendersonville Rd, Asheville NC 28803

DATE REGISTRATION PROGRAM

Thursday, January 17, 2019

7:30 am–8:00 am
8:00 am–5:00 pm (*lunch is on your own*)

DATE REGISTRATION PROGRAM

Friday, January 18, 2019

7:30 am–8:00 am
8:00 am–5:00 pm (*lunch is provided*)

DATE REGISTRATION PROGRAM

Saturday, January 19, 2019

7:30 am–8:00 am
8:00 am–5:00 pm (*lunch is on your own*)

DATE REGISTRATION PROGRAM

Sunday, January 20, 2019

7:30 am–8:00 am
8:00 am–12:00 pm

Early registration fees through January 3, 2019.

PROGRAM FEE \$1,300 (\$1,500 after January 3, 2019)

FACULTY



Julia Osborne, PT, CLT-LANA, is head instructor, company founder, and course creator at PORi. She has an incredibly varied and extensive background in utilizing manual therapy techniques as a clinician—from inpatient to outpatient and from pediatrics to geriatrics across three continents. She is qualified as a Physical Therapist from the University of Cape Town (1995) and practiced in both South Africa and London, UK before moving to the United States in 1997. In 2002, she began specializing in oncology rehabilitation. After building her practice through physician referrals in Denver, CO, she realized that the demand for her oncology rehabilitation treatments were outstripping her capacity to take on new patients. In 2009, she founded an outpatient clinic—Oncology Rehab—that focused on providing rehabilitation treatment for oncology patients.

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OBJECTIVES

Upon completion of this live, 4-day course, participants will successfully be able to:

- Implement an oncology-related LE Lymphedema rehabilitation program into clinical practice using key PORi navigation pathways, PORi protocols, and evidence-based clinical practice presented in the course manual that is within the scope of professional practice.
- Describe the disease process and the progression of oncology-related LE lymphedema.
- Utilize key PT/OT clinical identifiers to assess the “at risk” patient for onset of clinical LE Lymphedema.
- Differentiate between the key recovery trajectories for patients recovering from surgical intervention, chemotherapy intervention, and radiation therapy intervention, and how these impact the lymphatic system.
- Implement appropriate evaluative and treatment goals for patients presenting with sub-clinical or clinical LE lymphedema during these recovery trajectories.
- Apply pathways of care to effectively implement Prehabilitation and early intervention of Rehabilitation at each phase of cancer-related treatment—surgery, chemotherapy, and radiation therapy—as well as use the PORi management system to provide a continuum of care across these phases of treatment and into long-term survivorship.
- Effectively utilize appropriate, evidence-based Functional Outcome Measurement Tools, Objective Measurements, and Quality of Life Measurement Tools for the evaluation and treatment of sub-clinical and clinical LE lymphedema and associated cancer diagnoses.
- Identify and list three anatomical/physiological body structures/systems, according to the International Classification System of Function, Disability, and Health (ICF), to be included in the evaluation and treatment of patients with pelvic and lower GI cancers who are at risk for LE lymphedema.
- Classify three activity-based and participation-based functional impairments, according to the ICF, that are commonplace in patients with pelvic and lower GI cancers who are at risk for LE lymphedema.
- Through practical application, explain how manual therapy and exercise techniques can be implemented to strengthen the functional capacity of the lymphatic system during Stage 0-1 sub-clinical lymphedema and how these can mitigate the lifetime risk of clinical LE lymphedema.
- Clinically implement the PORi manual therapy application of the body systems approach—neuro-musculo-skeletal-lymphovenous-integumentary—designed for functional management of LE lymphedema, combine this with the development of PORi prescribed functional exercises for the lymphatic system, and integrate these with functional movement patterns of the patient during ADLs (home, occupational, recreational, and community-based).
- Respond to the additional treatment needs for patients presenting with wound care needs in the same anatomical area of lymphedema.
- Demonstrate understanding the clinical identifiers for progressive disease process in cancers associated with LE Lymphedema.
- Analyze the clinical impact of progressive cancer disease on the lymphatic system.
- Provide patients with education and access to appropriate compression therapy for oncology-related LE lymphedema.
- Incorporate two to three “medically necessary” criteria into the documentation guidelines for patients with oncological/chronic conditions, such as LE Lymphedema, as stated by the Medicare Amendment of December 2013.
- Document at least three appropriate ICD-10 codes, three CPT codes, and implement appropriate G-codes from the CMS Fee Schedule and the Medicare Practice Guidelines for Physical Therapists and Occupational Therapists, to reflect the skilled rehabilitation services provided to patients with LE lymphedema and who are participating in oncology rehabilitation.

[CLICK HERE TO REGISTER](#)

THURSDAY, JANUARY 17, 2019

- 7:30–8:00** Registration and Check-In
- 8:00–9:00** **Three Constructs of PORi for the Patient with LE Lymphedema**
- PORi Physiological Foundation of Care
 - PORi Body Systems Application
 - PORi Clinical Pathways to Patient Profiling
- 9:00–10:30** **Clinical Profiles of Patients with Cancers Associated with LE Lymphedema**
- Commonly Diagnosed Pelvic Cancers
- Staging, Grading, Other Cellular/Genetic Identifiers
 - Standard Practice for Surgical Procedures
 - Standard Practice for Radiation Therapy
 - Standard Practice for Chemotherapy
 - PT/OT Clinical Identifiers using the ICF
 - Presentation and Incidence of Lymphedema
- Commonly Diagnosed Lower GI Cancers
- Staging, Grading, Other Cellular/Genetic Identifiers
 - Standard Practice for Surgical Procedures
 - Standard Practice for Radiation Therapy
 - Standard Practice for Chemotherapy
 - PT/OT Clinical Identifiers using the ICF
 - Presentation and Incidence of Lymphedema
- 10:30–10:45** Break
- 10:45–12:00** (*continued from above*) Melanoma, Sarcoma, and Other Cancers Occurring in the LE
- Staging, Grading, Other Cellular/Genetic Identifiers
 - Standard Practice for Surgical Procedures
 - Standard Practice for Radiation Therapy
 - Standard Practice for Chemotherapy
 - PT/OT Clinical Identifiers using the ICF
 - Presentation and Incidence of Lymphedema
- 12:00–1:00** Lunch (*on your own*)
- 1:00–3:30** **Clinical Profile of Oncology Related LE Lymphedema**
- The Disease Process and the Progression of Lymphedema
 - The Depth and Breadth of Lymphedema in the LE and Pelvis
 - The “Why’s” of LE Lymphedema in the Oncology Patient
 - Identifying “At-Risk” Patients, the Referral Pathways, and the Timing of Referrals
 - Added Co-morbidities with CVI and PAD
- 3:30–3:45** Break
- 3:45–5:00** **The Relationship Between Surgical Recovery and Sub/Clinical Lymphedema**
- Physiology of Tissue Phases of Healing Post-Surgery
 - Linking the Lymphatic System to Surgical Phases of Healing
 - Mitigating the Onset of Seroma Formation, Cording, and Clinical Lymphedema
 - Functional Support of the Lymphatic System with Exercise Prescription and Home Program

FRIDAY, JANUARY 18, 2019

- 7:30–8:00** Registration and Check-In
- 8:00–9:00** **The Relationship Between Radiation Therapy Sequelae and Sub/Clinical Lymphedema**
- Physiology of Tissue Phases of Healing During and Post Radiation
 - Radiation Induced Fibrosis (RIF)
 - Linking the Lymphatic System to Radiation-Based Phases of Healing
 - Cording and Fistulae
 - Functional Support of the Lymphatic System with Exercise Prescription and Home Program
- 9:00–10:00** **The Relationship Between Chemotherapy Sequelae and Sub/Clinical Lymphedema**
- Systemic Chemotherapy (CIPN, CRF, Cardiotoxicity, Myelosuppression)
- Targeted Chemotherapy (GI, Skin, Joint, Cardiac)
- Immunotherapy (GI, Skin, Joint, Neural)
- Physiological Burden on the Lymphatic System
- Inflammatory Potential, Cytokines
 - Altered Endocrine Function
 - Skin Failure and Tissue Damage
- Functional Support of the Lymphatic System with Exercise Prescription and Home Program
- 10:00–10:15** Break
- 10:15–12:00** **LAB: Oncology LE Lymphedema**
- 12:00–1:00** Lunch (*provided*)
- 1:00–2:30** **Review of PT/OT Management of Patients with Progressive Cancer**
- Cancer Related Pain in the Lower GI/Pelvic/LE Regions
- Bone Metastases in the Pelvic and LE Regions
- Other Oncologic Emergencies in Patients with LE Associated Cancers
- Physiological Burden on the Lymphatic System
- Inflammatory Potential and Cytokines
 - Altered Endocrine Function
 - Obstruction, Skin Failure, and Tissue Damage
- Functional and Palliative Support of the Lymphatic System
- 2:30–2:45** Break
- 2:45–5:00** **LAB: Oncology LE Lymphedema**

SUNDAY, JANUARY 20, 2019

- 7:30–8:00** Registration and Check-In
- 8:00–12:00** **Exam Section for the Assessment-Based Certificate Requirement of Competency**
- Multiple Choice Theory Exam
(50 questions; 90 minutes)
- Practical Exam
- Part 1: Patient Evaluation and Treatment Plan
 - Part 2: Demonstration of Techniques

SATURDAY, JANUARY 19, 2019

- 7:30–8:00** Registration and Check-In
- 8:00–9:45** **Lymphedema-Based Surgeries in Oncology Patients with LE Lymphedema**
- Lympho-Venous Anastomoses (LVA)
- Surgical Procedure
 - Patient Profile
 - Prehabilitation
 - Rehabilitation
- Vascularized Lymph Node Transfers (VLNT)
- Surgical Procedure
 - Patient Profile
 - Prehabilitation
 - Rehabilitation
- Suction Assisted Protein Lipectomy (SAPL)
- Surgical Procedure
 - Patient Profile
 - Prehabilitation
 - Rehabilitation
- 9:45–10:00** Break
- 10:00–12:00** **LAB: Oncology LE Lymphedema**
- 12:00–1:00** Lunch (*on your own*)
- 1:00–1:45** **PORi Protocol for Oncology Patients with LE Lymphedema**
- Early Treatment Intervention
 - The Lymphatic System as a Functional System
 - The Neuro-Musculo-Skeletal System
 - Wounds in the Treatment Area
 - Combined Body Systems Management Structure for Treatment Success
- 1:45–2:00** Break
- 2:00–3:45** **LAB: Oncology LE Lymphedema**
- 3:45–4:15** **Functional Exercise and HEP Prescription (Lab Integration)**
- Postural/Balance/Gait
 - ROM
 - Myofascial
 - Neural
 - Lymphatic
 - Compression Bandaging and Pumps
- 4:15–4:45** **Review of Prehab and Rehab Program Development**
- Prehab Setup
 - Prehab Pathway for Evaluation and Treatment
 - Prehab Patient Education
 - Prehab Physician Communication
 - Timing and Integration into Rehab
 - Compression Bandaging and Pumps
- 4:45–5:00** **Documentation Guidelines**
- Fluctuating Clinical Status
 - Medicare Guidelines for Chronic Disease
 - Efficient Use of ICD-10 and CPT Codes
 - Outcome Measures, Objective Measures, QoL Measures
- 5:00** **Conclusion**
- Course Wrap-Up and Q&A Session

CREDITS

NCBPTE: MAHEC, as part of the NCAHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **26.5** contact hours.

Occupational Therapists and Assistants: As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **26.5** CCAs.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **2.7** CEUs as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **26.5** contact hours. Full attendance is required to receive credit.

REGISTRATION

Early registration deadline: January 3, 2019

The registration fee is \$1,300.00 (or \$1,500.00 if received after the above early registration deadline). This fee include administrative costs, educational materials, and lunch on Friday, January 18, 2019.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

DIRECTIONS

MAHEC Simulation Center
Mary C. Nesbitt Biltmore Campus
119 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.
From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

HAVE A QUESTION?

Contact the Program Planner

Rhonda Egerton, PTA
rhonda.egerton@mahec.net or 828-257-2984

REGISTRATION INFORMATION 828-257-4475

FAX REGISTRATION 828-257-4768

ONLINE REGISTRATION www.mahec.net

EMAIL registration@mahec.net

MAIL MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803



Special Services
828-348-3624

PORi Approach to LOWER EXTREMITY LYMPHEDEMA

JANUARY 17-20, 2019

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ ____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

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MEAL PREFERENCE Vegetarian Gluten-free Vegan

PROGRAM FEE \$1,300.00 \$1,500.00 (after 1/3/19)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to: #19IDSIM033/57383
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803 **Fax:** 828-257-4768