



**SerraNova**  
Healthcare you Wear

## **Clinical Lymphedema & Lipedema**

**Minella Hotel Clonmel Co Tipperary**

**Monday 16<sup>th</sup> & Tuesday 17<sup>th</sup> October 2017**

# PROGRAM AGENDA

## Day 1 - Monday 16th October 2017

9.30	Registration & Welcome Session	
10.00	Breast Lymphedema: Breast Cancer Rehabilitation	Linda Roherty, PT, CLT-LANA
11.00	Tea/Coffee Break	
11.45	Obesity, guilt or fade?	Dr Tobias Bertsch, MD, PhD
13.00	Lunch break	
14:00	Pallative Lymphedema	Mairéad O'Connor, CNS Lymphoedema & Linda Roherty, PT, CLT-LANA
15.00	Aqua Lymphatic Therapy - The benefits for lymphoedema	Meadbh MacSweeney, CNS Lymphoedema
15.45	Comfort Break	
16.00	Lipedema - separating facts from fiction	Dr Tobias Bertsch, MD, PhD
17.00	Question & Answer Session	

## Day 2 - Tuesday 17th October 2017

8.30	Registration & Welcome Session	
9.00	Recognizing Multicausal Lymphedema	Dr Tobias Bertsch, MD, PhD
10.00	Tea/Coffee Break	
10.30	Complicated bandaging including genital/abdominal bandaging	Linda Roherty, PT, CLT-LANA
12.00	Lunch break	
13.00	Obesity related lymphedema and lipedema	Dr Tobias Bertsch, MD, PhD
13.45	Question & Answers Session	
14.00	Comfort Break	
14.30	Pelvic Oncology (male & female) for Lymphedema Therapists	Michelle Lyons, PT, MISCP
17.00	Close of program	

This is an advanced training course and is recommended for anyone who treats Lymphedema in a clinical setting.

**The aim of this Lymphedema Training is to help clinicians learn the consideration and intervention skills you need to enhance patient care and improve patient outcomes. Whether Therapists work in the hospital setting, community setting or out patient to treat lymphatic disorders or the medical problems associated with lymphedema and Lipedema, Therapists need to know the right intervention, have the knowledge and understand what tools are needed to assist the patient's rehab process.**

**This Clinical Training course will educate the participants to have the ability to identify and manage advanced lymphatic disorders and will enhance their outcomes.**

**Course fee:**

€350/person/2 days including tea/coffee and lunch

€200/person/1 day including tea/coffee and lunch

€50 Deposit – Balance 15<sup>th</sup> September

Early booking advisable as places are limited



## GUEST SPEAKERS

**Dr Tobias Bertsch, MD, PhD** has been a senior consultant at the Foeldi Clinic in Hinterzarten, Germany since 2005, specializing in lymphology and bariatric medicine. He also serves as Secretary General of the German Society of Lymphology.

In 2008, Dr. Bertsch developed a unique, multi-disciplinary therapy program for patients with morbid obesity, obesity-associated lymphedema, and lipedema. This very successful program includes bariatric and plastic surgery – when indicated – in addition to conservative treatment with Complete Decongestive Therapy (CDT).

Dr. Bertsch is one of only two physicians in Germany who consults in an outpatient setting approved by the health insurance commission with patients who have lymphedema and lipedema. Dr. Bertsch and his team consult with approximately 4000 patients per year.

In 2012, Dr. Bertsch earned Specialist Certification of Obesity Professional Education (SCOPE), the only internationally-recognized certification in obesity management for health care professionals. SCOPE was an outcome of the 2002 European Union Obesity Summit that highlighted the need to improve clinical management of obesity.

Dr. Bertsch is an Associate Professor at the University of Freiburg, Department of Health Education, where he frequently lectures on obesity and the impact of obesity on health policy in Germany. He also lectures extensively throughout Germany and has presented lectures in the Netherlands, Switzerland, Poland, Ireland, and the United States.

**Linda Roherty, PT, CLT-LANA** has been a lymphedema instructor since 2000 and in 2005, she became a Senior Instructor for Klose Training and continues to teach nationally and internationally. Linda has been working in lymphology for 19 years. She has worked in two hospital settings to develop successful lymphedema program and oncology rehab programs.

Linda continues to treat patients but also educate medical professionals for the best practices for treatment of lymphatic disorders. She was elected to the Lymphology Association of North America's Board of Directors in 2000, acted as Vice President of LANA from 2002–2005, and now serves as Secretary 2010-present.

Linda is a member of the following professional organizations: •American Physical Therapy Association (APTA) – 1984 to present •Acute Care & Oncology Section of the APTA •National Lymphedema Network (NLN)

**Meadbh MacSweeney, CNS Lymphoedema** practices as a clinical nurse specialist in lymphoedema & Integrative Healthcare Therapist. Director of *The Lymph Clinic*, Meadhb qualified as a Registered General Nurse having trained at the Bon Secours Hospital in Cork, This led to a successful nursing career over two decades. The year 2001 saw her qualifying with the Dr Vodder School in Austria in manual lymph drainage (MLD) and decongestive lymphatic therapy (DLT), subsequently training as the only certified Basic & Therapy 1 teacher of the Original Dr Vodder Technique (M.L.D.) in Ireland and has specialised training for the treatment of patients with lymphedema, lipedema and other lymphatic disorders.

She has studied comprehensively in the field of integrative medicine including Complementary Therapies and Cancer at the Bristol Cancer Help Centre and University of West England, and trained as a Health Creation Mentor with Integrative Medical Consultant Dr. Rosy Daniel.

Recognising the uniqueness of each individual and her passion for the whole person to be treated, has led Meadhb on a most exciting professional journey, integrating integrative healthcare therapies into the hospital setting. She continues to bring her wealth of knowledge directly to the patients, propelling her to the forefront of integrative medicine in patient care.

While principally working privately in Cork, based at the centre of excellence *The Lymph Clinic* she also sees patients at *The Lymph Clinic* in Raheen in Limerick and publically at the Mid Western Regional Hospital Limerick.

**Michelle Lyons, PT, MISCPT** has over twenty years of experience as a chartered physiotherapist. She has recently returned to live in Ireland after a number of years in the US.

As well as developing numerous specialty courses for Herman & Wallace (Oncology and the Female Pelvic Floor, Oncology and the Male Pelvic Floor, The Athlete & the Pelvic Floor, Menopause Rehabilitation and Symptom Management, and Special Topics: Endometriosis, Infertility & Hysterectomy), she is also a tutor on the Pelvic Floor Series and the Pregnancy/Post-partum Series. Michelle is also proud to have been an item writer for the PRPC certification exam.

With additional training in nutrition therapy, herbal medicine, pilates, and yoga, as well as her clinical training and experience in pelvic health and oncology rehab, Michelle is a firm believer in integrative medicine and a whole-body approach to health and wellness. Michelle is also a lecturer for the Pelvic Obstetric & Gynaecological Physiotherapy Association in the U.K. on their pregnancy/MSK courses and will be Clinical Lead on their new advanced pelvic floor course and their male pelvic health coursework. She blogs and teaches online for Medbridge Education and has collaborated with the Integrative Women's Health Institute and Burrell Education on a number of live and online women's health educational programs.

As a social media advocate, in 2013 she co-founded the Women's Health Physiotherapy Facebook group, which now has over 3000 members from all over the world. A poster presentation looking at the role of group/social media in promoting women's health was presented at WCPT in 2015.

**Mairéad O'Connor, CNS Lymphoedema** has been working as a CNS in Saint Francis Hospice covering Dublin City's north and west sides for the last 10 years. She works exclusively in palliative and oncology lymphatic cases that come to the hospice. She has been involved in the treatment of Lymphoedema since 2002 and was among the founding members of the Irish MLD professionals association where she served as Public Relations officer, Secretary and Chairperson in that organisation.

Mairéad qualified with the Dr. Vodder School of MLD and CDT under the direction of Robert Harris HND RMT CI CLT-LANA who is the North American director and senior instructor for the school.

Over the years Mairéad has been involved in a number of research studies on lymphoedema including one in Dublin City University, and with the Irish Cancer Society. She occasionally delivers specialist lectures to other medical staff from a variety of hospitals in the Dublin area. Mairéad in her early years qualified as a RGN in the Meath Hospital, Dublin, and established a private practice in complimentary therapies for many years, before joining St Francis Hospice.



**For more information please contact:**

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**Accommodation should be booked directly with the Minella Hotel at 052-6122388. Special B&B rates have been agreed of €55/pps or €75/single - please ask for these rates at time of booking.**