

Overview

This one-day course relates specifically to the assessment and management of chronic oedema of the lower limbs. It covers the causes, diagnosis, and management of this complex condition.

Requirements

Prior to attending this course attendees must complete the on-line [Introduction and Core TV modules](#) course. This is a requirement for all the Tissue Viability Courses but only needs to be completed once.

This consists of the following videos to be watched:

- Partnership working – explores the issue of patient concordance and introduces the technique of Motivational Interviewing in our interactions with patients as a way of engaging patients in their care
- Holistic patient assessment (Tissue Viability) – explores the variety of internal and external risk factors that can contribute towards delayed wound healing
- Nutrition for wound healing & pressure ulcer prevention – offers practical advice on assessing and enhancing nutritional intake to both prevent wounds and aid wound healing

Completion of the Core Module and attendance at this face-to-face course is required to be certified as having completed the course.

Attendees are also advised to complete the Fundamentals of Leg Ulcer Management course before attending this course.

Module Objectives

At the end of this session attendees will be able to:

- Understand the structure and function of the lymphatic system, the aetiology of oedema and the differences between acute and chronic oedema
- Identify the different causes of chronic oedema and why all chronic oedema can be considered as Lymphoedema
- Identify the key components of holistic assessment of someone with chronic oedema
- Describe the 4 cornerstones of the management of chronic oedema and other key management priorities
- Discuss the different compression options available and when each is suitable or appropriate for use
- Follow the Chronic Oedema Pathway in devising suitable management plans
- Have an opportunity to practice the application of chronic oedema bandaging

• Who should attend?

This course is open to all clinicians involved in the management of chronic oedema, both registered and non-registered.

(maximum attendees 30)

Additional Notes

Please bring your own lunch. Tea and Coffee will be provided. To help towards reducing costs and waste, please consider bringing your own cup.

Please come dressed in suitable clothing to partake in practicing compression bandaging on each other.

Please wear a mask throughout the whole of the course and PPE when partaking in the practical elements of the course (aprons, gloves, hand gel and Clinell wipes provided)

Please note: This training provides evidence of Continuing Professional Development and can be used in the NMC Nurse Revalidation process.