

OBJECTIVES FOR CERTIFICATION
IN CASLEY-SMITH COMPLEX LYMPHATIC THERAPY
CASLEY-SMITH 淋巴水肿综合治疗的认证目标

Learning Objectives:

学习目标:

- The anatomy and physiology of the microcirculatory system, with an emphasis on the lymphatic system and its role in Starling's Equilibrium
- 微循环系统的解剖学和生理学，重点是淋巴系统及其在斯塔林平衡中的角色
- The aetiology and pathophysiology of various oedemas with an emphasis on lymphoedema
The participant will appreciate how to evaluate lymphoedema, recognise the need for differentiation between it and other causes of swelling & create a treatment plan by:
- 以淋巴水肿为重点的各种水肿的病因和病理生理学，受训者将了解如何评估淋巴水肿，认识到它与其他肿胀原因的区别，并通过以下方式制定治疗计划：
- Taking a relevant medical history to identify complications requiring modification of the treatment protocol
- 根据相关病史确定并发症和治疗方案的修改
- Evaluating tissue texture to establish the stage of lymphoedema
- 评估组织质地以确定淋巴水肿分期
- Measuring girth and calculating amount of swelling to establish severity of lymphoedema. Appreciate availability of electronic calculation programmes
- 测量周长并计算肿胀量，以确定淋巴水肿的严重程度。了解电子计算程序的可用性。
- Considering the individuality of the case and tailoring CLT to meet the needs.
The participant will be able to assist in the management of lymphoedema and other oedemas using the following techniques and procedures:
- 考虑到案例的个性和与之符合的CLT以满足需要。受训者将能够使用以下技术和程序协助管理淋巴水肿和其他水肿：
 - Manual lymph drainage techniques for all parts of the body, including techniques to address swelling, fibrosis, and scarring
 - 全身所有部位的手法淋巴引流技术，包括治疗肿胀、纤维化和疤痕的技术
 - Multi-layer gradient compression wrapping with low stretch bandages and different padding materials
 - 用低弹性绷带和不同填充材料进行多层梯度压力包扎
 - Instruction in, or referring the patient to an effective exercise programme
 - 指导患者进行有效的运动计划

- Instruction in, or referring the patient to appropriate skin care, precautions, and activity modification
- 指导患者进行适当的皮肤护理、预防措施和活动调整
- Instructing the patient and patient's family in self-care including home bandaging and manual therapy
- 指导患者和患者家属进行自我护理，包括家庭包扎和手法治疗。
- Measuring and fitting of patient with appropriate compression garments and other options. Or referring the patient to such service providers.
The participant will understand the contraindications for each of the different components of treatment
The participant will be able to problem solve when dealing with more complicated cases
The participant will have a sound understanding of formulae for volumetric and linear calculation and how these may be expressed differently in other countries, and also how these expressions may be best utilised.
The participant will be aware of further resources on lymphoedema treatment to extend his/her own knowledge as well as resources for patient education.
- 测量和为患者选择使用合适的压力衣和其他选择，或将病人转介给产品服务提供者。受训者将了解治疗的各个不同组成部分的禁忌症，能够在处理更复杂的病例时解决问题，对体积和线性计算公式有良好的理解以及在本国这些表达方式如何不同，以及如何最好地利用这些表达方式。受训者将了解有关淋巴水肿治疗的更多资源，以扩展自己的知识和患者教育资源。

COMPETENCIES / ASSESSMENTS

能力/评估

1. Written test on theory:
Pass mark – 75%

理论笔试：合格分数-75%

2. Self-bandage arm:
Objectives to achieve:
Simple spiral bandage for demonstration to a patient.
Should display: adequate padding; good gradient; ; good coverage; good limb movement, and be able to say what layers were applied

上肢自我绷带包扎：

实现的目标：简单的螺旋包扎，用于向患者演示。

应显示：足够的填充物；良好的坡度；良好的覆盖范围；良好的肢体运动，并能够说出应用了哪些层。

3. Self-bandage leg:
Objectives to achieve:
Simple spiral bandage for demonstration to a patient.
Should display: adequate padding; good gradient; good coverage; good limb movement, and be able to say what layers were applied

下肢自我绷带包扎：

实现的目标：简单的螺旋包扎向患者演示。

应显示：足够的填充物；良好的坡度；良好的覆盖范围；良好的肢体运动，并能够说出应用了哪些层。

4. Bandage a UE and LE limb:
Bandage another participant's arm/leg.
Objectives to achieve:
“chevron”/“herringbone”/“X” style bandage with X technique in the joint and use of alternative padding.
Should also display good coverage; a good gradient; good limb movement; and be able to say what layers were applied

上下肢淋巴水肿治疗师绷带包扎：用绷带包扎另一个受训者者的胳膊或腿。

实现的目标：“V”或“人”或“X”型绷带包扎技术，在关节处使用X技术，并使用替代填充物。

应该显示良好的覆盖率、很好的梯度、肢体运动良好、能够说出应用了哪些层

5. OPTIONAL CHALLENGE: Be bandaged overnight: Give feedback to the person who bandaged you.

可选的挑战：整夜包扎并向包扎您的人提供反馈。

6. Case study: (You may have a case that you would like to use for the exam) Demonstrate proper manual drainage technique and choice of logical pathways; must be able to: make treatment plan; set goals for patient; suggest modification of exercises if necessary; recommend garment and other compression options; instruct in self-massage; measure limb accurately.

案例研究：（每个受训者会有一个案例）演示适当的手法引流技术和逻辑路径的选择；必须能够：制定治疗计划；为患者设定目标；必要时建议修改运动；推荐压力衣和其他压力选择。指导自我按摩；精确测量肢体。

You will be assessed on your knowledge of:

根据受训者以下方面的知识进行评估：

- Describe the position of the patient ie supine; prone or sidelying Include other things such as assisted M breathing in the order of work
- 描述患者的位置，即仰卧；俯卧或侧卧，包括其他事项，如按操作顺序辅助M呼吸。
- pathways; nodes; lymphotomes
- 路径；淋巴结；淋巴分区
- breathing – patient directed and assisted
- 呼吸-患者指导和协助
- working on oedematous, scarred, fibrotic tissue
- 治疗水肿、疤痕、纤维化组织
- positioning
- 定位
- flow of treatment and pace
- 治疗流程和步骤
- pressure
- 压力
- logical sequence
- 逻辑序列
- instruction in self care; treatment plan; exercise modification; skin care etc
- 自我护理指导；治疗计划；运动修改；皮肤护理等