

Theory Covered in the **CASLEY-SMITH** DLT Course

CASLEY-SMITH DLT 课程的理论涵盖

General

概论

- Outline of the Casley-Smith Course in lymphoedema management – DLT
- Casley-Smith淋巴水肿治疗课程大纲——DLT

- History of DLT/CDT/CLT/CPT management
- DLT/CDT/CLT/CPT管理的历史

- History of discoveries in oedema & lymphoedema
- 水肿和淋巴水肿的发现史

Anatomy & Physiology of Lymphatics

淋巴系统的解剖学和生理学

- Gross Structure
- 总结构

- Fine Structure & Physiology
- 精细结构与生理学

- Fluid Exchange in the Tissues – microcirculation, and microcirculation imbalances
- 组织中的液体交换-微循环和微循环失衡

Pathology of Oedema and Lymphoedema

水肿和淋巴水肿的病理学

- Causes of Oedema
- 水肿的原因
-
- Effects of Oedema
- 水肿的影响

Specific Causes of Lymphoedema

淋巴水肿的特殊原因

Diagnosis of Lymphoedema and Assessment

淋巴水肿的诊断与评估

- Clinical
- 临床

- Special Tests (CAT, Radio-isotopes, NMR - MRI) etc.
- 特殊检测（CAT、放射性同位素、核磁共振成像）等。

- Diagnosis / Assessment in the Clinic
- 临床诊断/评估
- Grades of lymphoedema & elephantiasis
- 淋巴水肿分期；象皮病
- Frequency & course of lymphoedema & high-protein oedema
- 发病频率；淋巴水肿的病程；高蛋白水肿

Treatment of Lymphoedema

淋巴水肿的治疗

- Prevention – keeping lymphoedema in the Latent phase
- 预防-保持淋巴水肿处于潜伏期
- CLT and Reductions during a course of treatment
- 治疗过程中的CLT和消肿
- Patient education – self care
- 患者教育-自我护理

Principles of Complex Lymphatic Therapy

CLT原理

- Skin care - Changes & Infections
- 皮肤护理-变化和感染
- Manual drainage techniques – history & principles
- 手法引流技术-历史与原理
- Multi-layer / compression bandaging techniques – principles; special considerations
- 多层/压力包扎技术-原则；特殊考虑
- Compression Garments – history & principles of manufacture, fitting, trouble shooting
- 压力服装-历史；原则；制造原理、穿戴、问题解决
- Exercises and Patient Compliance
- 锻炼和患者依从性
- Understanding treatment principles for genital and facial lymphoedema
- 了解生殖器和面部淋巴水肿的治疗原则

Additional Methodological Considerations

其他方法考虑

- Measurement Techniques for volumetric quantification: understanding formulae for calculation and for use in research statistics
- 体积定量测量技术：计算和研究统计学中使用的公式的理解

- Measuring in the Clinic – practical use in clinic vs research
- 临床测量-临床实际应用与研究
- Drugs & lymphoedema: history of benzopyrones, diuretics
- 药物与淋巴水肿：苯并吡喃类、利尿剂史
- Results of DLT, etc
- DLT结果等
- Best methods of treatment in varying circumstances: elderly; children; special-needs; children; pregnancy;
- 不同情况下的最佳治疗方法：老年人；儿童；特殊需要；儿童；妊娠；
- Patient expectations vs realistic goals
- 患者期望与现实目标

Other Treatments for Lymphoedema

淋巴水肿的其他治疗

- Surgical treatment in lymphoedema – plastic surgery, liposuction
- 淋巴水肿的外科手术治疗-整形外科，吸脂
- Compression pumps, devices, heat and low level lasers.
- 压力泵、设备、加热和低频激光。

Other Topics

其他专题

- Hygiene in the home & hygiene in a lymphoedema clinic
- 家庭与淋巴水肿门诊的卫生
- Retraining of posture of a patient after treatment
- 治疗后患者体态的再训练
- DLT in Acute Injury, Fractures, Venous diseases, Ulcers and skin conditions
- DLT治疗急性损伤、骨折、静脉疾病、溃疡和皮肤病
- DLT in Palliative care
- 姑息治疗中的DLT
- DLT and Diabetes
- DLT和糖尿病
- Psycho-social problems - arising from lymphoedema
- 由淋巴水肿引起的心理社会问题
- Occupational health & safety in working with lymphoedema; therapists' self-care

- 治疗淋巴水肿的职业健康与安全；治疗师的自我护理
- Communication with medical practitioners
- 与执业医师沟通
- Resources available -
- 可用资源-
- Setting up Clinics
- 建立诊所
- Business aspects
- 业务营运方面
- Organisations concerned with or supportive of lymphoedema
- 与淋巴水肿有关或支持淋巴水肿的组织

Timetable structure

课程表架构

- Main theory is for the most part, covered in week 1, from 8am to 12am.
The afternoons of the course are taken up with practical teaching and their associated theory; demonstrations; mutual practice; DVDs/videos; and case presentations. Patient demonstrations for particular scenarios requiring manual drainage are included. Wherever possible, guest lecturers and garment company representatives are invited to deliver specialist information.
- 主要理论的大部分在第一周，时间是从上午8点到12点。课程的下午进行实践及其相关理论教学、演示、相互实践、DVD/视频和案例演示。包括需要手法引流的患者演示。如需要，邀请客座讲师和服装公司提供专业产品信息。

Award

颁证

- A statement of attendance and satisfactory demonstration of competence, is issued on completion of the course, and those who pass all assessments will be certified as Casley-Smith Lymphedema Therapist. A theory examination with pass mark of 75% is held in the 2nd week. Incompetence in practical skills or failure in the theory exam, may initially be addressed during course time, but where this fails to meet the standard, assessment will be conducted at the next training session
- 课程结束后，将发布完成全部课程的参训和能力证明,成绩合格者将被认证为Casley-Smith国际淋巴水肿治疗师。第二周进行理论考试，及格分数为75%。实践能力不足或理论考试不及格，可以在课程期间补考，但不符合标准，则在下一届培训中作出补考。

Aims

目的

- Excellence in delivery of lymphoedema treatment comes with years of practice and experience, (the best therapists never believe that they are fully-qualified, since they consider that they can always learn more). 135 hours cannot compare with the experience that comes with actual contact with lymphoedema sufferers, the delivery of treatment and the evaluation of techniques.

- 提供淋巴水肿的优质治疗之处在于多年的实践和经验的积累（最好的治疗师从不认为他们是完全合格的，因为他们认为自己总需要学到更多）。135小时的学习并不能与实际接触淋巴水肿患者的经验、治疗的提供和技术评估相比较。
- The aim of this training is to produce a therapist who has a thorough understanding of DLT techniques and the principles and theory upon which they are based. Exposure to the inter-relationship between the lymphatic system and other health problems, and the consideration of how components of DLT may impact on that particular health concern, aims to stimulate the therapist to “think on his/her feet”.
- 这项培训的目的是培养一个对DLT技术和他们所依据的原则和理论有透彻理解的治疗师。接触淋巴系统和其他健康问题之间的相互关系，考虑DLT的组成如何影响特定的健康问题，旨在激励治疗师“站在他/她的角度思考”。
- The course also encourages the therapist to think laterally in problem solving so that unique solutions may be soundly based on theory. This means that graduates are able to treat patients with care, immediately on completion of training, and to recognise when they need to refer on.
- 本课程还鼓励治疗师在解决问题时进行横向思考，这样独特的解决方案就可以建立在理论的基础上。这意味着毕业生能够在完成培训后立即对患者进行护理，并识别他们何时需要转诊。
- **NOTE: This training does not in any way, encourage a therapist to work beyond the scope of practice that is dictated by his/her undergraduate profession.**
- 注意:本培训不以任何方式鼓励治疗师超出其专业所规定的实践范围。

On completion

期满

- The Casley-Smith course satisfies the current international training requirements, and is recognised in the UK, USA and parts of Europe. Participation in other methods of DLT, or short courses are encouraged as a way of satisfying future CEP requirements, so that therapists may develop a breadth of understanding, and can add new advances to their techniques without sacrificing basic principles.
- Casley-Smith课程符合当前的国际培训要求，在英国、美国和欧洲部分地区得到认可。治疗师被鼓励参与DLT的其他方法培训，短期课程也可作为满足未来CEP（继续教育）要求的一种方式，以便治疗师能够更广泛深入地理解，并在不牺牲基本原则的情况下为其技术增加新的进展。