

Practicum Session 1

AWMA 2012 Preconference Workshop:

Lymphoedema: 'Tree trunks or saplings?--do you know how to manage the tree trunk to create a sapling?'

Session facilitators:

Maree O'Connor

Physiotherapist and Educator, Victorian Lymphoedema Practice

Hildegard Reul Hirche

Physiotherapist, Royal Brisbane & Women's Hospital

Jan Rice

Education Coordinator, World of Wounds, La Trobe University & Alfred Health Clinical School, Melbourne

Session aims

By the end of the workshop the participant will have:

- Identified the key components of assessing a client that presents with lymphoedema in the legs;
- Explored the problems / issues associated with lymphoedema;
- Explored treatment options, referral sources and the role of the health professional.

This workshop will consist of an interactive clinical reasoning session, demonstration of a variety of treatment modalities and a discussion of resources to assist the health professional.

Session overview (Limited to 60 attendees)

- Introduction, clinical reasoning session
- Mini lymphoedema exercise class (focusing on the principles of exercise for lymphoedema)
- Treatment modality demonstration:

(Group divides into 3 and rotates every 20 minutes to each of the following:

- Manual lymphatic drainage for the lower limb demonstration
- Multi layer bandaging for lymphoedema (also show compression garments)
- Two layer compression system

Practicum Session 2

AWMA 2012 Pre-conference Workshop:

The High Risk Foot: It sees you every day but do you see it?

Session facilitators:

Terry Swanson

RN, NP, Masters Health Science, FAWMA, FMACNP,
Nurse Practitioner Wound Management, South West Healthcare Warrnambool, Victoria

Erin O'Brien

Bachelor of Applied Science Podiatry
Podiatrist, South West Healthcare, Warrnambool, Victoria

Nicoletta Frescos

MPH, BAppSci(Pod), Lecturer, Dept of Podiatry, La Trobe University, Victoria
Podiatry Consultant, Wound Clinic, Austin Health, Victoria, Podiatry Adviser, Dept of
Veterans' Affairs
President, AWMA(Vic)

Gillian Butcher

Bachelor Applied Science Podiatry
Podiatrist and Acting Allied Health Director, Southern Health

Session aims:

At the end of the workshop the participant will have:

- Identified key components of assessing a client with a high risk foot
- Identified specific diagnostic tests relating to clients with neuro-ischemic feet and complications relating to chronic disease
- Explored treatment options and proactive management strategies
- Explored the roles of the interdisciplinary team and when and who to refer to

Session overview:

- Introduction of international and national guidelines regarding the Diabetic Foot Ulcer (DFU)
- Background and theory regarding the high risk foot
- Assessment discussion and demonstration
- Review of the diagnostic investigations and interpretation of results

Participants divided into groups of 4 (approx 10 in each) for practicum

- Toe pressures
- Monofilament
- Vibration/temperature
- Offloading
- Case study (consolidating the knowledge)

Practicum Session 3

AWMA 2012 Preconference Workshop:

Nutrition in Pressure Injury: Nutritional Management of Adults with Pressure Injuries - Practical application of evidence based guidelines*

* Evidence Based Practice Guidelines for the Nutritional Management of Adults with Pressure Injuries-developed by Trans Tasman Dietetic Wound Care Group and endorsed by Dietitians Association of Australia and New Zealand Dietitians Association.

- accepted for inclusion in the National Guideline Clearinghouse™ (NGC)

- submitted for consideration to NHMRC and NZGG

- used as reference in development of Pan Pacific Clinical Practice Guideline for the Prevention and Management of Pressure Injury

Session facilitators:

Lilliana Barone

BSc. Mast Nutr& Dietetics, APD

Clinical Lead Aged Care, Port Kembla Hospital. ISLHD

Member of Trans Tasman Dietetic Wound Care Group

Beryl Dawson

BSc GradDip Nutr&Dietetics APD

Senior Clinical Dietitians, Balmain Hospital. SLHD

Member of Trans Tasman Dietetic Wound Care Group

Kendall Peters

BNutr&Dietetics(Hons) APD AN

Community Clinical Dietitian, Southcare. SESLHD

Member of Trans Tasman Dietetic Wound Care Group

Session aims

By the end of the workshop the participants will have:

- Explored the role of dietitian's in a multidisciplinary approach to wound care
- Successfully used a validated nutrition screening tool to identify clients at nutritional risk.
- Identified the nutrients important in wound healing.
- Identified specific biochemical tests to request to assist in client's nutritional care.

Session overview

- Introduction to the nutrition guidelines-role of nutrition in healing
- Discussion of nutrition screening using validated tools and how these can be applied in daily practice by wound care providers.
- Explore the nutrition algorithm developed for the Evidence Based Practice
- Guidelines for the Nutritional Management of Adults with Pressure
- Specific nutrients that play role in healing