



**2024 NSU Onsite Course**  
**Certified Lymphedema and Wound Therapist (CLWT)**  
**Detailed Schedule**

***Certified Wound Therapist***

**CWT Session 1**

**Saturday August 10, 2024 (8:00am-7:00pm (10 CE hrs)**

**Instructor: Heather Barnhart PT, PhD, CWS, AWCC, CLT-LANA, CLWT, CORE**

**Assistant: Brandy McKeown OTR/L, CLT-LANA, CLWT**

8:00-10:00am: VAIL, Wound Assessment, Geography/Topography

11:00-12:00pm: CVI, VLU, Phlebolymphedema

12:00-1:00pm Lunch

1:00-5:00pm: Wound skills and Debridement Lab

5:00-7:00pm: Instructor: Heather Barnhart PT, PhD, CWS, AWCC, CLT-LANA, CLWT, CORE

- Wound Classification

**CWT Session 2**

**Sunday August 11, 2024 8:00am-12:00pm (4 CE hrs)**

**Instructor: Heather Barnhart PT, PhD, CWS, AWCC, CLT-LANA, CLWT, CORE**

8:00-11:00am: 3M Instructor

- Wound Dressing Categories/Function/Selection

11:00-12:00pm: 3M Instructor Lisa Fisler BSN, RN

- Negative Pressure Wound Therapy Lecture/Lab/Case Examples

Lunch 12:00-1:00pm Lunch

## **CWT Session 3-4**

**Sunday August 11, 2024 1:00pm-7:00pm (6 CE hrs)**

1:00-3:00pm: 3M Instructor

- Coban 2 Layer Compression System Lecture/Demo/Lab

3:00-4:00pm: Instructor: Heather Barnhart PT, PhD, CWS, AWCC, CLT-LANA, CLWT, CORE

- CSI Classified-Differential Diagnosis of Wounds and Edema

4:00-4:30pm: Adapting Coban 2 for Phlebolympheema, Integration of MLD -Heather Barnhart

4:30-5:30pm: Wound Care Billing, Coding and Documentation – Marijke Carson

5:30-6:00pm: STRIDE Intro – Heather Barnhart PT, PhD, CWS, AWCC, CLT-LANA, CLWT, CORE

6:00-7:00pm: Final Exam (**online-you will need a laptop, tablet or phone to take this exam, you may also use 2 devices since this is open book and you can utilize the Alumni Portal**)



## ***Modern MLD***

### **MLD Session 1**

**Monday August 12, 2024 8:00am-12:00pm (4 CE hrs)**

**Lead Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

- Lymphatic Anatomy, Physiology, & Pathophysiology
- Intro to Modern MLD & Lymphatic Rehabilitation

12:00-1:00pm Lunch and Learn

### **MLD Session 2-3**

**Monday August 12, 2024 1:00-7:00pm (6 CE hrs)**

**Lead Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

**Instructor Assistant: Donna Case COTA/L, CLWT**

Central Decongestion:

- Modern MLD Techniques for Venous Angle, Diaphragm, Cistern of Chyli
- Modern MLD Techniques for Iliac Nodes, Lumbar Trunks
- Modern MLD Techniques for Regional Lymph Nodes: Axillary, Horizontal, Inguinal
- Modern MLD Techniques for Anterior Axillo-Axillary (AAA), Posterior Axillo-Axillary (PAA), Axillo-Inguinal (AI), Inguinal-Axillary (IA), Anterior Inter-Inguinal (AII), and Posterior Inter-Inguinal (PII) Anastomoses

Peripheral Decongestion:

- Modern MLD Techniques for Peripheral Lymph Nodes: Pectoral, Cervical, Supraclavicular, Infraclavicular, Parasternal, Paravertebral, Intercostal, Subscapular, Cubital, Vertical & Lateral Inguinal, Popliteal
- Modern MLD Techniques for Collectors of Lateral Axillary, Subclavicular, Inferior Inguinal, Popliteal, and Lateral Inguinal Lymphosomes
- Modern MLD Techniques for Common Congestion Zones (UE & LE) & Fibrotic Soft Tissue Techniques

Custom, UE Modern MLD Sequences

Custom, LE Modern MLD Sequences

### **MLD Session 4-5**

**Tuesday August 13, 2024 8:00am-7:00pm (10 CE hrs)**

**Lead Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

**Instructor Assistant: Donna Case COTA/L, CLWT**

- Modern MLD Techniques for Dermal Lymphatic Capillaries
- Full UE Modern MLD Sequences
- Full LE Modern MLD Sequences
- Trunk MLD
- Genital MLD
- Group Presentations and Guided Full Modern MLD Sequences, with integrated Therapeutic Exercises & Self-MLD

12:00-1:00pm Lunch and Learn with Lympha Press

1:00-2:00pm: Onsite with Lympha Press Demo

### **MLD Session 6-7**

**Wednesday August 14, 2024 8:00am-7:00pm (10 CE hrs)**

**Lead Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

**Instructor Assistant: Donna Case COTA/L, CLWT**

8:00am-12:00pm:

- Soft Tissue Assessment
- Customized Mapping of Modern MLD
- Case Studies
- Group Assignment

12:00-1:00pm Lunch

1:00-2:30pm Guest Presentation Tactile Medical

2:30-5:30pm Practicums

5:30-7:00pm Introduction to Oncology Rehabilitation with Guest Expert (Via Zoom)

Lisa Marshall OTR/L, CLT, CLWT



## ***Certified Compression Specialist (CCS)***

### **CCS Session 1-3**

**Thursday August 15, 2024 8:00am-7:00pm (4 CE hrs)**

**Instructor: Suzie Ehmann DPT, CWS, CLT-LANA, CLWT (via zoom)**

8:00am-12:00pm

- Differential Diagnosis of Edema/Lymphedema Etiologies
- Principles & Science of Compression Therapy
  - Understanding the textile options and applications
    - Hemodynamic
    - Tissue restoration
  - Achieving therapeutic compression
- Compression Indications, Precautions, Contraindications, ABI
- Edema Assessment & Measuring
  - S.T.R.I.D.E.™ approach to clinical assessment
  - S.T.R.I.D.E.™ approach to textile selection
- Case Examples

12:00-1:00pm Lunch

1:00-2:00pm: Medi Compression garments and supplies

**Lead Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

**Instructor Assistant: Donna Case COTA/L, CLWT**

2:00-4:00pm and 5:00-7:00pm

- Finger Bandaging
- Hand Bandaging
- Full Upper Extremity Bandaging with Fluff
- Toe Bandaging
- Foot & Ankle Bandaging
- Simple Lower Leg Bandaging

- Lower Leg, Foot & Ankle Bandaging with Integrated Textured Textiles
- Full Upper Extremity Bandaging with Roll Foam

4:00-5:00pm: Juzo compression garments and supplies.

### **CCS Session 3-5**

**Friday August 16, 2024 8:00am -7:00pm (10 CE hrs)**

**Lead Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

**Instructor Assistant: Donna Case COTA/L, CLWT**

8:00am-10:00am

(continue)

- Finger Bandaging
- Hand Bandaging
- Full Upper Extremity Bandaging with Fluff
- Toe Bandaging
- Foot & Ankle Bandaging
- Simple Lower Leg Bandaging
- Lower Leg, Foot & Ankle Bandaging with Integrated Textured Textiles
- Full Upper Extremity Bandaging with Roll Foam

10:00am-12:00pm

- Full Upper Extremity Bandaging with Non-Slip, Structural Foam, and Integrated Textured Textiles for Fibrotic Tissue Management
- Thigh Bandaging/Full LE Bandaging with Non-Slip, Structural Foam, and Integrated Textured Textiles for Fibrotic Tissue Management

12:00-1:00pm Lunch

1:00pm-5:00pm: Jobst/Essity Instructor

- Flat Knit Measuring Lab
- JOBST Compression Garments & Supplies

5:00-7:00pm

- Full Upper Extremity Bandaging with Non-Slip, Structural Foam, and Integrated Textured Textiles for Fibrotic Tissue Management
- Thigh Bandaging/Full LE Bandaging with Non-Slip, Structural Foam, and Integrated Textured Textiles for Fibrotic Management

**CCS Session 6-7**

**Saturday August 17, 2024, 8:00am –7:00pm (10 CE hrs)**

**Lead Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

**Instructor Assistant: Donna Case COTA/L, CLWT**

8:00am-10:15am • Thigh Bandaging/Full LE Bandaging with Non-Slip, Structural Foam, and Integrated Textured Textiles for Fibrotic Tissue Management

10:15-12:00pm Lohmann and Rauscher Compression garments and supplies

12:00-1:00pm Lunch

1:00pm-2:45pm • Thigh Bandaging/Full LE Bandaging with Non-Slip, Structural Foam, and Integrated Textured Textiles for Fibrotic Tissue Management

2:45pm-5:00pm:

- Full Upper Extremity Bandaging with Non-Slip, Structural Foam, and Integrated Textured Textiles for Fibrotic Tissue Management
- Thigh Bandaging/Full LE Bandaging with Non-Slip, Structural Foam, and Integrated Textured Textiles for Fibrotic Management

5:00pm-7:00pm: STRIDE Garment Categorization & Algorithm Garment Selection

**CCS Session 8, 9, 10**

**Sunday August 18, 2024 8:00am -7:00pm (10 CE hrs)**

**Lead Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

**Instructor Assistant: Donna Case COTA/L, CLWT**

8:00am–12:00pm: LAB – Bandaging Review, Bandaging Practicums,  
Self Bandaging

**Bandaging Practicums** – You will need to demonstrate full arm and full leg multi-layered lymphedema bandaging

12:00-1:00pm Lunch

1:00-2:00pm Sigvaris group compression garments and supplies

2:00pm -5:00pm: Case Studies – Putting it all together

- Clinical Assessment
  - S.T.R.I.D.E.™ approach to clinical assessment

- S.T.R.I.D.E.™ approach to textile selection
- Treatment
  - The basics –What really happens in the clinic?  
What does an average treatment look like?
  - Challenging cases – what do you do when the basics don't work?
  - Clinical Pearls
- Longterm edema management solutions
- S.T.R.I.D.E.™ approach to textile selection
- Q&A

5:00-7:00pm Instructor: Brandy McKeown OTR/L, CLT-LANA, CLWT

- Billing/Coding & Reimbursement
- Documentation
- Billing for Compression Garments