

Subject Outline

Subject Name:	<i>Manual Lymphatic Drainage</i>
Subject Code:	<i>MSTD311</i>
Award(s):	<i>Bachelor of Health Science (Musculoskeletal Therapy)</i>
Core/Elective:	<i>Core – 2 credit point subject</i>
Pre/co-requisites:	<i>BIOC222, MSTC223</i>
Student Workload	39 hours face to face 36 hours self-directed study
Delivery Mode:	Face to face <ul style="list-style-type: none"> • 3 hours lecture/practical Full Time Part Time
Subject Coordinator:	Brent Cunningham (Brisbane campus)
Subject Rationale:	<ul style="list-style-type: none"> • Provides the theoretical and clinical knowledge of the lymphatic system and the application of manual lymphatic drainage techniques and therapeutic exercises to promote lymphatic flow. • This unit provides the student with detailed theoretical and clinical knowledge of the lymphatic system, and its roles and functions in the body. • On completion of the unit the student will be equipped with a comprehensive approach to the manual manipulation of the lymphatic system, determined by its precise workings, structure and function. • This multi-directed approach involves a therapist intervention constituting manual massage therapy; exercises specific to the promotion of lymphatic fluid flow; compression therapy specific to the prevention and reduction of oedematous conditions; and the use of stimulants which have direct positive effects on the functioning of this system. • The student will gain an appreciation of the remedial conditions in which manual lymphatic drainage intervention is appropriate and when it is contraindicated. • On completion of the unit the student will be able to classify and determine various types of oedema and the determinants and processes with which to drain such specific types and locations of oedema. • The student will also gain an overall perspective of the particular organs of the lymphoid tissue along with the role that the lymphatic system plays in the immunity of the body. • This subject is a pre-requisite for: <ul style="list-style-type: none"> ○ MSTC325 Musculoskeletal Clinical Practice 5

Learning Outcomes:

1.	Describe and interpret the detailed structure and function of the lymphatic system in relation to other systems of the body, and the role they play in the maintenance of health.
2.	Discuss the philosophies and principles of Manual Lymphatic Drainage Massage.
3.	Apply Manual Lymphatic Drainage techniques and apply knowledge of these techniques to problem solving clinical issues.
4.	Interpret and analyse the common disorders of the lymphatic system and design specific interventions based on this understanding.
5.	Interpret and analyse the effects of external factors on particular aspects of the lymphatic system, such as stimulants, exercise, and compression therapy.
6.	Demonstrate professional conduct at all times with patient management.

Content:

Week	Lecture / Workshop
1.	Lecture: Introduction, history, indications and contraindications for Manual Lymphatic Drainage. Practical: Clearance of Terminus/clavicular/trapezius lymphotomes
2.	Lecture: Gross anatomy of the lymphatic system. Practical: Cervical/cranial clearance
3.	Lecture: Microcirculation. Practical: Axilla site clearance
4.	Lecture: The lymphatic vessels and lymphotomes. Practical: Upper limb clearance and associated exercises
5.	Lecture: Lymphoid tissue. Practical: Upper torso clearance
6.	Theoretical/practical revision up to session 6
7.	Theoretical/practical exam
	NON TEACHING WEEK Semester 1 – The mid semester break varies in relation to Easter so may fall in weeks 6 to 8. Semester 2 – This break falls between Weeks 7 & 8
8.	Lecture: The immune process. Practical: Lower limb clearance and associated exercises
9.	Lecture: Oedemas and their pathology. Practical: Specific sequence for specific oedemas
10.	Lecture: An introduction to Lymphoedema. Practical: Posterior body
11.	Lecture: Compression therapy Practical: Compression techniques
12.	Lecture: Lymphatic stimulants and exercises Practical: Review practical techniques
13.	Practical Exam
14.	Study Week
15-16.	Final Exam Period

Please refer to the Exam Timetable for your local campus for the exact day and time of the exam.
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Set Text Requirements:

None Set

Recommended readings:

1. Casley-Smith, J. R. (1997). <i>Modern treatment for lymphoedema</i> (5th ed.). Adelaide, SA: University of Adelaide.
2. Foldi, M., & Strossenreuther, R. (2003). <i>Foundations of manual lymph drainage</i> (3rd ed.). St. Louis, MO: Elsevier.
3. Tortora, G., & Derrickson, B. (2014). <i>Principles of anatomy and physiology</i> (14th ed.). Hoboken, NJ: Wiley.
4. Wittlinger, H., Wittlinger, D., Wittlinger, A., & Wittlinger, M. (2011). <i>Dr. Vodder's manual lymph drainage</i> . Stuttgart, Germany: Thieme.
5. Zuther, J. (2013). <i>Lymphedema management: The comprehensive guide for practitioners</i> (3rd ed.). Stuttgart, Germany: Thieme.

Special Resource Requirements:

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| 1. Two bath-sheet sized towels per student (Clinic towels must not be used) |
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Assessments:

Assessment Item	Topic/s	Learning Outcomes assessed (LO)	Week Content Delivered	Week Due	Weighting
Summative Assessment Theory Quiz Practical Demonstration	Assessment based on theory of anatomy and physiology of the lymphatic system and the application of manual lymphatic drainage	1, 2, 3, 6	1-5	7	20%
Summative Assessment Practical Assessment	Responding to diagnostic conditions Manual Lymphatic Drainage, students may be asked to develop an assessment plan, perform an assessment, describe a management approach and/or demonstrate safe, appropriate treatment skills in a clinical environment.	3, 6	1-12	13	40%
Summative Assessment Final Exam	Students are assessed on their knowledge, comprehension,	1 - 5	1-13	Final Exam Period	40%



(Multiple choice, short answer, case study based questions)	application, analysis and synthesis of the Lymphatic System and specific treatment protocols				
<p>Formative assessment will be undertaken early in the subject and then on a regular basis throughout the duration of the subject to provide students and staff with feedback on the learning. It may take the form of quizzes, small group and classroom presentations, writing activities, peer review where appropriate.</p> <p>Early formative assessment would be used to determine any necessary intervention strategies to ensure students are able to complete the program in the normal subject duration.</p> <p>Feedback will also be provided on summative assessment undertaken during semester.</p>					