

MANAGING EDEMA AFTER NEUROLOGICAL INJURY WITH TREATMENTS FOR LYMPHEDEMA



Shepherd Center
NEUROREHABILITATION
LEARNING INSTITUTE

Presenters: Angela Beninga, D.O., and Rebecca Hammad, MHS, OTR/L, CLT

WEBINAR

DATE: March 23, 2021

TIME: Noon to 1 p.m. ET

Cost: Free

COURSE DESCRIPTION: This course reviews the common occurrence of the secondary complication of edema with neurological diagnoses. Complete decongestive therapy, utilized to treat lymphedema, can be modified to reduce edema in this patient population. This session is designed to provide a broader understanding of how these modified treatment strategies can positively impact patients with neurological diagnoses.

OBJECTIVES: At the completion of the course, participants will be able to:

- Identify four treatment methods for venous thrombosis embolism (VTE) based on the VTE clinical guidelines.
- Describe two components of complete decongestive therapy (CDT).
- Devise two modifications to traditional CDT for safe edema management in individuals with motor and/or sensory impairments.
- Describe two outcome measures used to measure progress in CDT treatment.

LEARNING OUTCOME: Medical providers will be able to improve individualized treatment planning and influence patient outcomes when treating clients with edema after neurological injury.

TOPICS INCLUDE: Physiology of edema and lymphedema, complications in neurological populations, post-thrombotic syndrome, venous thrombosis embolism clinical practice guidelines, complete decongestive therapy, sensory/motor impairments, treatment techniques, outcome measures.

AGENDA

12:00 - 12:10	Overview of Edema and DVT Complications
12:10 - 12:20	Post-Thrombotic Syndrome and Clinical Practice Guidelines
12:20 - 12:50	Managing Edema with Modified Complete Decongestive Therapy Techniques
12:50 - 1:00	Outcome Measures and Case Studies



Angela Beninga, D.O., has been treating patients with spinal cord injury and other neurologic disorders since completing her residency in 2009. She then completed a fellowship in spinal cord injury medicine in 2010. Dr. Beninga has spent the past 10 years working with multidisciplinary teams treating individuals with neurologic conditions, as well as the complications and co-morbidities that arise due to these disease processes. Dr. Beninga is the chief medical informatics officer at Shepherd Center. She

joined the hospital's medical staff in 2013. She is board certified in physical medicine and rehabilitation (PM&R) and subspecialty board certified in spinal cord injury medicine.



Rebecca Hammad, MHS, OTR/L, CLT, has worked with individuals with neurological impairments since 2006 as an occupational therapist. Unfortunately, edema is common in individuals with neurological impairments. So, Rebecca worked to find an intervention to successfully manage edema. As a certified lymphedema therapist since 2013, Rebecca created a modified approach to applying the multi-layered compression wrapping system discussed in this presentation. The modified approach is necessary

to consider when working with individuals with sensory and mobility impairments. In collaboration with Shepherd Center's Virginia C. Crawford Research Institute, Rebecca published data on this wrapping technique for individuals with spinal cord injury in a 2018 peer-reviewed journal article.

DISCLOSURES: Angela Beninga, D.O., has disclosed no relevant financial or non-financial conflicts of interest related to the content of this course.

Rebecca Hammad, MHS, OTR/L, CLT has disclosed no relevant financial conflicts of interest, but has disclosed a non-financial conflict of interest as she is an author of a referenced publication related to the content of this course.

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Shepherd Center is an AOTA Approved Provider of professional development. Course approval ID# .0000001744. This Distance Learning-Interactive activity is offered at 0.1 CEUs Intermediate level, OT Service Delivery. AOTA does not endorse specific course content, products or clinical procedures.

Shepherd Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. (This program is approved for 1.0 Contact Hours.)

An application has been submitted to the American Physical Therapy Association of Georgia and is pending approval for PTs and PTAs.

This program has been submitted to the Commission for Case Manager Certification for approval to provide board-certified case managers with 1.0 clock hour(s).

This program has been submitted to The NASW for approval to provide board-certified social workers with 1.0 clock hour(s).

PHYSICIAN CREDIT: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of Piedmont Healthcare and the Shepherd Center. Piedmont Healthcare is accredited by the Medical Association of Georgia to provide continuing medical education for physicians. Piedmont Healthcare designates this live activity for a maximum of *1.0 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

TARGET AUDIENCE: This activity has been designed to meet the educational needs of case managers, physicians, nurses, nurse practitioners, occupational therapists/assistants, physician assistants, physical therapists/assistants and social workers involved in the care of patients with neurological impairments.

LEVEL: *Intermediate*

PROFICIENCY STATEMENT: To obtain continuing education credits for this course, you must register, log in, attend the entire course and complete all required course evaluations/surveys.

CANCELLATION POLICY: Shepherd Center reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Shepherd Center must cancel or postpone the event, Shepherd Center will refund the entire registration cost, but is not responsible for related costs, charges or expenses to participants, including fees associated with airfare/travel/lodging.

ASSISTANCE: If you require assistance, please contact **Diane Johnston** at education@shepherd.org.

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