

Advanced Lymphodema Training Germany

I attended the five-day International Klose-Földi Advanced Lymphoedema Review/Refresher course held in Hinterzarten, Germany in July this year. It was great to meet Professor Földi and her medical team. They presented a series of lectures about challenging related medical issues including obesity-related lymphoedema, lipedema, chronic venous insufficiency and infections. Amongst many activities, there were opportunities to observe their therapists at work and demonstrations with tips on clients with presentations such as lipo-lymphoedema. Tips such as use of the Lohmann & Rauscher's Komplex 2 foam sheet in bandaging, which was new to me. Most of the clients, either spoke German or Italian so interactions were sometimes quite creative to get messages across! Course participants were required to wear our upper or lower limb bandages at everyday activities such as meal time and also during exercise. It was an excellent form of facilitating us towards understanding what our clients experience. The best part (value-added) of the course was the complex case presentations with questions and answers including Professor Földi's input. The organizer Guenter Klose (<http://www.klosetraining.com/>) ensured that participants were given plenty of opportunity to ask questions and the answers were always thorough, and the advice feasible and practical. It was also a great opportunity to meet up with other Australians Robyn Scheer (with her family) and Hildegard Reul-Hirche during the course, and also Denise Flett from New Zealand. Informal discussions over meals about products, services, management and comparisons across the different states were enlightening. And, of course, the social networking with Americans, European and others from Argentina and the Middle East was also another highlight of our days together in Hinterzarten.

After the Hinterzarten course, I made my way to Boenningham to visit the Hohenstein Institute Headquarters. This Institute, founded in 1946, is an independent centre for testing and certification of a range of products such as the German's medical compression textile. That includes the RAL 387/1 (Lower Limb) and RAL 387/2 (Upper Limb) and ulcer stocking. All these via the HOSY (Abbreviation for Hohenstein System). I had a most enlightening discussion and a tour with Mr Florian Girmond (Director of Consumer Tests)

and his colleagues. *Did you know the point 'B' in your lower limb stocking is pivotal in your measurement from the compression aspect?*

My next stop was Medi Headquarters at Bayreuth, made possible with the assistance of Sue Reis from Reis Orthopaedics. I observed both the production of round and flat knit garments and the related quality control via HOSY in-house testing. There was also a one-on-one garment training update, too. *Did you know Medi's ready-to wear range comes mostly in two lengths, seven sizes and two widths? That there are available (though limited) lines of flat knit available off the shelf, too?*

My last stop was the Bauerfeind showroom in Singapore on my return towards Perth. The Australian Bauerfeind supplier is MAS Medical in Melbourne. *Did you know that, given the same 'B' measurement in a lower limb, they have 'Normal' and 'Plus' options in the same size? That they also have stockings with wheelchair clients in mind?*

In conclusion, I feel I have finally got the new German train schedule/system ticketing machine worked out, in English of course. Getting lost with similar sounding train station names and towns was par for the course of my solo travel. It was an action-packed two weeks' working holiday: not a dull moment.

Linda Khong
Perth



Linda Khong (right) with Denise Flett and Robyn Scheer

WA Branch awards 2011 roundup

► The WA Branch Forum and Awards evening welcomed our new graduates to the profession and was an excellent opportunity to thank the many members who give their time in organising PD, promoting the APA at public events and advocating for better healthcare. We also welcomed Cris Massis, APA CEO, who gave a brief update on the APA and some of

the current activities. Members mingled to catch up and we celebrated the winners of branch awards.

The awards are given each year in recognition of the significant contribution by APA members across differing areas of practice within the profession. The categories are rural, research, education, student or recent graduate, community, profession, and

the President's Award to an APA member who has made an outstanding contribution to the APA. We acknowledge and congratulate the following winners on their achievements:

- The HESTA award for Contribution to the Profession—Dr Darren Beales
- The Guild Insurance Recent Graduate Category—Jane Males
- Rural and Remote Health Category—Jodi Larke
- Research Category—Dr Andrew Briggs
- Education Category—Prof. Barby Singer
- Contribution to the Community—Sally Rogers
- President's Award—Peter Fazey.

Lymphoedema on the agenda, from Germany to Perth

► It was with great expectation that I attended the five-day International Klose-Földi Advanced Lymphoedema Review/Refresher course held in Hinterzarten, Germany in July this year. Professor Foeldi and her medical team dedicated time to update us on a series of challenging evidence-based medical issues including obesity-related lymphoedema, lipedema, chronic venous insufficiency and infections. Among the many activities organised by Guenter Klose, the practical session was unique: we wore our upper or lower limb bandages at everyday activities such as meal time and also during exercise. This provided great insight into what our clients experience. I felt the highlight of the course was the participants' complex case presentations and lively discussions with Professor Foeldi,

whose evaluations may be unconventional but nevertheless provide a clinically feasible consideration. The opportunity to network with clinicians from all over the world including America, Europe, Argentina and the Middle East was another highlight.

Following the course, I visited the Hohenstein Institute headquarters that certifies a range of products, such as the German medical compression textile. My next stop was Medi Garment headquarters at Bayreuth. I observed the production of round and flat knit compression garments and was fortunate to have a one-on-one garment training update. My final stop was the Bauerfeind garment showroom in Singapore, on my return to Perth.

With these latest updates, it was timely for me to present the APA WA's

satellite broadcast 'Lymphoedema: what is that swelling?' held on 28 September. In a refreshing approach to reach out to members, this excellent suggestion proposed by our WA Branch was targeted to meet the needs of our rural-based physiotherapists. It was borne out of the fact that though this topic has yet to have more academic exposure in our WA medical universities, our rural physiotherapists (both public and private) are continually faced with these challenging clients with minimal support. In contrast, in the industry, HBF has already recognised this specialised need and initiated higher rebates (with limitations) for clients seen by accredited lymphoedema physiotherapists.

I presented a one-hour brief introduction touching on differential

diagnoses of swelling, resources available in WA and in Australia, different garment types and considerations, and updates in this specialised area to meet the audience's earlier requests. The challenge I faced was having to present and 'interact' in front of an inanimate broadcasting camera without the benefit of seeing my audience. This was also in the midst of switching to and fro with the PowerPoint slides. Though questions and answers were really feasible only towards the end of the session, it was stimulating in nature. I understand that this has already stimulated more interest in lymphoedema within our rural physiotherapy community.

Linda Khong



Robyn Sheer (left, OT) and Hildegard Reul-Hirche (PT) from Queensland.



Australia and New Zealand participants (from left): Denise Flett (nurse), Robyn Sheer (OT) and Linda Khong (PT).