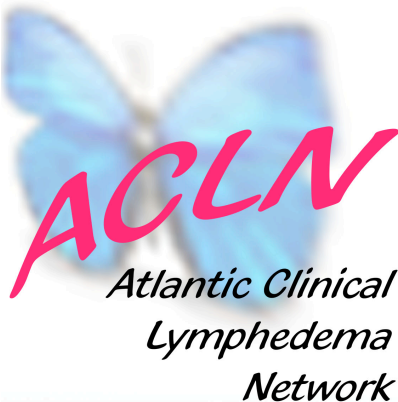


# Atlantic Clinical Lymphedema Network

Summer 2012



*An interprovincial network of skilled clinicians committed to the exploration and implementation of best practice and effective service delivery in education and management of lymphedema.*

**RCLA**  
*Réseau clinique  
du lymphoedème  
en Atlantique*

*Un réseau interprovincial de cliniciens qualifiés et dédiés à l'implémentation de programmes promouvant l'éducation et offrant la gestion de lymphoedème par le biais des pratiques d'excellence.*

## Update from the ACLN

Thirteen members of the Atlantic Clinical Lymphedema Network (ACLN) met in Moncton on May 26 and 27 for a two day advanced fitters course and annual meeting hosted at the Georges Dumont Hospital. One of the therapist from Newfoundland joined the Sunday meeting via teleconference.

Saturday, Lynn Vaillancourt of Valco Products in Montreal, presented a session on appropriate fitting positions and fitting challenges. She discussed the new compression garment fabrics (Medi Sensoo), the latest colors and the Juxta-fit products. As well, many difficult to fit case studies were presented for legs, arms, genital and pediatrics with active discussion around problem solving. The new representative for Valco in Atlantic Canada, Charlotte Scott, attended as she had previously been a garment fitter.

In the afternoon, Louise Godin and Sophie Dorion presented a summary of the Breast Cancer Rehabilitative Course they attended in Chicago taught by Julia Armstrong from Australia. New techniques for treating lymphatic cording and breast edema were reviewed and demonstrated.

Sunday, the ACLN reviewed the accomplishments of the previous year:

- Developed a common education booklet to be printed at individual institutions.
- Produced an ACLN banner and logo for awareness raising events.
- Provided many in-services to educate public and health care professionals were given by many members.
- Produced an ACLN insert and participated in Pathways magazine distribution.

We discussed and redefined our purpose and goals for the coming year:

- To host a course for advanced lymphedema treatment techniques in 2013.
- Continue our networking through quarterly teleconferences.
- Attempt to identify members of the public interested in participating in a stakeholders meeting aimed at pursuing an Atlantic Lymphedema Association.

Getting together face to face gives us an opportunity to share ideas, experiences and support each other. It was another successful ACLN weekend!

*Andrea Tilley, PT CDT, New Brunswick*

**Breast Cancer Retreat Gander, NL**

The thirteenth Annual Breast Cancer Retreat for Newfoundland and Labrador was held in Gander, NL. Approximately 180 wonderful women from our province attended the three day event. The agenda for the event included a two hour question and answer period with a medical panel, reconstruction options following breast cancer surgery, the role of a Cancer Patient Navigator, hair and nail care following breast cancer, understanding your pathology, lymphedema, massage therapy and dragon boating, just to name a few. The fashion show was a hit as well as the "Laughter is the Best Medicine" session with well known NL comedian Amy House.

The session on Lymphedema was delivered by Beverly Lanning and Jean Ann Ryan, both Lymphedema Nurse Coordinators from Central and Eastern Health. Topics included what is lymphedema, stages of lymphedema, best practice guidelines for the prevention of Lymphedema and treatment based on Manual Lymphatic Drainage, Compression Therapy, Exercise and Skin Care. This session was one of the highest attended at the retreat and many women had wonderful questions at the end of the session.

Congratulations to the organizers of the retreat and a special thank you to the people of Gander for showing such warm hospitality.

*Jean Ann Ryan, RN BN CDT  
Lymphedema Coordinator  
Eastern Health, Newfoundland*

**Update from Central Health, NL**

Central Health is one of four regional health authorities in Newfoundland and Labrador. In November, 2011, it opened a community based lymphedema management program that would accept referrals of both cancer and non cancer related lower extremity lymphedema. The clinic, located in Grand Fall-Windsor is staffed by a certified lymphedema therapist who provides services throughout the region of Central Health. The program has focused on three main components: program promotion, operating a lymphedema clinic, and community support. There has been several education sessions provided across the region to health care providers including physicians to promote education and awareness of lymphedema and its management.

The clinic provides assessment, treatment and management according to best practices for patients referred to the clinic. In keeping with a community focus, the program aims to train "champions" such as continuing care nurses in the provision of care for lower extremity lymphedema. This would include being able to educate their patients in lymphedema and risk reduction practices, as well, nurses will learn the application techniques for compression bandaging. The Regional Lymphedema Nurse will provide the resources and tools to assist with lymphedema management in the community with a goal to have patients self manage this chronic health condition.

*Bev Lanning, RN CLT-LANA  
Regional Lymphedema Nurse  
Central Health, Newfoundland*



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