



IDENTIFYING DATA

Physiotherapy in lymphedema

Subject	Physiotherapy in lymphedema			
Code	P05G171V01310			
Study programme	Grado en Fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	2nd
Teaching language	#EnglishFriendly Spanish Galician			
Department				
Coordinator	Cuña Carrera, Iria da			
Lecturers	Cuña Carrera, Iria da			
E-mail	iriadc@uvigo.es			
Web				

General description The subject of Physiotherapy in lymphedema is an optional subject for the second semester of the Degree in Physiotherapy. It is intended that you achieve both theoretical and practical skills to address the different types of edema in different areas from oncology, aesthetics, obstetrics and traumatology, among others. It is a subject with a lot of practical load, to learn the realization of all the techniques included in the Complex Decongestive Therapy, that the therapy recommended at present for the treatment of the lymphedema.

English friendly subject: International students may request from the teachers: a) resources and bibliographic references in English, b) tutoring sessions in English, c) exams and assessments in English.

Skills

Code	
A2	Students are able to apply their knowledge to their work or vocation in a professional manner and possess the competences usually demonstrated through the development and defence of arguments and problem solving within their field of study.
B1	To know how to work in professional teams as a basic unit in which professionals and other personnel of health care organizations are structured in a uni or multidisciplinary and interdisciplinary way.
C7	Know the physiological and structural changes that can occur as a result of the application of physiotherapy.
C9	Know the pathophysiology of diseases, identifying the manifestations that appear throughout the process, as well as the medical-surgical treatments, mainly in their physiotherapeutic and orthopedic aspects. To identify the changes produced as a consequence of the physiotherapy intervention. Encourage the participation of the user and family in the recovery process.
C16	Analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process.
C17	Know, design and apply the different modalities and general procedures of intervention in Physiotherapy: Massage Therapy, Electrotherapy, Magnetotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy, Vibrotherapy, Phototherapy, Pressure Therapy, therapies derived from other physical agents, as well as fundamental aspects of Ergotherapy and other therapies related to the field of competence of physiotherapy.
C18	Encourage the participation of the user and family in their recovery process.
C21	Identify the situation of the patient/user through a physiotherapy care diagnosis, planning interventions, and evaluating their effectiveness in a cooperative work environment with other professionals in health sciences.
C22	Know and apply good clinical practice guidelines.
C38	Intervene in the areas of health promotion, prevention, protection and recovery.
D1	Ability to communicate orally and in writing in Galician.
D7	Maintain an attitude of learning and improvement.

Learning outcomes

Expected results from this subject	Training and Learning Results
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Know the lymphatic physiology and pathophysiology and describe the bases of Manual Lymphatic Drainage and Complex Decongestive Therapy.				C7 C16 C17 C21 C38
Identify pathophysiology in oncology, in plastic, reconstructive and aesthetic surgery amenable to lymphedema treatment.				C7 C9
Apply the different techniques of Complex Decongestive Therapy.	B1			C16 C17 C18 C21 C22
Perform a kinesitherapy protocol applied to a patient with lymphedema	A2	B1		C16 C22 D1 D7

Contents

Topic	
THEORETICAL TOPICS	-
Anatomy and physiology of the lymphatic system	Introduction to the lymphatic system. lymphatic physiology. lymphatic pathophysiology. Physiopathology of the formation of edema of vascular and lymphatic origin.
Physiotherapy of lymphedema in plastic, reconstructive and aesthetic surgery.	Basics of manual lymphatic drainage. Edema prophylaxis.
Physiotherapy of lymphedema in oncology	Complex decongestive physiotherapy. Manual lymphatic drainage in cancer patients. Multilayer bandage. Pressotherapy. therapeutic exercise.
PRACTICAL TOPICS	-
Manual lymphatic drainage.	Manual lymphatic drainage practice in the upper limb, lower limb, trunk and face. Call and reabsorption maneuvers
Multilayer bandage.	Practice of multilayer bandage in upper limb and lower limb
Pressotherapy.	Pressotherapy practice in the upper and lower limbs

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	14	65	79
Laboratory practical	25	28	53
Mentored work	1	14	15
Essay questions exam	1	0	1
Laboratory practice	1	0	1
Essay	1	0	1

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Lecturing	The following teaching methodologies will be used: introductory activities, lecture, problem solving, debate, discussion forums and collaborative learning.
Laboratory practical	Debate and case studies will be encouraged in laboratory practices.
Mentored work	Through the completion of the work, autonomous problem solving will be encouraged. The work will include the completion of a written document as well as its presentation in the classroom.

Personalized assistance

Methodologies	Description
Lecturing	Tutorials in person, by email or through the remote campus when students request it.
Laboratory practical	Tutorials in person, by email or through the remote campus when students request it.
Mentored work	Small group tutorials in person, by email or through the remote campus when the students request it.

Assessment

Description	Qualification	Training and Learning Results

Essay questions exam	Theoretical exam: it consists of 5 questions, not being able to leave any without an effective answer.	40			C7 C9 C16 C17 C21 C38
Laboratory practice	Practical exam: make a practical assumption Continuous evaluation: the students can avail themselves of the continuous evaluation of the practical contents. In this case, 100% attendance at practical classes is required.	50	B1		C16 C17 C18 C21 C22
Essay	The realization, exhibition and defense of the work is mandatory. The formulation and the analysis carried out will be valued, as well as the writing and the use of bibliographic sources.	10	A2	B1	C16 C17 D1 D7

Other comments on the Evaluation

The realization of the work is obligatory as well as the presentation and defense of the same.

Continuous practical evaluation: to take advantage of the continuous evaluation of the practical contents, attendance at all practices is required.

In order to take the practical exam, the student must take the theoretical exam.

To pass the subject, the student must pass the theoretical exam, the practical part and the work independently.

Sources of information

Basic Bibliography

Executive Committee of the International Society of Lymphology, **The diagnosis and treatment of peripheral lymphedema: 2020 Consensus Document of the International Society of Lymphology**, PMID: 32521126,

Leduc. A, Leduc. O, **Drenaje Linfático Teoría y Práctica.**, Masson, Barcelona 2003

Ferrandez Jean-Claude, **El Sistema linfático**, Panamericana, Madrid 2006

Complementary Bibliography

Leduc, A. Leduc, O, <http://www.lympho.net>,

Millán Casas, Laura, **Linfedema: estudio y tratamiento**, Alcalá la Real: Formación Alcalá,, 2012

Roldán Jiménez, C, **Cáncer de mama y ejercicio físico**, 9798632300544, 2021

Recommendations

Subjects that it is recommended to have taken before

General physiotherapy I/P05G171V01204