



## 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	da Cuña Carrera, Iria			
Lecturers	da Cuña Carrera, Iria			
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.

## Training and Learning Results

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.

## Expected results from this subject

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
			D7	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	26	51
Mentored work	1	14	15
Essay questions exam	1	0	1
Essay	1	0	1
Report of practices, practicum and external practices	1	0	1
Systematic observation	1	0	1
Simulation or Role Playing	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
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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	
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
Report of practices, practicum and external practices	Delivery of an internship report according to the model provided by the teacher,	10		B1	C16 C17 C18 C21 C22	D7
Systematic observation	It is mandatory to attend 80% of the practical classes in order to carry out the systematic observation	30		B1	C16 C17 C21 C22	D7
Simulation or Role Playing	On the last day of class, a simulation test or role playing will be carried out, where the students will randomly choose a clinical case and will have to solve it as well as execute the chosen technique.	10		B1	C16 C17 C18 C21 C22	D7

### Other comments on the Evaluation

Students who do not take the continuous assessment must communicate this in writing according to the procedure established by the Faculty of Physiotherapy. The waiver of continuous assessment must be done as a deadline in the 5th week of teaching; this waiver will mean that the students accept the global assessment established for the subject. Once you have waived the continuous evaluation, you will not have the right to it or to the considerations established in it.

In any of the assessment methods, to pass the subject the students must have independently passed the assessment of the practical content, the theoretical content and the work. If, in the event that the student obtains a grade higher than 5 in the final assessment as an average of the grades obtained in the different assessment tests, but does not have one of the passed parts, he/she will obtain a grade of 4.5.

### Continuous assessment

The continuous evaluation will include the evaluation of theoretical content through a developmental exam (40%) in which an effective response is required. For the evaluation of the practical content in this modality, attendance at 80% of the practices is required. The practical content will be evaluated through systematic observations in classes (30%), through the delivery of a practice report (10%) and through a simulation test (10%). In addition, the students must carry out a group work (10%)

### Global assessment

In the event that the students renounce the continuous assessment, they will have the right to the global assessment which will consist of:

- Development exam (40%)
- Laboratory practice exam (50%)
- Carrying out a work (10%)

### Second chance assessment

The second chance assessment will be the same as the overall assessment.

### 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**,

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,** 2021

Seco, J, **Sistema cardiorrespiratorio. Métodos, fisioterapia clínica y afecciones para fisioterapeutas,** 9788491102014, panamericana, 2018

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## **Recommendations**

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### **Subjects that it is recommended to have taken before**

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General physiotherapy I/P05G171V01204

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