

# CPD EVENT RECORD

## Case-Based Discussion

**Live Event:**  
*Learning  
With Others*

This discussion concerned a 43 yo woman with chronic lymphoedema. The condition had begun in her teens and involved her left LEX, which was roughly twice the circumference of the right. She had had recurrent bouts of cellulitis, and suffered incontinence as a result of prolapsed bladder and uterus. She had undergone several procedures to remove excess skin and had considerable scar tissue as a result.

The condition was being managed with compression stockings and exercise, which had provided some benefit.

Her thoracic spine was very kyphotic, with restricted mobility.

Many suggestions were voiced. Acupuncture was suggested, although not around the affected area, due to the risk of infection. Lymphatic drainage was recommended, not surprisingly, as was using a roller to improve TSP flexibility. It was emphasised that soft tissue work over the affected area should be extremely gentle. The role of visceral techniques was discussed. Ultimately, it was felt that symptom management was of the essence and that effective communication of treatment aims was vital.

### Chiropractic Code 2016

**A** Put the health interests of patients first

A1 A2 A3 A4 A5 **A6** A7

**B** Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

**C** Provide a good standard of clinical care and practice

C1 C2 C3 **C4** C5 C6 C7 C8 C9

**D** Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

**E** Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 **F3** F4 F5 F6

**G** Maintain, develop and work within your professional knowledge and skills

**G1** G2 G3 G4 G5 G6

**H** Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

### Certification

This certificate confirms that

**Anthony Brindle**

participated in this CPD event



S L BRUCE, APM Director

**45**  
minutes

**Learning with Others**

Live, online discussion

11<sup>th</sup> January 2023

### Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....

### Osteopathic Practice Standards 2019

**A** Communication and patient partnership

A1 A2 A3 A4 **A5** A6 A7

**B** Knowledge, skills and performance

B1 B2 B3 B4

**C** Safety and quality in practice

C1 C2 C3 C4 C5 **C6**

**D** Professionalism

D1 D2 D3 D4 D5 D6  
D7 D8 D9 **D10** D11 D12

**Objective Activity: Case-Based Discussion**

Communication & Consent: No

**NICE Guidance:**

IPG723 Liposuction for Chronic Lymphoedema  
27th April 2022

  
Academy  
of PHYSICAL MEDICINE

**Evaluation, Reflection and Impact on Practice** (this part of the certificate is **not** automatically generated - it has been entered by the participant)

It was useful to be reminded about this uncommon condition. Understanding the limitations of treatment will help me manage patient expectations, while still getting the best outcomes for them that I can.