

LYMPHEDEMA WELLNESS MANUAL APPENDIX E: HOME STUDY COURSE



Lymphedema Wellness Manual Home Study 8 CE Course

Gay Lee Gulbrandson, Approved Provider # 451083-09



COURSE OBJECTIVE: Lymph drainage therapists, clinicians, researchers, students, and support staff provide knowledgeable, effective treatment or guidance to clients with Lymphedema (LE). The various protocols and details are covered in this Home Study Course. Exam performs spot-checking of learning.

When you have completed this home study course, you will be able to:

- * Identify the types of lymphedema (LE)
- * Locate the statistics and incidence of LE
- * Identify some diagnostic techniques for LE
- * Locate assessment & diagnostic methods for LE
- * Locate the absolute contraindications to MLD
- * Locate some measurement techniques for LE
- * Identify the bandaging techniques for LE
- * Define the CDT techniques for LE
- * Define the assessment techniques for pre-LE
- * Identify an individual treatment plan for LE
- * Learn the Best Practices treatments for LE
- * Learn the exercises recommended for LE
- * Learn the Best Practices consensus ratings
- * Learn the sources of personal articles for LE
- * Learn the location of therapists / clinics for LE
- * Identify the structure of the lymph system
- * Identify the risk of acquiring LE
- * Identify the signs of LE
- * Locate sources of meta-studies on LE
- * Locate the relative contraindications to MLD
- * Locate the treatment techniques for LE
- * Locate the compression garment types for LE
- * Locate the skin care techniques for LE
- * Locate QOL survey instruments for LE
- * Workup an individual risk control plan for LE
- * Locate alternative treatments ratings for LE
- * Locate Weight Lifting limits recommended for LE
- * Locate hydrotherapy exercises for LE
- * Locate sources of the best books on LE
- * Locate best websites for LE information

OVERVIEW: This course covers the LE therapist and the LE patient interface. It is recommended training for therapists already certified in CDT, or professionals desiring to learn more about CDT.

PROCESS: The "Lymphedema Wellness Manual" is studied. Then a brief open book exam is taken covering the major subject areas in the manual. Exam answers are entered online. Certificate is sent.

CEs: Earn 8 CEs approved by the NCBTMB, receive Certificate of Accomplishment by email.

Processing Fee: \$19.99, online only, including email Certificate. Manual processing priced differently.

Wellness Manual Home Study Course Subjects

ASSESSMENT & PROTOCOL

- | | | | |
|-----------|-------------------------------|-----------|--------------|
| Section 1 | LYMPHEDEMA OVERVIEW | Section 2 | ASSESSMENT |
| Section 3 | INDIVIDUAL TREATMENT PROTOCOL | Section 4 | RISK FACTORS |

TREATMENT & SELF CARE

- | | | | |
|-----------|-------------------------------------|-----------|------------------|
| Section 5 | CDT (Combined Decongestive Therapy) | Section 6 | OTHER TREATMENTS |
| Section 7 | EXERCISES & INSTRUCTIONS | Section 8 | QUALITY of LIFE |

REFERENCES & RESOURCES

- | | | | |
|------------|-----------|------------|-----------------|
| Section 9 | RESOURCES | Section 10 | MLD Topic Cards |
| APPENDIX A | SOURCES | APPENDIX B | GLOSSARY |

Title:

Manual Lymph Drainage Wellness Book Home Study 8 CE Course

COURSE INFORMATION & STANDARD DISCLOSURE:

Gay Lee Gulbrandson is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education **Approved Provider # 451083-09**.
Florida Board of Massage Therapy CE Provider # 50-11392

Class Type:	8 CEs for Home Study Course with successful completion of examination.
Provider/ Contact:	Gay Lee Gulbrandson, CLT-LANA, NCTMB, CMT, NAVALT, LANA, AMTA. GayLee@VodderMLD.com OFC: 510-849-1388 FAX: 510.558=8363 1791 Solano Ave #A8 Berkeley, CA 94707 USA
Duration of course:	No limit (estimated 6 + hours of study plus open book multiple choice exam, for 8 CE units). See <i>Terms & Conditions</i> attached.
Prerequisites:	None. Anyone may take the course. Completion of massage school or equivalent, MD, RN, PT, OT, Licensed Esthetician, CMT/ LMT/ RMT, LE patient, family, etc. is suggested.
Course Material:	Title: Lymphedema Wellness Manual, <i>Sub-Title:</i> Interactive Lymphedema Management for Patients and Therapists ISBN-10: 0985866403 ISBN-13: 978-0-9858664-0-2
Interface:	Preparation for an advanced MLD or refresher class, MD, RN, PT, OT, CMT, admin or support staff intro to CDT, etc.
Fee: (See website for all pricing options. Groups inquiries welcome)	Special \$19.99 If the LE Wellness Manual was purchased or included as part of a seminar or class , this CE Course "Add-On" is \$19.99 web download only, or \$59.99 if borrowing somebody's Manual, or \$84.99 download and print (+ post & tax in CA). Value \$112.00.
Source Material:	LYMPHEDEMA WELLNESS MANUAL . Bibliography & References list available online at www.voddermld.com/b
Cancellation / Refund:	Student may not cancel their purchase after paying or after download or shipping. Please see <i>Terms & Conditions</i> page or below for actual details.

Wellness Manual 8 CE Home Study Course

Easy Steps To Completion

I. DOWNLOAD MATERIALS

When payment has been completed, [Download](#) the Adobe.pdfs. of
A. Home Study Course Instructions, Guide, and Exam, or
B. Enter your answers in the online exam answer blanks!
Note: You will need a **LE WELLNESS MANUAL** to take this course.

II. STUDY THE WELLNESS MANUAL

See [Printing](#) for helpful tips.
Place download in a binder. Set a schedule to study the **LE Wellness Manual**, with a highlighter in hand, and the exam open. Make notes about questions and ideas that occur to you. Mark the exam answers on your copy.

III. EXAM - ONLINE ENTRY

Log onto VodderMLD.com/b using your login ID and Password.
Go to **WELLNESS MANUAL EXAM**
Follow the instructions for entering your answers in the online exam form.

IV. COMPLETION

You will receive your score report and Accomplishment Certificate by **email only**.
Print your Certificate of Accomplishment for CE submission to certifying/licensing agency.
Save your original Certificate of Accomplishment email / document in a permanent folder.

Thank you for taking this excellent course!

Gay Lee

For assistance with questions about this course, please review the [website](#) and then [contact](#) Gay Lee.

NOW, PLEASE STUDY THE LE WELLNESS MANUAL AND TAKE THE EXAM:

Name: _____ Date: _____ Time: _____

**WARNING: Only one person may receive NCBTMB course credit for each Wellness Manual.
Contact publisher for other options or group class requests.**

INTRODUCTION

Refer only to this LE Wellness Manual Section when answering. Mark the letter of the correct answer.
All questions have only one best answer. When complete, login and enter your answers.

1. A "consensus document" related to treatment or therapy means: (not specifically defined in text)
 - a. the best new ideas of an expert panel on a clinical topic
 - b. the majority vote opinions of an expert panel on a clinical topic
 - c. the collective opinions of an expert panel on a clinical topic
 - d. the individual opinions of the experts on a clinical topic

2. Liposuction is also known as:
 - a. lymphedema (LE)
 - b. circumferential ectropic assisted lumpectomy (CEAL)
 - c. circumferential suction assisted lipectomy (CSAL)
 - d. circumferential fiber shortening rate (CFSR)

ASSESSMENT & PROTOCOL Section 1 LYMPHEDEMA

Refer only to this LE Wellness Manual Section when answering. Mark the letter of the correct answer.
All questions have only one best answer. When complete, login and enter your answers.

3. The lymph system removes excess water, proteins, dead cells, fatty acids, and metabolic waste from the:
 - a. epithelial tissue
 - b. bone or nails
 - c. skeletal muscle tissue
 - d. loose connective tissue

4. Patients who feel a swelling or accumulation of fluid that drains with elevation, have pitting edema, or have visible differences with the opposite side limb, may have lymphedema:
 - a. Stage 0
 - b. Stage I
 - c. Stage II
 - d. Stage III

5. Patients with measurable swelling who cannot rely upon elevation to reduce the swelling, and who might have either positive or negative results in a pitting test, may have a lymphedema:
 - a. Stage 0
 - b. Stage I
 - c. Stage II
 - d. Stage III

6. What is the most common cause of secondary lymphedema in the developed world?
 - a. venous disease treatment
 - b. inflammation treatment
 - c. breast cancer treatment
 - d. burns or trauma treatment

Please continue Section 1 questions on next page.

Section 1 LYMPHEDEMA Continued

- 7. Lymphedema, once acquired, requires attention to and management of the condition:
 - a. intermittently
 - b. continuously
 - c. only when it gets worse
 - d. almost never

- 8. Documentation of patient condition and measurements is most important because this information establishes:
 - a. good intentions, patient effort and willingness
 - b. treatment record, effectiveness of therapy
 - c. research record, type of therapy
 - d. billing record, treatment standards

- 9. Indications of secondary lymphedema may include:
 - a. Swelling connected to allergy attacks
 - b. Swelling first appears in a hand or foot
 - c. Onset right after birth
 - d. Onset after cancer treatment

ASSESSMENT & PROTOCOL Section 2 ASSESSMENT

Refer only to this LE Wellness Manual Section when answering. Mark the letter of the correct answer.
All questions have only one best answer. When complete, login and enter your answers.

- 10. Newer diagnostic techniques for earlier detection of lymphedema (LE) include:
 - a. lymphoscintigraphy, fluoroscopy
 - b. perometry, biofeedback
 - c. tissue dielectric constant, bioelectrical impedance
 - d. tonometry, contrast lymphography

- 11. Possible causes of secondary lymphedema include:
 - a. venous insufficiency, immobility or paralysis
 - b. legionnaires disease, meningococcal disease
 - c. pericardial disease, congenital disease
 - d. listeriosis disease, pneumococcal disease

ASSESSMENT & PROTOCOL Section 3 INDIVIDUAL TREATMENT PROTOCOL

Refer only to this LE Wellness Manual Section when answering. Mark the letter of the correct answer.
All questions have only one best answer. When complete, login and enter your answers.

- 12. Patients who participate with the therapist to develop their own LE Wellness Action Plan are likely to perform self-care and ongoing maintenance because:
 - a. understanding the prescription drug treatment plan creates motivation
 - b. understanding the cause of lymphedema creates motivation
 - c. understanding the dangers of chronic non-compliance creates motivation
 - d. understanding the therapist's information and participating creates motivation

Please continue on next page.

ASSESSMENT & PROTOCOL **Section 4 RISK FACTORS**

Refer only to this LE Wellness Manual Section when answering. Mark the letter of the correct answer.
All questions have only one best answer. When complete, login and enter your answers.

13. A "risk factor" related to secondary lymphedema refers to an event or a behavior that can bring about:
- a. skin infection or a flare-up of lymphedema
 - b. primary lymphedema or skin rashes
 - c. high blood pressure and lymphedema
 - d. immune disorders and a more serious edema
14. Choose the lymphedema "risk factor" or "trigger" that has generated controversy over whether it is a proven causality:
- a. gardening cuts
 - b. insect bites
 - c. air travel
 - d. foreign travel
15. Lymphedema patients with a history of recurrent infections should have a supply of antibiotics on hand. What other action is suggested if an infection flares up?
- a. increase bandaging during acute infection and fever
 - b. suspend antibiotics during acute infection and fever
 - c. increase MLD during acute infection and fever
 - d. suspend MLD during acute infection and fever
16. Signs of infection in the skin and subcutaneous tissue include redness, pain, swelling, and elevated:
- a. body weight
 - b. skin temperature
 - c. blood pressure
 - d. tissue pressure
17. To the extent possible in the affected limb, avoid piercing the skin with injections, blood draws, insect bites, and:
- a. acupuncture
 - b. dish washing
 - c. weight lifting
 - d. yoga or dancing
18. Recent random trials have indicated the potential to minimize or prevent lymphedema in post breast cancer patients by initiating early post-surgical:
- a. weight-lifting
 - b. aerobic exercise
 - c. yoga
 - d. MLD

Please continue on next page.

Refer only to this LE Wellness Manual Section when answering. Mark the letter of the correct answer.
All questions have only one best answer. When complete, login and enter your answers.

19. Complete (or Combined) Decongestive Therapy (CDT) is a proven system of lymphedema treatment that includes (1) MLD, (2) compression bandaging (and/or garments), (3) exercise, (4) skin care, and (5):
- adjustment to a life-long condition
 - education in self-management
 - counseling in psychological adaptation
 - therapeutic techniques including drugs and/or surgery
20. The author rates Complete (or Combined) Decongestive Therapy (CDT) on the effectiveness scale as:
- Some Benefits and Risks
 - Recommended
 - Likely To Be Beneficial
 - Effectiveness Unknown
21. Choose the recommendations that are most relevant to prevent skin infections with LE:
- use lotion to keep skin moist, treat small cuts with antibacterial ointment
 - wear loose-fitting shoes, or jewelry, and exercise daily
 - use antibacterial soap, keep sharp implements sterile
 - apply sunscreen before gardening, wear sterile latex gloves
22. There are generally considered four (absolute) contraindications to MLD, including:
- treated cancer
 - pregnancy
 - low blood pressure
 - acute inflammation with infection
23. There are a number of "relative" contraindications to MLD, including:
- low blood pressure
 - untreated metastatic cancer
 - eczema
 - untreated thrombosis (DVT)
24. An example of when MLD is modified or suspended in a specific body area or due to a specific condition is:
- leg: low blood pressure
 - abdomen: pregnancy
 - arms: eczema
 - face: acne
25. MLD uses rhythmic skin movements and a changing pressure (zero phase / pressure phase) that ranges from:
- | | |
|-----------------------|--------------------------|
| a. 0 psi to 30-32 psi | b. 0 mmHg to 30-32 mmHg |
| c. 0 ml to 30-32 ml | d. 30-32 mmHg to 40 mmHg |
26. Which statement does NOT belong on this list of recommended safe practices for LE patients:
- avoid prolonged exposure to heat or steam
 - avoid burns from cooking
 - avoid compression garments during air travel
 - avoid using the affected arm to lift or carry heavy objects
27. The agency that offers a professional level national certification examination (Certified Lymphedema Therapist or "CLT") is:
- North American Lymphedema Education Association (NALEA)
 - International Society of Lymphology (ISL)
 - Lymphology Association of North America (LANA)
 - American Lymphedema Framework Project (ALFP)

Please continue on next page.

TREATMENT & SELF CARE

Section 6 OTHER TREATMENTS

Refer only to this LE Wellness Manual Section when answering. Mark the letter of the correct answer.
All questions have only one best answer. When complete, login and enter your answers.

28. Research indicates that one of the following treatments is "not recommended" for lymphedema patients:
- a. hyperbaric oxygen
 - b. intermittent pneumatic compression
 - c. low-level laser therapy
 - d. drug therapy
29. Surgical treatment of lymphedema, including liposuction, can provide benefits in some cases, but the patient must be prepared to wear a compression garment after surgery for:
- a. several days
 - b. several weeks
 - c. several months
 - d. a lifetime
30. Long-term use of diuretics is discouraged due to marginal benefit in treatment of peripheral lymphedema and potentially may induce:
- a. fluid and electrolyte imbalance
 - b. digestive and intestinal imbalance
 - c. blood gasses imbalance
 - d. runaway metabolic imbalance
31. A high incidence of risks and complications exist with intermittent pneumatic compression (IPC) for LE. One of the known risks is:
- a. prevents use of compression garments while on the pneumatic pump
 - b. pushes the edema fluid into nearby trunk areas (including genitals)
 - c. pushes low-protein interstitial fluid into the lymph collector vessels
 - d. prevents patient from performing SLD exercise

TREATMENT & SELF CARE

Section 7 EXERCISES

Refer only to this LE Wellness Manual Section when answering. Mark the letter of the correct answer.
All questions have only one best answer. When complete, login and enter your answers.

32. When performing self- or simple lymphatic drainage (SLD) one guideline is:
- a. work for 2-5 minutes 2 times a day
 - b. work for 2 - 5 minutes daily
 - c. oils or creams are strongly recommended
 - d. oils and creams are not to be used
33. Where exercise for lymphedema patients is concerned, the single most important recommendation is:
- a. ramp up slowly, build duration, and taper down over time
 - b. start quickly, go long, stop at same time every day
 - c. start early, continue until tired, then keep going a little longer
 - d. stress muscles as much as possible, with weight training
34. Women can lift weights or use the gym without fear of upper-body LE increasing if:
- a. lymphedema is worsening, trainer is present, no compression garment
 - b. lymphedema is stable, know exercises, wear compression garment
 - c. lymphedema is stable, favor affected side, compression garment is optional
 - d. lymphedema is not stable, use weights of any size, no compression garment

Please continue on next page.

TREATMENT & SELF CARE

Section 8 QUALITY of LIFE

Refer only to this LE Wellness Manual Section when answering. Mark the letter of the correct answer.
All questions have only one best answer. When complete, login and enter your answers.

35. What sort of mental health counseling does the author state is most effective for a patient troubled by a LE condition?
- a. principles based psychology counselor
 - b. freudian based psychoanalysis
 - c. behavioral based psychology counselor
 - d. purchase a new car and drive around more often
36. Identify two (2) assessment tools available to evaluate the quality of life (QOL) of a LE patient:
- a. Pennsylvania Health Dept. PSHD BQ-52, and Mid & Upper Limb Lymphedema MULL-18
 - b. Stanford Clinic Lymphedema Predictor, and New Yorktown LE Assessment (NYLA-28)
 - c. Johnson Clinic LE Scale (JCLS), and the Freiburg Assessment (FAQ-57)
 - d. RAND SF-36, and the Upper Limb Lymphedema 27 (ULL-27)

REFERENCES & RESOURCES

Section 9 RESOURCES

No Questions from this Section

REFERENCES & RESOURCES

Section 10 MLD Topic Cards

No Questions from this Section

REFERENCES & RESOURCES

APPENDIX A SOURCES

Refer only to this LE Wellness Manual Section when answering. Mark the letter of the correct answer.
All questions have only one best answer. When complete, login and enter your answers.

37. Complete (or Combined) Decongestive Therapy (CDT) is a lymphedema treatment rated as a "Best Practices" procedure for LE by the following organizations:
- a. WHO, UN, AMTA, ACS, AMEE
 - b. ISL, ALFP, ILF, ONS, LRF
 - c. AMA, CMA, AVMA, JAMA, APA,
 - d. EMWA, FIA, FOCA, CDT
38. The Oncology Nursing Society ONS – PEP® Best Practices ratings system is now a standard for ranking treatment effectiveness. Choose an actual ONS effectiveness rating:
- a. Approved by the ONS
 - b. Not up to best practices standards
 - c. Not recommended for practice
 - d. May be too dangerous for patients
39. The National Lymphedema Network (NLN) publishes a quarterly magazine for patients, therapists, researchers, and lymphologists. This publication is named:
- a. LymphLink
 - b. NLN News
 - c. Lymphology
 - d. Lymphormation
40. The National Lymphedema Network (NLN) Medical Advisory Committee (MAC) publishes peer reviewed consensus publications on key issues related to LE. These documents are usually named:
- a. NLN LymphPapers
 - b. NLN Position Papers
 - c. NLN Reports
 - d. NLN Lymph Treatment Standards

Please finish on next page.

ANSWER SHEET for LE WELLNESS MANUAL EXAM

Name: _____ Date: ____/____/____ Attempt # _____

Time Faxed: _____ Fax#: _____ Return Report To: _____

INSTRUCTIONS: This ANSWER SHEET IS DIFFERENT. You must **blacken the bubble** next to each question number by hand using a black pen or soft pencil. No other answer sheet or marking method will be scored. **Do NOT circle the bubble, you MUST fill it in!**

ANSWER SHEET EXAMPLE: (a) (b) (c) (d) PLEASE **FILL IN THE BUBBLES COMPLETELY**

Introduction

1. (a) (b) (c) (d)

2. (a) (b) (c) (d)

Sec. 1 LE Overview

3. (a) (b) (c) (d)

4. (a) (b) (c) (d)

5. (a) (b) (c) (d)

6. (a) (b) (c) (d)

7. (a) (b) (c) (d)

8. (a) (b) (c) (d)

9. (a) (b) (c) (d)

Sec. 2 Assessment

10. (a) (b) (c) (d)

11. (a) (b) (c) (d)

Sec. 3 Indiv. Protocol

12. (a) (b) (c) (d)

Sec. 4 Risk Factors

13. (a) (b) (c) (d)

14. (a) (b) (c) (d)

15. (a) (b) (c) (d)

16. (a) (b) (c) (d)

17. (a) (b) (c) (d)

18. (a) (b) (c) (d)

Sec. 5 CDT

19. (a) (b) (c) (d)

20. (a) (b) (c) (d)

21. (b) (c) (d) (e)

22. (a) (b) (c) (d)

23. (a) (b) (c) (d)

24. (a) (b) (c) (d)

25. (a) (b) (c) (d)

26. (a) (b) (c) (d)

27. (a) (b) (c) (d)

Sec. 6 Other Treatments

28. (a) (b) (c) (d)

29. (a) (b) (c) (d)

30. (a) (b) (c) (d)

31. (a) (b) (c) (d)

Sec. 7 Exercises

32. (a) (b) (c) (d)

33. (a) (b) (c) (d)

34. (a) (b) (c) (d)

Sec. 8 QOL

35. (a) (b) (c) (d)

36. (a) (b) (c) (d)

Appendix A Resources

37. (a) (b) (c) (d)

38. (a) (b) (c) (d)

39. (a) (b) (c) (d)

40. (a) (b) (c) (d)

Final Score Report: _____ of _____ = _____ %

FINAL INSTRUCTIONS: Remember to put your name and contact info at the top. Course evaluation on next page is requested by accrediting agency. You must be paid to receive a score report. Please report any errors, list the question number if applicable.

FAX both sides of page to 510.558=8363

Please FAX to
510.558=8363
or fill out online

Course Evaluation

Lymphedema Wellness Manual Home Study 8 CE Course

Instructor: **Gay Lee Gulbrandson** CLT-LANA, NCTMB www.VodderMLD.com
GayLee@VodderMLD.com OFC 510.849.1388 FAX 510.558=8363

INSTRUCTIONS: PLEASE ANSWER ALL QUESTIONS AS ACCURATELY AS POSSIBLE FOR OUR AUDITORS.

1. How easy was it for you to communicate with the company regarding the course materials?

- Excellent ₅ Very Good ₄ Good ₃ Fair ₂ Poor ₁ Does Not Apply ₀

2. How would you rate the quality of the materials? Professional? Accurate? Etc.:

- Excellent ₅ Very Good ₄ Good ₃ Fair ₂ Poor ₁ Does Not Apply ₀

3. How well did the company supply support for content questions?

- Excellent ₅ Very Good ₄ Good ₃ Fair ₂ Poor ₁ Does Not Apply ₀

4. How would you rate the quality of the handouts / reference material? Professional? Accurate? Etc.:

- Excellent ₅ Very Good ₄ Good ₃ Fair ₂ Poor ₁ Does Not Apply ₀

5. Did the materials support the stated course objectives? Appropriate? Relevant? Etc.:

- Excellent ₅ Very Good ₄ Good ₃ Fair ₂ Poor ₁ Does Not Apply ₀

6. How well was feedback given to you regarding progress through the course? Appropriate? Etc.:

- Excellent ₅ Very Good ₄ Good ₃ Fair ₂ Poor ₁ Does Not Apply ₀

7. Was testing and / or other assignments carried out in a private and secure manner?

- Excellent ₅ Very Good ₄ Good ₃ Fair ₂ Poor ₁ Does Not Apply ₀

8. Compared to other programs you have used, how would you rate this program?

- One of the Best ₅ Very Good ₄ As Good As Others ₃ Not As Good ₂ This Is My First One _{N/A}

9. How many years have you practiced: (Licensure: (circle type) MD / RN / PT / OT / CMT / Other)

- 1 year or less 2 - 3 years 4 - 6 years 7 - 10 years 11 or more years

10. How useful was the material that was presented?

- Extremely Useful ₅ Highly Useful ₄ Useful ₃ Marginally Useful ₂ Useless ₁

11. Did the course meet your needs / objectives?

- All Met ₅ Most Met ₄ Some Met ₃ Few Met ₂ None Met ₁

Do you plan to take a course in Dr Vodder Manual Lymph Drainage? Yes No Unsure

Name: _____ Title: _____ Affiliation: _____

Mailing Address: _____ Zip _____

_____ Date: _____

Email: _____ FAX # _____

COMMENTS, CRITICISMS, AND COMPLIMENTS:

Thank you for all your comments and suggestions

Use additional pages for more suggestions if desired

Lymphedema Wellness Manual Home Study Course Exam Manual Scoring Instructions Only (Additional Fee):

Mark the correct answer: choose only one - a b c d; use a "BOLD COVERING MARK".

Missing answer(s) will be marked wrong.

Passing Score: 28 correct answers (70 % of 40 questions).

YOU MUST ENTER YOUR ANSWERS ON THE ANSWER SHEET

1. Do the exam only **after** doing the reading. TIP: Read the Section twice. Highlight concepts that you DO **NOT** fully understand. Then read those statements again.
2. Do course/exams in sequence. The information builds on prior **Sections**.
3. Enter your name and date/time on top of each page.
4. This is an **OPEN BOOK** Exam. TIP: Highlight the words in the text where you found the answer, and note the question number in the margin (OPTIONAL).

Marking & sending in the ANSWER SHEET for Manual Scoring (Add'l Fee):

5. You MUST use the SEPARATE **ANSWER SHEET** provided. Enter your name, etc. at top.
NOTE: Any other forms will not be scored. Only the 1 page **ANSWER SHEET** is scored.
6. Mail or FAX completed **ANSWER SHEET** to office for scoring and Certificate of Accomplishment.
7. After receiving back your final score report and Accomplishment Certificate, REVIEW any missed questions, then file with your permanent CE documents. Certificate will be **emailed** to you.
NOTE: You may resubmit an ANSWER SHEET for retest if needed or requested.
8. Save your original Certificate of Accomplishment permanently. Make copies to send with professional organization/board renewals for CE credit if requested by agency.
9. Replacement Certificates of Accomplishment are \$15.00, prepaid.

Note: DO NOT RE-WRITE THE QUESTIONS ON A SEPARATE PAGE,
DO NOT WRITE THE ANSWERS ON A SEPARATE PAGE.

DO: SEND / FAX ONLY THE COMPLETED FULL SIZE ANSWER SHEET!

ORIENTATION & REFERENCES:

Gay Lee Gulbrandson is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider # 451083-09. Florida Board of Massage Therapy CE Provider # 50-11392

Course Title:	LE Wellness Manual Home Study 8 CE Course
Type:	8 CE Hours Home Study Course with Scored Final Examination
Provider:	Gay Lee Gulbrandson, CLT-LANA, NCTMB, CMT, NAVALT www.VodderMLD.com
Contact:	GayLee@VodderMLD.com OFC 510-849-1388 FAX 510.558=8363 1791 Solano Ave Ste A8 Berkeley, CA 94707 USA
Duration of course:	Estimated 8 hours of study and open book multiple choice exam, for 8 CE Hours. After 180 days there is a re-registration requirement. See Terms & Conditions attached.
Prerequisites:	Anyone may take the course. MD, RN, PT, OT, Esthetician, CMT/LMT/RMT, LE patient, etc.
Course Material:	The Lymphedema Wellness Manual publication, a Final Examination, Evaluation Form, Completion Certificate, telephone or email support.
Interface:	Prep for MLD class or CDT refresher, support staff awareness, patient guidance, etc.
Fees:	\$19.99 LE WELLNESS MANUAL owner, \$59.99 borrower; \$84.99, print version + post, tax.
Source Material:	LE WELLNESS MANUAL. Bibliography & References available online at web site.
Cancellation/Refund:	Student may not cancel their purchase Please see <i>Terms & Conditions</i> attachment for details.

Online enrollment and exam entry/scoring and payment is now pending.

Please begin the exam when you are ready.

PLEASE NOTE: THERE IS AN EXTRA FEE FOR MANUAL SCORING THE EXAM



Terms of Sale for Home Study Courses

Gay Lee Gulbrandson CLT-LANA, NCTMB

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2. The information pertains to a legal proceeding or investigation
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If you have any questions about my privacy procedures, or have ideas for improving my procedures, please feel free to e-mail me at GayLee@VodderMLD.com.

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