

LYMPHOEDEMA GOALS 2019

GOAL	ACTION	RESOURCES TO ASSIST	DATE TO BE COMPLETED	COMPLETED
Stay up to date with the latest research	Read Lymphoedema Education Solutions monthly Hot off the Press	http://lymphoedemaeducation.com.au/?s=Hot+off+the+press	Monthly	
Attend a lymphoedema conference or symposium	Check the ALA and ILF websites for conferences	<ul style="list-style-type: none"> http://www.lymphoedema.org.au/education-&resources/2019-ala-symposium/welcome/ http://2019ilfconference.org/ 		
Improve my clinical skills in lymphoedema management	Complete a level 1 upper limb lymphoedema course	http://lymphoedemaeducation.com.au/courses/level-1-upper-limb-course/		
OR Its been a long time since I have completed any skills updates	OR Complete a level 1 lower limb lymphoedema course	http://lymphoedemaeducation.com.au/courses/chronic-oedema-lower-limb-coll-course/		
Complete an online course	Check out the online courses available from LES	http://lymphoedemaeducation.com.au/courses/#online-courses		
Review your handout on risk reduction advice	<ul style="list-style-type: none"> Write a plan of what you want to cover Check the LES research database for any useful articles. Search in Google Scholar Write a draft Get a colleague to proof read it Make changes Final copy completed 	<ul style="list-style-type: none"> http://lymphoedemaeducation.com.au/2017/07/find-need-know/ https://scholar.google.com.au/ 	Date: Date: Date: Date: Date: Date: Date:	