OT Mastery

Lymphedema Management

1. What is the difference between lymphedema and edema?

A. Edema is a fluid accumulation and natural bodily response and lymphedema is persistent swelling that cannot be redistributed throughout the body
B. Lymphedema and edema are two terms used to describe persistent bodily swelling
C. Edema is a chronic condition and lymphedema is a symptom of physical injuries
D. Lymphedema occurs in the upper body and edema occurs in the lower body

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2. What is the difference between primary and secondary lymphedema?

A. Primary and secondary lymphedema are the same condition but primary lymphedema causes only swelling and secondary lymphedema causes only changes in sensation
B. Primary lymphedema is inherited and secondary lymphedema is acquired
C. Primary lymphedema is acquired and secondary lymphedema is inherited
D. Primary lymphedema develops early in life and secondary lymphedema develops later in life

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3. What is the most common cause of secondary lymphedema?

A. Car accidents
B. Spinal cord injuries
C. Traumatic brain injuries
D. Radiation or surgery for breast cancer

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4. Which of the following place someone at risk for primary lymphedema?

A. Aging
B. Cardiac conditions
C. Genetic conditions
D. Obesity

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5. What statement about lymphedema is untrue?

A. You cannot fly in an airplane if you have lymphedema
B. You cannot use the affected limb that has lymphedema
C. You can wear any compression garments to help manage your lymphedema
D. All of the above are untrue

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6. What test helps medically diagnose lymphedema?

A. Goniometry
B. Manual muscle testing
C. Lymphoscintigraphy
D. Volumetry

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7. What is not considered a complication of lymphedema?

A. Spinal cord injury
B. Cellulitis
C. Sepsis
D. Amputations

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8. What stage of lymphedema is used to describe moderate lymphedema?

A. Stage 4
B. Stage 2
C. Stage 3
D. Stage 0

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9. What is not a part of CDT?

A. Exercise
B. Compression therapy
C. Manual lymphatic drainage
D. All of the above are part of CDT

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10. What is not part of risk reduction for those with lymphedema?

A. Wearing clothes with elastic bands
B. Avoiding any injury to the affected extremity
C. Skin care
D. Using electric shavers

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11. What physical agent modality is not contraindicated for those with lymphedema?

A. Whirlpool
B. Cryotherapy
C. Fluidotherapy
D. Moist heat

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12. What exercises are best for patients with lymphedema to practice outside of sessions?

A. Pilates
B. Tai chi
C. Walking
D. All of the above

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13. Which statement about lymphedema treatment is untrue?

A. There is currently no cure for lymphedema, so treatment focuses on managing symptoms
B. The parts of CDT are most effective when used together
C. Compression garments are meant to further reduce swelling in the affected limb
D. Patients should be fitted for compression garments after swelling has decreased to a manageable level

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14. What exercises might be part of CDT for someone with arm lymphedema?

A. Bridges
B. Gluteal squeezes
C. Clamshells
D. Pole walking

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15. What is not one of the four strokes used in manual lymphatic drainage?

A. Sideways turns
B. Scoop technique
C. Stationary circles
D. Rotary technique

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16. What exercise-related contraindications are in place for those with lymphedema?

A. No exercising for longer than 20 minutes at a time
B. No repetitive or vigorous motions
C. No exercising while wearing compression garments
D. No exercising for longer than 60 minutes at a time

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17. What type of lymphedema patient is a good fit for a compression pump?

A. Those who do not respond to other types of compression therapy
B. Patients who do not find bandages comfortable
C. Those who are very sedentary or cannot exercise due to other health concerns
D. Anyone with lymphedema should use a compression pump

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18. What is the difference between phase 1 CDT and phase 2 CDT?

A. Phase 1 is for patients with primary lymphedema; Phase 2 is for patients with secondary lymphedema
B. Phase 1 is the active phase intended to get excess lymph fluid out of the body and decrease swelling; Phase 2 is the maintenance phase focused on maintaining the gains from Phase 1
C. These phases both involve the same treatments, but Phase 1 involves 30-minute sessions 2-3 days per week and Phase 2 involves 60-minute sessions 4-5 days per week
D. These phases both involve the same treatments, but Phase 1 lasts 6-7 weeks and Phase 2 lasts 2-4 weeks

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19. What is not contraindicated with manual lymphatic drainage?

A. Bone fractures
B. Untreated or semi-treated malignant tumors
C. Cellulitis
D. Impaired arterial perfusion

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20. What is contraindicated with compression pumps?

A. Mild lymphedema
B. Manual lymphatic drainage
C. Advanced lymphedema
D. Open wounds

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