











Wednesday 1st May 2024 | Pre-Conference Workshops

ALL DAY	EXHIBITION BUMP-IN <i>Exhibitors Set Up Time: 1 pm – 5 pm</i>			HALL L
	ALA Board Meeting			CITY SUITES 1+2
PRE-CONFERENCE WORKSHOPS				
<i>Venue:</i>	CITY ROOM 2	CITY ROOM 1	CITY ROOM 4	CITY ROOM 3
0900-1230	PRE-CONFERENCE WORKSHOP 1 <i>Medi Australia – Gold Sponsor</i>  Medi shaping lymphoedema innovatively, practically and clinically Presenters: Nate Frank and Mike Weiler, co-founders of Lymphatec	PRE-CONFERENCE WORKSHOP 2 <i>Astir Australia</i>  Learn How Hivamat Deep Oscillation Makes Your Hands More Powerful To Effectively Move Fluid	PRE-CONFERENCE WORKSHOP 3 <i>Solventum</i>  Bandaging using the 3M™ Coban™ 2 Layer Compression System: An interactive Workshop	PRE-CONFERENCE WORKSHOP 4 <i>Jobskin + Amoena Australia</i>  JOBSKIN Garmenting for Vascular Anomalies: Often essential, frequently complex  AMOENA AUSTRALIA Amoena – providing solutions for women after breast cancer surgery
<i>Venue:</i>	CITY ROOM 1	CITY ROOM 2	CITY ROOM 3	
1330-1730	PRE-CONFERENCE WORKSHOP 5 <i>Essity – Platinum Sponsor</i>  Complex cases – Bandaging and Custom-Made garments with Lymphoedema and Chronic Oedema Presenters: Rob Heath and Jennifer Ritossa	PRE-CONFERENCE WORKSHOP 6 <i>Haddenham Healthcare – Gold Sponsor</i>  Fitting patients effectively: wise compression choices Presenters: Natalie Philips with Helen Chamberlain, Gillian Buckley, Jane Phillips, Tamryn Reimann and Nicole Little	PRE-CONFERENCE WORKSHOP 7 <i>Sigvaris – Gold Sponsor</i>  Power of positive thinking in lymphoedema, exploring four unique perspectives for patient-centred care Presenters: Monique Bareham, Lucy Melican, Damien Peak and Lisa Tran	

Thursday 2nd May 2024 | Conference Day 1

0700-1830	<i>Registration Desk opens</i>			Foyer
0700-1700	<i>Speaker Preparation Room</i>			City Suite 3
0745-0845		Breakfast Session Sponsor – OPC Health Revolutionising Lymphoedema Management: Unleash the Potential of the LymphaTouch® Negative Pressure Device		CITY ROOM 1
0900-1000	Opening session			HALL M
0900-0905	Welcome – Sharon Tilley and Kate Rogers, Conference Co-Convenors			
0905-0915	Welcome to Country – Uncle Mickey Kumapiti Murraya O'Brien			
0915-0930	Official Opening – The Honourable Chris Picton MP			
0930-0935	Welcome address - ALA President, A/Prof Liz Dylke			
0935-1000	ALA 30th anniversary reflection – Maree O'Connor & Kerry Turt			
1000-1045	Plenary address #1 <i>Christine Moffatt</i> <i>Chair: Liz Dylke</i>			HALL M
	Developing a psychosocial approach to the management of children and young people living with Lymphoedema			
1045-1130	Morning Tea and Exhibition – ALL DELEGATES			HALL L
<i>Venue</i>	HALL M	CITY ROOM 2	CITY ROOM 3	
1130-1230	Free paper session 1 Head and neck lymphoedema <i>Chair: Amanda Pigott</i>	Free paper session 2 Complex cases <i>Chair: Mandy Hutchinson</i>	Free paper session 3 Measuring and reporting <i>Chair: Nicola Fearn</i>	
	1.1 Assessment of head and neck cancer-related lymphoedema using indocyanine green lymphography – a pilot study <i>Katrina Gaitatzis</i>	2.1 Bilateral Lower Limb Lymphoedema - A remote client success story <i>Kristy Roeger</i>	3.1 Enhancing Clinical Efficacy in Lymphoedema Management through Precision Composition Mapping <i>John Ace Nguyen</i>	
	1.2 Development of a new indocyanine green lymphography protocol for patients with head and neck cancer treatment. <i>Hiroo Suami</i>	2.2 To swell or not to swell? A service development project for risk stratification of referrals for prophylactic lymphovascular surgery. <i>Mandee Kang</i>	3.2 Bioimpedance spectroscopy: Assessment of the leg and foot of people with primary lymphoedema <i>Jane Phillips</i>	
	1.3 The complexities of managing head and neck lymphoedema in a person with advanced cancer <i>Tara Bernard</i>	2.3 Therapy management of a complex secondary lymphoedema associated with a vascular tumour in a young child. <i>Claire Toose</i>	3.3 Using implementation science methods to evaluate the implementation of Lymbase (a clinic support tool for lymphoedema) <i>Robyn Sierla</i>	
	1.4 The Management of Head and Neck Lymphoedema: A 2023 Systematic Review <i>Sally Ng</i>	2.4 A report into the assistance of ICG imaging in ascertaining a diagnosis of Lymphatic Distichiasis (FOXc2) <i>Jane Wigg</i>	3.4 Graphical comparison of volumetric and BIS measurements for assessment of unilateral Breast-cancer-related arm lymphoedema <i>Leigh Ward</i>	
1230-1315	Lunch and Exhibition – ALL DELEGATES			HALL L
1315-1400	Plenary address #2: <i>Cheryl Brunelle</i> <i>Chair: Sharon Tilley</i>			HALL M
	Precautionary Measures for Breast Cancer-Related Lymphoedema: Myths, Facts and Keeping the Patient Central			
1400-1445	Plenary address #3: <i>Kira Bloomquist</i> <i>Chair: Sharon Tilley</i>			
	Exercise and cancer-related lymphoedema: scratching beneath the surface			
1445-1530	Afternoon Tea and Exhibition – ALL DELEGATES			HALL L
<i>Venue:</i>	HALL M	CITY ROOM 1	CITY ROOM 2	CITY ROOM 3
1530-1630	Concurrent session 1 <i>Brandon Dixon</i> <i>Chair: Amanda Pigott</i>	Concurrent session 2 <i>Kira Bloomquist</i> <i>Chair: Belinda Thompson</i>	Concurrent session 3 <i>Deirdre McGhee,</i> <i>Teresa Lee</i> <i>Chair: Nicola Fearn</i>	Concurrent session 4 <i>Christine Moffatt</i> <i>Chair: Kim Toyer</i>
	Engineering innovations for managing patient care in lymphoedema	Cancer-related lower limb lymphoedema: An emerging field	Breast Cancer Bra Solutions: Managing bra-related issues following breast cancer surgery	Challenges and solutions in the use of compression therapy in different patient populations
1700-1830	Welcome Reception			HALL L

Friday 3rd May 2024 | Conference Day 2

Venue:	RIVERBANK ROOM 8		RIVERBANK ROOM 5	
0745-0845	Breakfast session 1 Platinum Sponsor – Essity “Managing, Measuring and making a difference in Complex Lower Legs” Speaker: Beth Freeman-Gray 	Breakfast session 2 Sponsor – Medi-Rent “Shaping the Future: Scientifically Informed Pump Choices” Speaker: Robbie Blackwell 		
0900-945	Plenary address #4 Cheryl Brunelle <i>Chair: Liz Dylke</i> Diagnostic criteria for breast cancer-related lymphoedema: The call for universal agreement			HALL M
0945-1030	Panel discussion <i>Will we ever agree on how do we diagnose and measure lymphoedema?</i> <i>Moderator: Liz Dylke</i> <i>Panel Members: Cheryl Brunelle, Louise Koelmeyer, Kira Bloomquist, Christine Moffatt, Brandon Dixon</i>			
1030-1100	Morning Tea and Exhibition – ALL DELEGATES			HALL L
Venue:	HALL M	CITY ROOM 1	CITY ROOM 2	CITY ROOM 3
1100-1200	Concurrent session 5 Cheryl Brunelle <i>Chair: Kath Turner</i> Prospective screening and early intervention for breast cancer-related lymphoedema: Driving long-term outcomes	Concurrent session 6 Louise Koelmeyer <i>Chair: Karin Stepputtis</i> Implementing a prospective surveillance and early intervention model of care across health care settings – opportunities and challenges	Concurrent session 7 Deirdre McGhee, Teresa Lee <i>Chair: Robyn Sierla</i> Breast Cancer Bra Solutions: Managing bra-related issues following breast cancer surgery	Concurrent session 8 Kira Bloomquist <i>Chair: Natalie Kruger</i> Cancer-related lower limb lymphoedema: An emerging field
1200-1300	Lunch and Exhibition – ALL DELEGATES			HALL L
Venue:	HALL M	CITY ROOM 1	CITY ROOM 2	CITY ROOM 3
1300-1400	Free Paper session 4 Managing cellulitis <i>Chair: Kim Toyer</i> 4.1 Managing the risk factors for cellulitis - results of a systematic review Nicola Fearn 4.2 Non pharmaceutical management of cellulitis: guideline review Janette Jacka 4.3 Navigating the health system with cellulitis Janette Jacka 4.4 Lymphoedema management for hospital avoidance for recurrent cellulitis Kristy Roeger	Free Paper session 5 Lipoedema <i>Chair: Kath Turner</i> 5.1 The molecular basis for lymphoedema and surgical and future treatments, and lessons from my first 500 LVAs Ramin Shayan 5.2 Lipoedema: Specialist training and developing an assessment tool. Jane Wigg 5.3 A quality-of-life survey comparison between women with lipoedema and bilateral leg lymphoedema Rhiannon Stellmaker 5.4 Lipoedema or Lymphoedema? A bioimpedance spectroscopy study Belinda Thompson	Free Paper session 6 Service Delivery <i>Chair: Robyn Sierla</i> 6.1 Lymphoedema Alternative Pathway: Streamlining a public multidisciplinary lymphoedema service Caitlin Ryan 6.2 Developing a model for consistent and quality lymphoedema services in regional South Australia Alanna Grover 6.3 The Utilization of e-Health in Lymphoedema Care Andrea Mangion 6.4 Effectiveness of telehealth versus face-to-face appointments in identifying complications following breast cancer surgery Leonie Ortlipp	Free paper session 7 Assessment tools <i>Chair: Leonie Naumann</i> 7.1 Assessment of leg lymphoedema: practitioners' beliefs Elizabeth Dylke 7.2 The relationship between self-reported swelling and anxiety, depression, quality of life and overall survival post-gynaecological cancer Melanie Plinsinga 7.3 Cross-cultural adaptation of the Breast Cancer and Lymphoedema Symptom Experience Index (BCLE-SEI) in Bengali Vincent Singh Paramanandam 7.4 Cross-cultural adaptation of the Breast Cancer and Lymphoedema Symptom Experience Index (BCLE-SEI) in Marathi. Vincent Singh Paramanandam
1400-1430	Afternoon Tea and Exhibition – ALL DELEGATES			HALL L
1430-1515	Plenary address #5 Christine Moffatt <i>Chair: Amanda Pigott</i> Insights into the global burden of Lymphoedema: LIMPRINT in Uganda and India			HALL M
1515-1600	Plenary address #6 Brandon Dixon <i>Chair: Amanda Pigott</i> Exploring the relationship between lymphatic mechanics and pump function for providing diagnostic and therapeutic insight into lymphoedema			
1600-1700	ALA AGM			HALL M
1900-2300	Conference Dinner			PANORAMA BALLROOM

Saturday 4th May 2024 | Conference Day 3

Venue:	HALL M	CITY ROOM 1	CITY ROOM 2	CITY ROOM 4
0900-1000	Concurrent session 9 <i>Sandi Hayes, Melanie Plinsinga and Kira Bloomquist</i> <i>Chair: Leonie Naumann</i> The black box of measuring lower-limb lymphoedema	Concurrent session 10 <i>Louise Koelmeyer</i> <i>Chair: Kari Meehan</i> Implementing a prospective surveillance and early intervention model of care across health care settings – opportunities and challenges	Concurrent session 11 <i>Brandon Dixon</i> <i>Chair: Kim Toyer</i> Engineering innovations for managing patient care in lymphoedema	Concurrent session 12 <i>Grace Leong, Glen Bastian, Kim Allan, Vanessa van Vliet</i> <i>Chair: Belinda Thompson</i> Looking beyond the surface – an individualised approach to what lies beneath
1000-1030	Morning Tea and Exhibition – ALL DELEGATES			
Venue:	HALL M	CITY ROOM 1	CITY ROOM 2	CITY ROOM 3
1030-1130	Free paper session 8 Surveillance and detection <i>Chair: Kath Turner</i> 8.1 Implementation of the prospective surveillance and early intervention model of care using bioimpedance spectroscopy for individuals treated for cancer with chemotherapy at Macquarie University Hospital <i>Lori Lewis</i> 8.2 Regional Node Irradiation Treatment Volumes and Chronic Breast Cancer-Related Lymphoedema: Results from a Randomized Controlled Trial <i>John Boyages</i> 8.3 Lymphoedema Early Detection MOC in Mater Private Hospital Breast Service <i>Rebecca Christensen</i> 8.4 Liposuction for 'Shaping' Lymphoedema in the Paediatric Population <i>Fiona Willington</i>	Free paper session 9 Beneath the surface <i>Chair: Leonie Naumann</i> 9.1 Key signaling pathways altered in patients with lipedema help explain the clinical phenomena observed in patients and offer potential future therapeutic targets <i>Ramin Shayan</i> 9.2 Looking back to look forward – Inguinal Node Fibrosis in Primary Lymphoedema <i>Helen Mackie</i> 9.3 The inguinal-to-axillary drainage pathway: ICG lymphography finding in a male. <i>Helen Mackie</i> 9.4 The lymphatic system in the brain and recent updates about cerebrospinal fluid drainage. <i>Hiroo Suami</i>	Free paper session 10 Education and information <i>Chair: Stacey Bradshaw</i> 10.1 "Everyone's very comfortable knowing very little about the Lymphatic System" – Perceptions of Australian Medical Interns about Lymphoedema <i>Natalie Kruger</i> 10.2 Accessibility in accredited lymphoedema training: digital and practical training considerations <i>Andrea Mangion</i> 10.3 Are we meeting the information needs of our patients? <i>Robyn Sierla</i> 10.4 Implementing changing treatment protocols for greater success <i>Jane Wigg</i>	Free paper session 11 Self-Management <i>Chair: Karin Stepputtis</i> 11.1 What patients need in order to learn lymphoedema self-management. <i>Sally Keir</i> 11.2 Exploration of the impact of ICG lymphography on individual's lymphoedema self-management plans <i>Megan Trevethan</i> 11.3 Does undergoing ICG lymphography impact patient perspectives of lymphoedema self-management? <i>Megan Trevethan</i> 11.4 How do patients experience being activated towards self-management? <i>Claire Doole</i>
1130-1230	Concurrent session 13 <i>Cheryl Brunelle</i> <i>Chair: Leonie Naumann</i> Prospective screening and early intervention for breast cancer-related lymphoedema: Driving long-term outcomes	Concurrent session 14 <i>Christine Moffatt</i> <i>Chair Amanda Pigott</i> Challenges and solutions in the use of compression therapy in different patient populations	Concurrent session 15 <i>Grace Leong, Glen Bastian, Kim Allan, Vanessa van Vliet</i> <i>Chair: Stacey Bradshaw</i> Looking beyond the surface – an individualised approach to what lies beneath	Concurrent session 16 <i>Sandi Hayes, Melanie Plinsinga and Kira Bloomquist</i> <i>Chair: Kim Toyer</i> The black box of measuring lower-limb lymphoedema
1230-1330	Lunch and Exhibition – ALL DELEGATES			
Venue:	HALL M	CITY ROOM 1	CITY ROOM 2	CITY ROOM 3
1330-1430	Free paper session 12 Breast and upper limb lymphoedema <i>Chair: Nat Kruger</i> 12.1 Comparison of four breast oedema patient reported outcome measures in women following breast conserving surgery and radiotherapy <i>Nicola Fearn</i> 12.2 Bra-related issues in women living with breast cancer surgery and perceptions and satisfaction levels with breast support education. <i>Deidre McGhee</i> 12.3 Exploring relationships between breast cancer-related arm, breast and chest lymphoedema using indocyanine green lymphography <i>Asha Heydon-White</i> 12.3 Upper-body function predicts breast cancer-related lymphoedema: Results from a prospective, population-based cohort study <i>Hildegard Reul-Hirche</i>	Free paper session 13 Therapeutic relationships <i>Chair: Stacey Bradshaw</i> 13.1 Lymphoedema therapists are not just treaters, but also activators, educators and supporters <i>Sally Keir</i> 13.2 How do patients move from desperation about living with moderate to severe lower limb lymphoedema to rebuilding a new normal? <i>Claire Doole</i> 13.3 Managing Measuring and Making A Difference <i>Beth Freeman-Gray</i> 13.4 Using Indocyanine Green Lymphography to Enhance Patient Education <i>Brenda Gutierrez</i>	Free paper session 14 Novel treatment approaches <i>Chair: Kari Meehan</i> 14.1 Can electro stimulation improve lymphoedemas and help with senescence associated with lymphatic drainage function as we age? <i>Neil Piller</i> 14.2 Case studies indicating an improvement in secondary lymphoedema using medical ozone therapy. <i>Jane Wigg</i> 14.3 Improvement in quality of life of patients with Head and Neck cancers <i>Andrea Pluck</i> 14.4 Navigating Nutritional Challenges: Clinical Strategies for Lipoedema, Lymphoedema, and Complex Health Needs <i>Megan Pfeffer</i>	Free paper session 15 Complex comorbidities <i>Chair: Bekk Christensen</i> 15.1 Severe, Complex Mixed Pictures and Massive Localised Lymphoedemas - Is the current system failing them? <i>Helen Eason</i> 15.2 Disabilities and Secondary Lymphoedema- Scoping review of what information is available on lymphoedema awareness and lymphoedema management in the disability sectors <i>Emily Muldoon</i> 15.3 Women's experience of managing pre-existing lymphoedema during pregnancy and the early post-natal period <i>Kim Toyer</i> 15.4 The Aged Care Integrated Assessment Tool and Chronic Oedema <i>Maree O'Connor</i>

Saturday 4th May 2024 | Conference Day 3 continued...

1430-1500	Afternoon Tea and Exhibition – ALL DELEGATES	HALL L
1500-1545	Plenary address #7 Louise Koelmeyer <i>Chair: Libby Ringrose</i> Challenging our thinking – Personalising conservative lymphoedema management using Indocyanine Green Lymphography	HALL M
1545-1600	Conference close	

Poster Presentations

- P1** Liposuction For Lipedema: The ALERT Experience
Robyn Ricketts, Susan Ryan
- P2** The size of lymphoedema: Public outpatient setting
Rebecca Hardman, Erin Preston
- P3** Public Health Lymphoedema Clinics in Victoria: an overview
Rebecca Hardman, Erin Preston
- P4** A snapshot of lymphoedema referrals in Community Health
Rebecca Hardman, Erin Preston
- P5** The cost of Lymphoedema: A Case Study
Rebecca Hardman, Erin Preston
- P6** Manual Lymphatic Drainage (MLD) and long-COVID, lymphatics are the key to resolving multiple symptoms; two case reports
Bronwyn Overall, Kaori Langley
- P7** Seeking Symmetry: Lower and upper limb volume reduction and body composition changes 12 months following liposuction surgery for advanced unilateral lymphoedema
Katie Banning, Melinda Martin, Belinda Thompson, Katrina Gaitztzis, Robyn Ricketts, Thomas Lam, Helen Mackie, Louise Koelmeyer
- P8** Is Manual Lymphatic Drainage with Bio-Electric Massage Therapy a good treatment combination for Lymphoedema and Lipoedema?
Andrea Pluck
- P9** Patient-therapist relationships: The lymphoedema management tag team
Sally Keir
- P10** Patient education: Communicating for understanding
Sally Keir
- P11** Venous Malformation: Achieving Effective Compression, Comfort and Function with Rapid Refill
Rebekah Boffa, Rosemary Kendell, Annemarie French