



Incisional Sciences & Technology

Course for iMedic Certification

Internal Use only: Course Code TU-WRK-897

Prerequisite:

Prior experience or training in massage therapy, bodywork, or healthcare is recommended but not required.

*Note: This is an informational course that can be used as a precursor for iMedic certification with CSL Therapy for Body Altering Aesthetics. It is suggested to take this with a Seroma Drainage certification course and a Phlebotomy Course.

Description

Incisional Sciences is a comprehensive online course designed for bodywork and healthcare professionals seeking to enhance their skills in providing safe and effective care for clients with active open incisions following plastic surgery. This course equips professionals with the knowledge and techniques necessary to work with, prepare for, and properly care for clients immediately after surgery. This class includes education on complications, contraindications, reading a client's body, building a protocol for treatments Day 1-7 for clients, working with open wounds and active incisions, and biohazard disposal of hazardous materials.

Objectives

1. **Understanding Post-Plastic Surgery Care:** Gain insights into the unique needs and considerations involved in caring for clients with active open incisions after plastic surgery, including the healing process, potential complications, and the importance of proper manual manipulation techniques.
2. **Safety Protocols and Precautions:** Learn essential safety protocols and precautions to ensure the well-being of clients during manual manipulation sessions, including infection control measures, wound assessment, and client communication.
3. **Manual Manipulation Techniques:** Master a range of manual manipulation techniques specifically tailored for use during Days 1-7 post-plastic surgery, including gentle massage, lymphatic drainage, scar mobilization, and tissue mobilization, while adhering to surgical site restrictions and precautions.

4. **Client Preparation and Education:** Develop strategies for effectively preparing clients for manual manipulation sessions, including pre-assessment, informed consent, and education on proper self-care techniques to promote healing and minimize discomfort.
5. **Managing Client Expectations:** Learn effective communication strategies for managing client expectations, addressing concerns, and providing reassurance throughout the healing process, fostering trust and confidence in the professional-client relationship.
6. **Documentation and Progress Monitoring:** Understand the importance of thorough documentation and progress monitoring in post-plastic surgery care, including assessment tools, tracking healing progress, and identifying signs of complications requiring medical attention.

Class Location:	Online/SCT
Class Duration:	30 Hours
Body Altering Aesthetics CEUs:	30 CEUs

Instructor Information

Varies | office hours: M, W 3p-5p | email: ptmstudios@gmail.com

Technology Required

None

Course Syllabus

iMedic Certification Prep Program Introduction

Module 1: Homeostatic return, trauma remodeling, and wound repair

- Lesson 1: Body Systems
 - Circulatory System
 - Respiratory System
 - Digestive System
 - Nervous System
 - Muscular System
 - Skeletal System
 - Endocrine System
 - Urinary System
 - Lymphatic System
 - Reproductive System
 - Integumentary System
- Lesson 2: Homeostatic Maintenance & Return

- Lesson 3: Trauma Onset
- Lesson 4: Wound repair

Module 2: Compression Therapy

- Lesson 1: mmHg
- Lesson 2: Compression after Trauma
- Lesson 3: Physical reverberation
- Lesson 4: Gradually increasing compression from the onset of trauma
- Lesson 5: Parts of a faja
- Lesson 6: Faja stages
- Lesson 7: Faja accessories
- Lesson 8: Incisional Faja compression routines— order of layering
- Lesson 9: Compression Hygiene
- Lesson 10: Swell pads and pressure ulcers

Module 3: The Skin

- Lesson 1: Parts of the lymphatic system
- Lesson 2: Collecting lymph nodes
- Lesson 3: Lymphatic flow-- how does fluid move into and through the lymphatic system
- Lesson 4: Lymph filtering and Return
- Lesson 5: Reabsorption & Edema Fluctuations
- Lesson 6: Gravitational Pull
- Lesson 7: Blood clots after surgery

Module 4: Nutrition & Ambulation

- Lesson 1: Water intake
- Lesson 2: Sodium intake after plastic surgery
- Lesson 3: Sleep hygiene during the incisional period
- Lesson 4: Protein intake
- Lesson 5: The truth about sugar & carbs
- Lesson 6: Vitamins, Minerals, & Supplements
- Lesson 7: Activity level- manual & physical Ambulation during the incisional period

Module 5: Signs of Distress

- Lesson 1: Physical Complications
- Lesson 2: Mental Hygiene & PostOp Blues

Module 6: Hygiene & Sanitation— Infection Prevention

- Lesson 1: iMedic Hygiene Practices
- Lesson 2: Cleaning agents & purposes
- Lesson 3: Clean vs Sterile & types of bacteria

- Lesson 4: Client touch points
- Lesson 5: Biohazard disposal
- Lesson 6: PPE measures
- Lesson 7: Treatment prep
- Lesson 8: Hand washing protocol

Module 7: Incisional Standards of Care

- Lesson 1: Incisional Standards of Care
- Lesson 2: Performing an Incisional Session
- Lesson 3: When is Incisional Needed
- Lesson 4: Informed client consent
- Lesson 5: If a client declines Incisional evacuation treatment
- Lesson 6: Prepping for a treatment as an iMedic for Incisional Clients Day 1-7
- Lesson 7: Body Mechanics
- Lesson 8: Professional Boundaries
- Lesson 9: The basics of posturing clients
- Lesson 10: KT Tape application— the fundamentals

Module 8: Reading a Client's Body Presentation

- Lesson 1: The beginning of protocol development- Gathering Data
- Lesson 2: Body Presentations
- Lesson 3: Truncus distension & compression
- Lesson 4: What are protocols
- Lesson 5: The fundamentals of reading a client's body [to build protocols]

Module 9: Protocol Treatment Development

- Lesson 1: Protocol Development: Analyzing & Interpreting Data
- Lesson 2: Treatment variance to avoid body plateaus
- Lesson 3: Hand techniques
- Lesson 4: Direction of strokes
- Lesson 5: Pressure Gradient per stroke
- Lesson 6: Manually evacuating fluid
- Lesson 7: Drain Maintenance

Module 10: Device Integration based on Kinetic Application

- Lesson 1: Kinetic applications
- Lesson 2: Devices
- Lesson 3: Types of Incisional Devices-- Purpose + function
- Lesson 4: Emollients + Pairing

Class Policies

1. Attendance and participation throughout the entire class is not only encouraged to enhance the learning experience, it is mandatory to receive educational credits.
2. Participants should log on prepared with any required materials, notebooks, and questions for the Q&A session.
3. Recording of class is not allowed in any capacity aside from note taking.
4. Participants are expected to commit to the entire duration for a comprehensive understanding of the content.
5. Certificates of completion will not be awarded until after students have successfully completed the assessments and class evaluations.
6. Participants are encouraged to provide constructive feedback during evaluations on the course content and delivery to enhance future learning experiences.
7. Assessments and evaluations are to be completed at the end of the course. Information provided during this course is copyright protected and should not be shared with any individuals outside of the enrolled student body.
8. This information may not be reappropriated for purposes other than client application.
9. Maintain a respectful and inclusive environment during class interactions and discussions, fostering a positive learning atmosphere.

Assessment

Students will take a 30 question assessment at the end of their course to demonstrate an understanding of concepts and competencies, and prepare for the ICLEX certification exam.

Evaluation

At the end of the course, students will complete an end-course evaluation of the class as well as the instructor. CEUs and certificates will be given after students complete both assessments and evaluations.

Additional Resources

None