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Introduction

The Lymphology Association of North America (LANA) is a non-profit corporation composed of healthcare professionals, including physicians, nurses, physical therapists, occupational therapists, and massage therapists experienced in the field of Lymphology. LANA is committed to protecting the public, practitioners and patients through the accomplishment of the following primary goals:

- ❑ Develop, establish and maintain standards of qualification for persons who specialize in the treatment of lymphatic disorders
- ❑ Develop, establish and maintain appropriate certification examinations to ensure minimum levels of acceptable competence fundamental to the proper treatment of lymphedema; and
- ❑ Develop, establish and maintain standards of knowledge, skill and programs to promote continuing competence among registrants.

This brochure is intended to provide candidates for the LANA Certified Lymphedema Therapist (CLT-LANA®) examination with the appropriate information and sources to assist in their preparation for the test. It is NOT intended to be used as a study tool for the examination. The purpose of the brochure is to provide the candidate with information on eligibility criteria, the application process, the content areas to be tested, the format of the test, the scoring process and other useful information. LANA encourages candidates to read the entire brochure in preparation for the examination.

The certification examination described in this brochure is one of the mechanisms employed by LANA to meet its objectives of offering certification opportunities to practicing therapists. To this end, LANA administers the examination process by: defining and updating bodies of knowledge; conducting field surveys; analysing candidate performance; evaluating subject areas and item validity; developing testing questions; establishing levels of minimum acceptable competence; implementing grading and rating procedures; reviewing education and practice requirements; and identifying public health, safety and welfare issues.

With this in mind, extensive research has gone into defining the important tasks conducted by therapists, developing and validating the examination specifications; and developing and participating in pre-testing, analysis and standard setting. LANA's examination development partner Schroeder Measurement Technologies, Inc., (SMT)'s professional test developers oversee the focus groups charged with developmental tasks in accordance with test specifications and also conduct various ongoing statistical analyses designed to measure the validity and reliability of committee outputs.

The measurement methodologies employed in the examination development and scoring processes conform to all relevant standards and best practices that govern such matters. The Lana examinations are professionally developed and adhere to professional standards such as those promulgated by American National Standards Institute (ANSI), National Commission for Certifying Agencies (NCCA), and the Joint Technical Standards of the American Psychological Association (APA), American Educational Research Association (AERA), and the National Council on Measurement in Education (NCME).

CANDIDATE ELIGIBILITY REQUIREMENTS

CANDIDATE MUST:

- ❑ Possess a current and unrestricted U.S. state license or registration or equivalent Canadian provincial or territorial license or registration as a RN, OT, COTA, PT, PTA, MD, DO, DC, MT. or ATC. Massage Therapists who do not hold a current unrestricted state license or registration (or Canadian equivalent) must be certified by the National Certification Board for Therapeutic Massage and Bodywork **OR** provide documented evidence of having successfully completed a curriculum containing a minimum of 500 hours of soft tissue massage, from an accredited institution.
- ❑ Provide proof of successful completion or registration for qualified instructional course in Complete Decongestive Therapy (CDT) course work (consisting of 1/3 theoretical instruction and 2/3 practical lab work and documentation of 135 classroom hours) from no more than four (4) consecutive or cumulative courses from one training program. Practical lab work is defined as real-time instruction with an instructor present. An instructional video that a student watches during home study would not be counted as part of the expected 2/3 practical lab work.
- ❑ Basic Science Requirement:
Provide proof of satisfactory completion of twelve (12) credit hours (i.e. four - three-credit courses or three (3) – 4-credit courses which equal 192 clock hours) of college level human anatomy, physiology, and/or pathology from an accredited college or university. Copy of transcript must be submitted with application form. (Note: a 3-credit course meets 3 hours per week for 16 weeks for a total of 48 clock hours). Science courses taken within a massage therapy curriculum do not count toward the required hours. (*)

*Note: The science requirement is automatically met by those who provide current unrestricted state licenses or registrations from the following disciplines: RN, OT, COTA, PT, PTA, MD, DO, DC and Massage Therapists trained in Canada in a 2200 hour program. These individuals should **not** submit transcripts.

Examination Registration

Registering for the examination is a **two-step** process: First candidates should complete the Application process choosing Registration Pathway

Option #1 or Option #2, below.

After acceptance of the application, candidates should schedule an appointment to sit for the examination by choosing either a proctored paper and pencil examination (if applicable) or a computer based test .

REGISTRATION PATHWAYS

Option #1: ([click here for Option #1 registration form](#)) Candidates who meet all requirements for eligibility and apply for the LANA examination when registering for a qualified instructional course may choose this option. These candidates will only need to submit designated forms. Please read carefully.

For applicants applying prior to completion of a qualified instructional course, please complete and submit the following:

- Complete registration form (may be sent electronically)
- Electronic signature

Both forms are located by clicking the exam application icon.

Upon LANA review of the application form and verification of a candidate's eligibility to sit for the exam through the approved instructional school, the candidate will be eligible to sit for the exam following the instructional course. Please note that the instructional school submits candidate information to Iso-Quality Testing, Inc. (IQT) verifying that eligibility requirements have been met and that the candidate has completed and passed the instructional course work.

Some training programs may have made arrangements for candidates to take the LANA exam on site immediately following completion of the course. This is course specific and will be indicated on the course registration materials. All exams offered following the completion of a training program will be administered via a paper and pencil format.

If the candidate decides not to take the examination on site (if offered) and would rather take the exam at a later date, the candidate will be able to schedule the exam via appointment. If the candidate has already registered to take the exam following a training program but then decides to wait and take the exam at a later date, they should notify LANA at admin@clt-lana.org. Candidates will then receive an email from Iso-Quality Testing (IQT) containing instructions on how to go online and schedule their exam day and time. Prior to completing the registration process online, candidates will be required to pay a \$50 rescheduling fee directly to IQT.

This is the completion of Option #1 registration pathway; click above for the registration form if you choose this pathway.

Option #2: ([click here for Option #2 application](#)) Candidates who meet all requirements for eligibility and have successfully completed a qualified instructional course must complete and submit the application form Option #2.

Applications may be emailed with documents completed and scanned along with the application or may be mailed to the following address:

**LANA
PO BOX 16183
St. Louis, MO 63105**

Please note that the application will not be processed unless the applicant includes the following:

- Completed application
- A photocopy of your current professional license / or registration
- A photocopy of CDT course certificate(s) specifying the number of contact hours completed. Do **NOT** send copies of certificates for any activity that does not directly add to basic CDT course certification hours. **Please review the Candidate Eligibility Requirements section.**
- For Massage Therapists ONLY: A college transcript with proof of successful completion of science requirements with an exception for Massage Therapists who trained in Canada in a 2200 hour program
- Electronic Signature

Your application will be returned to you unprocessed via U.S. First Class Mail with a written explanation of the problem area(s) if it is deficient. Such deficiencies include:

- One or more background questions have not been answered by the applicant
- Required home and/or business contact information fields are left blank
- The application is not electronically signed by the applicant
- The information provided is illegible and cannot be accurately transcribed
- Your CDT training does not match the eligibility description above

Note: Eligibility must be documented and submitted with the application by copies of the credentials, (i.e. professional license/registration), and certificate(s) from lymphedema training course(s) completed.

Please do not send your application via Fed-Ex or UPS as they are unable to deliver to a Post Office Box and your application will be delayed or returned. You can, however, send your application via USPS Priority Mail if you prefer.

Make an Appointment to Take the Examination. When you receive your authorization letter from Iso-Quality Testing, Inc. (IQT)., it will contain instructions for scheduling an examination appointment online, along with a User ID and Password to access the online registration system. If you do not have access to a computer, you may contact IQT directly to schedule your examination toll-free at (866) 773-1114, Appointments are available weekdays and some evenings and weekends, depending upon the specific testing center you request.

Once you have completed the online scheduling process, you will be prompted to print your admission letter to bring with you to the exam center.

This is the completion of Option #2 registration pathway; click above if you choose this pathway for registration form.

Examination Administration Pathway

Authorization to take the examination is valid for twelve (12) months from the date of your authorization letter. After twelve (12) months, reapplying for the examination is required, with a copy of your current professional license. Failure to submit a current professional license will result in withholding of your LANA application. **You will also be required to pay a \$375.00 (U.S.) examination fee at this time.**

If you wish to cancel or reschedule your appointment, you must call the same toll-free number and do so **at least 5 business days prior to your appointment time**. If you fail to attend your examination (i.e. no show) for any reason, or if you cannot be admitted due to your failure to adhere to established procedures, your examination and registration fee will be forfeited. In order to be eligible to schedule another exam appointment, candidates are required to notify LANA and submit the \$375.00 exam fee. All examination fees are non-refundable.

Please arrive at the test center at the time noted on your admission document. Please bring your admission letter to the examination. In order to be admitted, photo identification is also required. **You will not be admitted without proper identification, this includes exams taken at the end of a training course.** The only acceptable forms of identification are: driver's license, government-issued identification card, or a passport. No other forms of identification will be accepted. **No candidate will be admitted without the required documents. This is true for both original and RETAKE candidates. No walk-in candidates will be admitted.**

If your name has changed since you received your examination notice, you must notify LANA prior to taking your exam. In addition you must bring documentation to the testing center showing your previous name and current name (i.e., divorce decree, court order, marriage license, or notarized affidavit).

After establishing positive identification, you will be escorted to a computer station or designated area for paper and pencil examination to begin.

For computer based tests, once you are seated you will enter in the unique username and passcode that was given to you on your admission letter. After logging in, a short tutorial is presented, which trains the candidate on how to use the computer mouse or keyboard to take the test. Additionally, the proctor is trained to assist you if you have any questions about how to use the system. The system is extremely user friendly and can be completely operated with a few keys or a mouse. Candidate will have five (5) minutes to complete the tutorial. Upon completion, candidates will be prompted to begin the examination. Once the candidate begins the exam and the first item appears, a timer will appear. Subsequent screens will also display the timer and the amount of time the candidate has remaining to complete the exam.

You will have the option to "bookmark" questions for review later. At any time, you can review the questions that have been bookmarked and review them, change the answers, etc. The test ends when two (2) hours has elapsed, or when you ask the computer to end the test. The system will then ask you to fill out a short questionnaire about your experience at the test center (the proctor's behavior, level of service, ease of use, etc.). Your scores will be available approximately 60 seconds after you complete the test.

For paper and pencil tests, prior to beginning of test, you will fill out a series of basic information (name, address, SSN, etc.) After completion, the test will begin. Scores will be sent to the candidate's home within ten (10) business days after the exam has been received by IQT.

Examination Rules

1. Dress is “business casual”.
2. Failure to follow test center instructions will result in your application being voided and forfeiture of the application fee. Conduct that results in a violation of security or disrupts the administration of the examination could result in dismissal from the examination. In addition, your examination will be considered void and will not be scored. Examples of misconduct include, but are not limited to, the following: writing in the testing room, talking with other candidates anytime during the examination period, bringing in a recording device, etc.
3. You must not discuss or possess reference materials or any other examination information at any time during the **entire** examination period. You are particularly cautioned not to do so after you have completed the exam and checked out of the test room, as other candidates in the area might be taking a break and may not have completed the examination. Candidates may not attend the examination only to review or audit test materials. Candidates may not copy any portion of the examination for any reason. No unauthorized persons will be admitted into the testing area. Please be further advised that all examination content is strictly confidential. **At no other time, before, during, or after the examination, may a candidate communicate orally, electronically or in writing with any person or entity about the content of the examination or individual examination questions.**
4. Candidates writing on anything will be in violation of the security policies above. Reference materials are not allowed in the testing room. Candidates are asked to bring as few personal and other items as possible to the testing area.
5. While the site climate is controlled to the extent possible, be prepared for either warm or cool temperatures at the testing center to reduce the likelihood of discomfort. Cellular phones and beepers are prohibited in the testing area. The use of headphones inside the testing area is prohibited. Electrical outlets will not be available for any reason. No smoking or the use of tobacco will be allowed inside the testing area. Food and drinks are not allowed in the testing room. Candidates must vacate the testing area after completion of the examination. Due to limited parking facilities at some sites, please allow ample time to park and reach the testing area

Examination Scoring

Effective January 2013 the examination consists of 120 multiple choice questions with four (4) choices. Twenty of these questions are included for research purposes only. The research questions are not identified; therefore, answer all questions to the best of your ability. Examination results will be based only on the 100 scored questions on the examination. There are several versions of the examination. It is important that each candidate have an equal opportunity to pass the examination, no matter which version is administered. Expert lymphedema practitioners have provided input as to the difficulty level of all questions used in the examinations. That information is used to develop examination forms that have comparable difficulty levels. When there are differences in the examination difficulty, a mathematical procedure is used to equalize the scores. Because the number of questions required to pass the examination may be different for each version, the scores are converted onto a reporting scale to ensure a common standard. The passing grade required is a scaled score of 700 out of a possible 1000 points on the grading scale.

Examination Results

Computer based examination results will be provided immediately after the examination at the

site. Paper and pencil based examination results will be available approximately two (2) weeks post exam. Exam results WILL NOT be released over the phone because positive identification cannot be established. In order to receive a duplicate set of results, your address must be current and any change must be submitted in writing. Passing candidates will be given pass-status information only, not numeric scores. Failing candidates will be provided with an overall numeric score and diagnostic information of his or her strong and weak areas. Consistent with testing industry standards, passing candidates will receive their certification documents from LANA approximately eight (8) weeks following the successful completion of the examination. The candidate name, city, and state will be listed on the LANA website unless the LANA website is notified **by e-mail** that candidate **does not** want to be listed. If LANA certificates are lost or require replacement, there is a \$25.00 replacement fee.

Examination Retake Policies

It is the policy of LANA that any candidate who fails to achieve a passing score on the examination may apply to retake the examination six (6) months after the date of the first examination. The candidate must reapply to LANA to take the examination after six (6) months of the date of the failed examination and must pay the \$375.00 (U.S.) application fee again.

Candidates are permitted to take the examination three (3) times in a 24 month period to achieve a passing score. If a candidate fails to achieve a passing score following three (3) attempts in a 24-month period, the candidate must wait an additional twelve months before becoming eligible to apply to take the examination again. LANA strongly recommends that the candidate use this time to complete additional training in CDT.

Special Accommodations and Language Policies

LANA and its test administration provider, IQT, provide special accommodations in accordance with the Americans with Disabilities Act of 1991 (ADA). If a disability prevents a candidate from taking the examination under normal conditions, special accommodations may be requested. The candidate must submit a written request along with the application form for special accommodations that explains the name of the disability (i.e. the diagnosis), and the type of accommodation arrangements

Please note that for reasons related to examination standardization, security, and cost, the CLT-LANA[®] examination is only offered in English at this time. If English is not your primary language, LANA recommends (but does not require) that candidates consider sitting for the TOEFL (Test of English as a Foreign Language) examination prior to sitting for the CLT-LANA[®] examination. Your scores on the TOEFL[®] will provide a useful gauge for you to understand if reading and comprehending English will provide problems for you on the CLT-LANA[®] examination. The TOEFL[®] examination is offered at multiple locations both domestically and internationally throughout the year at Sylvan Learning Centers[®]. More information is available on the Sylvan web site.

Recertification Policy

LANA Certification expires after six years. The LANA Board has developed a recertification policy, which is available for viewing on the LANA website. The goal of recertification is to assure continued professional competence in the management of lymphedema. Varied tracks to recertification will include continuing education and the option of taking the examination.

Certified therapists may attain recertification through **ANY** of the methods listed below:

1. Recertification fee of \$150, plus continuing education **TOTALING** 24 contact hours since previous certification, pertaining to anatomy and physiology of the lymphatic system, treatment of lymphedema, wound care, and/or other courses pertaining to lymphedema.
2. Attendance at one national or international lymphology conference with 24 hours of education credits accumulated within the years of certification, plus recertification fee of \$150. **Therapists need to provide a copy of their certificate(s) of attendance supporting they have met the criteria. The certificate(s) MUST show hours earned.**
3. Documentation of evidence of teaching at a college level 24 hours on lymphatic system anatomy and physiology and lymphedema treatment, plus recertification fee of \$150. Documentation must include course outline with hours in classroom and when possible notice of CME approval.

CLT-LANA[®] Credential

CLT-LANA[®] Credential - candidates who achieve a passing score on the certification examination may use the credential CLT-LANA[®] after their names.

Procedure: The CLT-LANA[®] certification mark may be used only as long the certification is valid, after which time certification may be renewed. Certification is a non-transferable, revocable, limited license to use the certification designation CLT-LANA[®], subject to compliance with LANA rules, as may be revised from time to time.

Revocation of Certification

The following represent reasons for which LANA Certification may be revoked:

- Falsification of the application
- Falsification of any information requested by LANA
- Misrepresentation of the LANA credential
- Lack of current professional license
- Cheating during the certification examination
- Assisting others to cheat during the certification examination
- Unauthorized possession of LANA examinations or other confidential materials
- Criminal convictions
- Gross repeated malpractice

Upon being notified in writing of the belief that one of the above conditions exists, LANA shall write to the therapist cited (within ten (10) days), indicating that this information has been received. The review and appeals process may be instituted.

Once certification has been revoked, the individual therapist's state board of licensing shall be notified of the revocation, and the individual therapist shall be barred from taking any future LANA examination.

Examination Specifications

The examination contains 120 exam questions and candidates will be allowed two (2) hours to complete the examination.

Below is a detailed outline of the content areas and sub-areas covered on the test:

November, 2013

**CLT-LANA
DETAILED CONTENT OUTLINE**

I. ANATOMY AND PHYSIOLOGY 25%

A Comprehension of anatomy

- 1 Circulatory system (i.e., venous and arterial)
- 2 Lymphatic system
 - a Embryology
 - b Lymphangiogenesis
 - c Prelymphatic channels
 - d Lymphatic vessels
 - e Lymph nodes
 - f Lympho-venous anastomoses
 - g Watersheds and collateral anastomoses
 - h Superficial drainage pathways
 - 1 Head and neck
 - 2 Upper extremities
 - 3 Lower extremities
 - 4 Trunk
 - 5 Genital
 - i Deep drainage pathways (e.g., abdominal, pelvic, thoracic organs, limbs)
- 3 Integumentary system
- 4 Interstitium

B Comprehension of physiology

- 1 Function of the circulatory system including the lymphatic system
- 2 Microcirculation
 - a Starling's hypothesis and equilibrium (including updates)
 - b Safety factors that prevent edema
- 3 Lymph formation and transport

2. LYMPH VASCULAR DISORDERS (i.e., primary and secondary lymphedema) 15%

- A** Differentiate etiology
- B** Identify pathology and pathophysiology
- C** Classify and stage lymph vascular disorders
- D** Recognize sign and symptoms

3. OTHER DISORDERS (e.g., lipedema, lipolymphedema, phlebolymphedema, chronic venous insufficiency, myxedema) 10%

- A** Differentiate etiology
- B** Identify pathology and pathophysiology
- C** Recognize signs and symptoms

4. PATIENT EVALUATION 20%

A Identify relevant elements of patient history

- 1 Edema and prior edema treatment
- 2 Family history
- 3 Other medical history
- 4 Medications/supplements/diet
- 5 Infections
- 6 Symptoms
- 7 Functional status (e.g., Activities of Daily Living (ADL))
- 8 Psycho-social

B Assess implications of patient history

C Recognize potential complications associated with lymphedema

- 1 Medical conditions associated with lymphedema (e.g., angiosarcoma, cellulitis, anasarca, lymphoceles, cancer recurrence)
- 2 Medical conditions that exclude treatment (e.g., acute congestive heart failure, untreated cellulitis, acute deep venous thrombosis)
- 3 Medical conditions that may limit treatment approach (e.g., compensated congestive heart failure, peripheral neuropathy, cognitive impairment)
- 4 Medical conditions that can affect lymphedema treatment outcomes (e.g., arthritis, hypertension, impaired mobility)

D Conduct physical examination

- 1 Weight and height
- 2 Appearance of involved limb(s) and adjacent areas (e.g., deepened skin folds, lobules, discoloration)
- 3 Clinical signs (e.g., tissue texture, Stemmer's sign)
- 4 Peripheral pulses
- 5 Range of Motion (ROM), muscle strength, posture, and gait
- 6 Sensation
- 7 Measurements (e.g., circumferential, volumetric, perometry)
- 8 Skin integrity (e.g., lymphorrhea, fungal infection)

E Comprehension of diagnostic tests (e.g., lymphoscintigraphy, computerized tomography (CT), magnetic resonance imaging (MRI), venous Doppler examination, and ankle brachial index (ABI))

- 1 Purpose
- 2 Testing procedures

F Incorporate results of diagnostic tests in treatment planning

5. LYMPHEDEMA MANAGEMENT 30%

A Apply principles of complete decongestive therapy (CDT)

- 1 Manual lymphatic drainage (MLD)
 - a Effects
 - b Technique concepts (e.g., pressure, direction, sequence)
- c Contraindications
- 2 Compression bandaging
 - a Effects
 - b Concepts (e.g., materials, gradient pressure, procedure)
 - c Contraindications
- 3 Compression garments
 - a Effects
 - b Concepts (e.g., types and styles, fitting principles, grades of compression)
 - c Contraindications
- 4 Decongestive exercises
 - a Effects
 - b Concepts (e.g., variations, approaches)
 - c Contraindications
- 5 Skin care
- 6 Education
 - a Activities of Daily Living (ADL) modifications
 - b Compression bandaging
 - c Compression garments (i.e., wear and care)
 - d Exercise
 - e Lymphatic drainage
 - f Nutrition
 - g Precautions and risk reduction
 - h Self-assessment
 - i Skin care
 - j Signs and symptoms of infection
 - k Weight management
 - l Follow-up

B Recognize principles of adjunct treatments

- 1 Intermittent pneumatic compression (IPC)
- 2 Additional compression devices
- 3 Additional treatment options (e.g., laser, elastic taping, deep oscillation)

C Adapt treatment plan to specific populations and needs (e.g., pediatric, palliative care, wound care)

D Recognize factors that affect quality of life (e.g., psycho-social, adherence issues)

E Identify best practices (e.g., International Lymphoedema Framework (ILF), International Society of Lymphology (ISL), National Lymphedema Network (NLN))

Acronyms

Candidates should note that they will be required to understand the following acronyms when they sit for the examination:

RSD - Reflex Sympathetic Dystrophy
CRPSI - Complex Regional Pain Syndrome
CDT - Complete Decongestive Therapy
MLD - Manual Lymph Drainage
CHF - Congestive Heart Failure
CLM -Comprehensive Lymphedema Management

Sample Examination Items

The following sample examination questions are similar in style and format to those which appear on the examination:

1. Lipedema **PRIMARILY** affects
 - (A) women.
 - (B) men.
 - (C) children under six.
 - (D) elderly of both sexes.
2. The lymph collectors **MOST** resemble
 - (A) cork-screw.
 - (B) garden hose.
 - (C) silk-like thread.
 - (D) string of pearls.
3. Six months after completing a course of CDT, a patient with secondary lymphedema following axillary lymph node dissection presents with a 20 lb. weight loss and a rapid 30% increase in the girth of her affected limb. Which of the following is the **MOST** likely explanation?
 - (A) Congestive heart failure
 - (B) Cancer recurrence
 - (C) Renal failure
 - (D) Hypoproteinemia
4. Lymphostatic edema is
 - (A) highly alkaline.
 - (B) highly acidic.
 - (C) protein-rich.
 - (D) protein-poor.
5. Lymphedema caused by malformations (dysplasia) of the lymphatic system is known as
 - (A) primary lymphedema.
 - (B) lipo-lymphedema.
 - (C) secondary lymphedema.
 - (D) phlebolympheidema.

6. When evaluating a lymphedema patient, it is important to measure the unaffected as well as the affected extremity because
- (A) the patient needs to know these measurements to get insurance reimbursement.
 - (B) it will help to monitor weight gain and joint mobility measurements.
 - (C) measurements will show whether the treatment has benefited the patient.
 - (D) measurements will determine the number of bandages needed to reduce a limb.
7. A lymphedema patient's history reveals recurrent episodes of cellulitis in the lymphedematous extremity. Upon examination, the involved extremity was warm and red. It is important to start CDT
- (A) as soon as possible.
 - (B) only after antibiotics have been initiated.
 - (C) after a vigorous exercise program has been initiated.
 - (D) only after vigorous sequential pumping has been initiated.
8. Lymphedema resulting from breast cancer surgery is classified as
- (A) dynamic lymphedema.
 - (B) primary lymphedema.
 - (C) secondary lymphedema.
 - (D) idiopathic lymphedema.

Answers

- | | |
|------|------|
| 1. A | 5. A |
| 2. D | 6. C |
| 3. B | 7. B |
| 4. C | 8. C |

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