



MACQUARIE
University
SYDNEY · AUSTRALIA

AUSTRALIAN LYMPHOEDEMA EDUCATION,
RESEARCH AND TREATMENT CENTRE
(ALERT)

ALERT Lower Limb Compression Bandaging Competency Workshop

Tuesday 23rd June 2026

Full Day Competency Workshop 9.00am - 4.00pm

Cost: \$200 per person

Venue: Four Points Auckland, 396 Queen Street, Auckland

This **immersive, full-day workshop** is designed for community and aged care clinicians seeking to confidently and competently manage lower limb chronic oedema. Participants will develop a clear understanding of the principles underpinning compression therapy, with targeted strategies to reduce skin breakdown, wounds, and cellulitis.

Through expert-led demonstrations and extensive hands-on practice, master two-layer below-knee compression bandaging application in a supportive, small-group environment. **The structured competency assessment ensures participants can safely and effectively apply lower limb compression in clinical practice.**

Beyond bandaging, the workshop equips participants with practical, real-world approaches to long-term oedema management, including wraps and ready-to-wear compression.

Ideal for clinicians ready to take a proactive role with evidence-informed skills and deemed as competent in compression bandaging, making this workshop highly valuable.

Learning outcomes:

- Explain the principles of lower limb compression bandaging, including indications, contraindications, and underlying mechanisms of action.
- Demonstrate correct application of a two-layer compression bandage system for the below-knee limb.
- Apply a below-knee compression bandage safely and effectively to meet competency standards.
- Evaluate bandage application for accuracy, pressure consistency, and individual suitability.
- Describe and implement post-bandaging management strategies, including maintenance options such as wraps and ready-to-wear compression.

[Click here to register](#)



In association with

 **essity**



MACQUARIE
University
SYDNEY · AUSTRALIA

AUSTRALIAN LYMPHOEDEMA EDUCATION, RESEARCH AND TREATMENT CENTRE (ALERT)

Competency Workshop Trainers

A/Prof Louise Koelmeyer
BAppSC (OT) USyd, PhD MQ
Director, ALERT Centre; Head, School of Health Sciences and Nursing
Faculty of Medicine, Health and Human Sciences, Macquarie University

Louise Koelmeyer is Head of School and Associate Professor in the School of Health Sciences and Nursing at Macquarie University. She is also the Director of the Australian Lymphoedema Education, Research and Treatment Centre (ALERT).

As Head, since February 2023, Louise develops and supports academics and academic endeavours by providing leadership to the School and Faculty, and enhances the quality of teaching, research and community engagement within the School.

As Director, since January 2020, Louise's focus is to strategically manage and develop the education, research and treatment arms of the innovative multidisciplinary translational research centre.

Louise has been leading and teaching in the ALERT Education Program since its inception which offers a comprehensive training program aligned with the Australasian Lymphology Association's (ALA) Competency Standards. This program includes all essential learning and assessments required for accreditation as a Lymphoedema Practitioner. Additionally, the education offerings were designed to align with Macquarie University's microcredentialing and curriculum architecture frameworks, with Louise playing a key role in the development of these programs and the Graduate Certificate of Lymphoedema Management.

Louise Koelmeyer graduated with a Bachelor of Applied Science in Occupational Therapy from the University of Sydney in 1990 and was awarded her PhD from Macquarie University in April 2021. She has over 30 years of clinical experience in both public and private hospital, and clinic settings specialising in breast cancer rehabilitation and lymphoedema management in all areas of assessment, education, early detection and treatment. Louise is an accredited Lymphoedema Practitioner and is listed on the ALA National Lymphoedema Practitioner Register.

Louise's research interests are in achieving better outcomes in innovative early and advanced lymphoedema management through conservative and surgical treatment with her clinical interests and expertise in developing a therapeutic relationship with individuals and personalising treatment programs that support the individual's needs and goals to achieve positive outcomes.

Fiona Tisdall Blake
BAppSc(Phty) LaTrobe; Senior Lymphoedema Practitioner; Macquarie University Health

Fiona is an experienced physiotherapist with over 30 years in clinical settings across Australia and the UK, specialising in orthopaedic, neurological, and spinal surgery rehabilitation. An accredited lymphoedema practitioner since 2016, she joined the ALERT Centre in 2017.

Fiona manages all types of lymphoedema and chronic oedema, including performing ICG imaging in the Diagnostic Assessment Clinic. Her role also involves educating clients on self-management techniques. As part of the ALERT education team, Fiona leads practical training for the Lymphoedema Practice for the Head and Neck Region unit.

Fiona is an Honorary Conjoint Associate Lecturer at Macquarie University. She is also a member of the Australian Physiotherapy Association and the Australasian Lymphology Association, and serves on the APA NSW Cancer Palliative Care and Lymphoedema special interest group committee.

