



Board of Certification/Accreditation



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Certified Lymphedema Compression Fitter (CLCF)

This **Detailed Content Outline (DCO)** will help you prepare for the **Certified Lymphedema Compression Fitter** exam. The exam has **60 multiple choice questions** that are based on this outline; you will have **one hour** to complete the exam online. **Tip:** *It can be helpful to review this DCO prior to taking the required BOC-approved education course to ensure you have a full understanding of the topics included on the exam. Consider the underlying knowledge, skills and abilities you will need to serve patients.*

| PATHOLOGY OF DISEASE & PRESCRIPTION KNOWLEDGE 15 Questions 30% of the exam |
|---|
| <input type="checkbox"/> Understand the vascular and lymphatic systems |
| <input type="checkbox"/> Understand different etiologies of lymphedema |
| <input type="checkbox"/> Recognize different signs and symptoms of lymphatic disease |
| <input type="checkbox"/> Familiar with different lymphatic disease stages |
| <input type="checkbox"/> Recognize different signs and symptom of vascular disease |
| <input type="checkbox"/> Recognize different vascular disease stages |
| <input type="checkbox"/> Recognize different lipedema disease stages |
| <input type="checkbox"/> Recognize the indications and contraindications for compression |
| <input type="checkbox"/> Recognize typical comorbidities |
| <input type="checkbox"/> Recognize levels of skin integrity |
| <input type="checkbox"/> Understand tissue textures and how they relate to specific disease states. |
| <input type="checkbox"/> Ability to understand prescriptions accurately (i.e., diagnosis codes, compression grades, identifying missing elements) |

PRODUCT KNOWLEDGE
10 Questions | 30% of the exam

- Understanding textile properties and how they affect tissue containment (i.e. gradiency, resting/working pressure, static/dynamic compression)
- Differentiating between medical-grade and non-medical-grade products
- Awareness of ready-to-wear (i.e., standard) vs made-to-measure (i.e., custom)
- Knowledge of different compression garment products/types (i.e., circular knit, flat knit, and adjustable wraps, nighttime garments, and compression bandages.
- Knowledge of available accessories/modifications (i.e., options such as zippers, silicone, non-skid segments, etc.)
- Knowledge of various compression levels (i.e., dosage)
- Understanding specialized garments for specific body areas (i.e., head/neck/chest/trunk/genitals)
- Familiarity with donning and doffing aids, as well as efficacy aids

PATIENT INTERACTION/COMMUNICATION
30 Questions Total | 30% on the exam

Patient Assessment | 5 Questions

- Understand patient intake procedures
- Understand patient medical history
- Recognizing the importance of patient safety during the fitting process
- Knowledge of required tools and equipment for successfully measuring and fitting different product and patient types
- Understanding patient expectations and effectively communicating with patients
- Identifying donning and doffing limitations to make the necessary accommodations
- Awareness of appropriate garment product, fabric, styles and options for safe and effective outcomes for the patient
- Recognizing patient accommodations needed for proper measuring and fitting of compression garments

Fitting and Customization | 12 Questions

- Accurate measuring techniques, (i.e., including landmarks and proper patient positioning for various types of garments)
- Toe cap
- Foot
- Knee high
- Thigh high
- Waist length
- Truncal (i.e., abdomen, groin and chest)
- Hand (i.e., glove or gauntlet)
- Arm sleeve
- Head and neck
- Understand required tape measure tension for circumferential measurements
- Recognizing the appropriate fit and efficacy of compression garments
- Familiarity with efficacy aids (i.e., donning and doffing aids, lymph pads, digit spacer, garment liner, non-skid segment, relief areas, support straps, and zipper, etc.)

Communications | 8 Questions

- Knowledge of product warranties and replacement recommendations
- Knowledge of general wear and care of compression garments
- Knowledge of donning and doffing techniques
- Understanding garment remake guidelines for each custom garment company.
- Effective communication with patients, therapists and physicians.
- Knowledge of products/garments compliance with patients
- Set appropriate goals and expectations for a variety of garment types
- Communicate with clinical persons regarding compression prescription appropriateness
- Ability to recommend more safe and effective compression alternatives

OPERATIONS MANAGEMENT
5 Questions | 10% of exam

- Knowledge of inventory of in stock ready-to-wear items
- Knowledge of HIPPA and ability to maintain patient confidentiality
- Knowledge of proper preparation, disinfecting, and clean-up procedures for fitting sessions
- Communicate costs associated with garments (i.e., copays, deductibles) to the patients prior to ordering or fitting
- Understanding the ordering process and shipping time frames.
- Knowledge of billing and reimbursement procedures, including pre-certifications/authorizations