



News Release

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Home health therapist is certified to help people with lymphedema

For Immediate Release

(COLUMBUS, Neb.) – Riley Arnold, occupational therapist with Columbus Community Hospital's home health program, recently earned a certification in lymphedema therapy.

Lymphedema therapy is a growing need in Columbus and across the country. When left untreated, lymphedema — which is swelling due to a build-up of fluids in the body — can increase a person's risk of infections and impact mobility and independence.

Arnold received the certification through the Norton School of Lymphatic Therapy in Rochester, New York. Before attending the training, she completed 45 hours of studying that included watching online lectures and reading materials based on the anatomy, physiology and theory of lymphedema therapy. She also participated in intense hands-on practice and completed two practicals and a case study.

"As a practitioner, this certification fills the gap that I identified as most prominent in the care I was providing for patients in their homes," Arnold said. "I now feel more confident in making assessments and determining appropriate protocol to address lymphedema."

In the past, Columbus Community Hospital's home health department received assistance from lymphedema therapists at the hospital and Columbus Wellness Center. The certification allows Arnold to be an immediate resource for home health nurses and increase fluency of patient care.

"With Riley being certified, patient continuity, patient scheduling and interdisciplinary communication will all improve," said Jody Willison, home health director. "Riley is already an outstanding therapist and team member with positive recognition from patients. (This) will make her even more well-rounded."

For more information about the home health department at Columbus Community Hospital, visit www.columbushosp.org.

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