

Geriatric Training Certification

GATC



Carole B. Lewis

PT, DPT, GTC, GCS, MSG, MPA, PhD, FAPTA

Geriatric Training Certification (GTC)

The Geriatric Training Certification is more than just an examination process. It is a professional exchange among the experts. The first sixteen hours is a review and update of courses presented by GREAT Seminars and Books, Inc. The remaining fourteen hours include a half-day written examination, a half-day oral examination and a practical examination administered personally by Dr. Lewis and the GREAT Seminars and Books, Inc. faculty. Upon completion of the certification process, the candidate will not only provide evidence of expertise in the field of geriatrics, but will strive to implement their ideas and knowledge.

Day 1	Course work review and collegial exchange	9 Hours
Day 2	Course work review and collegial exchange	9 Hours
Day 3 AM	Written Exam - 200 Multiple Choice Questions	4 Hours
Day 3 PM	Oral Examination	4 Hours
Day 4 AM	Practical Examination at Premier Physical Therapy Clinic	4 Hours
Total		30 Hours

Certification will be held bi-annually in Washington DC

All candidates will be presented with their total scores at the completion of each section of the examination process. The strictest confidentiality will be observed. The grade for each section will be presented as either Pass or Fail. Participants must pass all components to be awarded certification. Prior to the examination process, candidates will be required to sign a release stating that the decision made by the GREAT Institute is final and you are without recourse.

Recertification: Will be required every 10 years. This will be determined by a written demonstration of competency.



Application Procedure

Applicants must submit the following to GREAT Seminars and Books, Inc.:

1. A completed application form along with a nonrefundable application fee of \$50.00
2. A copy of course certificates from 8 courses
3. A copy of your state license
4. Completed review study with passing grade (This is a take-home review – candidates must complete it within one month)

Upon receipt of completed course materials, GREAT Institute will send a confirmation letter and information regarding the Certification process.

Contact us at 1-877-794-7328 or by mail at

2639 Revere Drive, Akron, Ohio 44333-2311 with any questions.

Course Descriptions

Clinical Geriatric Orthopedics

Instructor: Carole B. Lewis PT, DPT, GTC, GCS, MSG, MPA, PhD, FAPTA

This seminar will focus on the most recent medical literature and protocols addressing age changes and pathology that directly affect the care of older persons. Specific evaluation tools for common orthopedic problems affecting the older adult will be demonstrated and practiced. Treatment techniques and progressions will be presented, and hands-on sessions will help familiarize therapists with proper implementation of treatment strategies. Case studies will be presented and reviewed utilizing the Guide to Practice to facilitate effective treatment planning. Evaluation forms, musculoskeletal norms, and outcomes measures for every joint will be discussed to illustrate the importance of this aspect of patient care regarding reimbursement for services. The main purpose of this course is to advance clinical competence in working with the orthopedic conditions that affect older adults.

Clinical Geriatric Neurology

Instructor: Carole B. Lewis PT, DPT, GTC, GCS, MSG, MPA, PhD, FAPTA

The purpose of this seminar is to provide participants with the most up-to-date information on neurological rehabilitation of the geriatric patient. The seminar format is lecture with demonstration that explores evaluation tools and evidence-based treatment protocols/ideas designed and most appropriate for older patients with diagnoses of Parkinson's Disease, stroke, gait and balance disorders. Information of physiology of aging and pain will be presented as well as special features on physical restraints, the environment and burnout. Case studies will be presented and reviewed utilizing the Guide to Practice to facilitate effective use of detailed evaluation forms, outcome measures, suggested protocols and sample home exercise programs.

Comprehensive Rehabilitation Strategies: For the Complex Geriatric Patient

Instructor: Doug Dillon PT, GTC, CSST

The purpose of this seminar is to provide participants with the most up-to-date information on the evaluation and treatment of the medically complex geriatric patient. The seminar format is lecture and discussion, as the speaker will guide you through the most recent medical literature, evaluation tools, and treatment protocols. Case studies and video demonstration with patients will encourage participants to integrate this information into the development of individualized plans of care as well as their future role as a geriatric specialist. The material presented provides a thorough approach to therapeutic strategies and goals, thereby preparing the therapist to design and implement highly skilled, evidence-based rehabilitation programs for older persons.

Intensive Orthopedics: Everything You Wanted to Know About Total Joints and Extremity Fractures

Instructor: Sandy Shelton PT, GTC

The emphasis of this seminar is directed toward the multi-disciplinary approach to the management of joint arthroplasty and traumatic extremity fractures. This course will review the anatomy and biomechanics of the upper and lower extremities with discussion of surgical techniques for hip, knee, and shoulder arthroplasty and extremity fractures. Critical pathways (i.e., care plans), therapeutic treatment techniques, and rehabilitation protocols will be presented for each of these surgeries along with pre-operative, acute care, and post-discharge concerns and examples of a precise therapeutic exercise program within each setting.

Geriatric Therapeutic Exercises: Making Exercises Worth It

Instructor: Mark Traffias PT, GTC

Participants will learn different exercise techniques and innovative interventions for all of the body's major joints as well as for the most common diagnoses seen in older persons. This seminar will also teach therapists and therapy assistants how to use functional tools to establish and guide exercise programs, thus improving functional test scores, outcomes and mobility safety. Evidence-based research will be used to support the efficacy of the chosen exercises including both indications and contraindications. Participants will be instructed in which modalities have been proven to enhance therapeutic exercise as well as how to bill for treatment to maximize financial return. Older patients also present challenges in learning new exercises and in being motivated to perform. This course will present multiple ideas to improve communication, learning and motivation that will only serve to enhance the overall exercise program and functional outcome.

Rehabilitation of Persons with Common Medical Pathologies: Providing Optimum Care for Patients with MI, CHF, COPD, Obesity, PVD, DVT, and DM

Instructor: Steve Tepper PT, PhD

This evidenced based course will describe the medical disorders, cover reliable and valid examination tools for understanding the level of impairment/functional limitation and give currently accepted treatment options. A combination of lecture, continual participant interaction, laboratory of clinical examination and case study approach will be utilized. Utilizing clinical signs/symptoms for progressive rehabilitation interventions and their potential outcomes will be covered. Prevention of these common pathologies will be covered.

Home Health Rehabilitation

Instructor: Carol Schunk, PT PsyD

The purpose of this seminar is to provide participants with both clinical information relevant to those being treated in their home in addition to the psychological aspects of dealing with families and caregivers. The clinical aspect of care will include evaluation tools for balance, function, cognitive ability and environmental hazards, presented to allow the therapist to develop an appropriate plan of care. Research on the effectiveness of a variety of exercise programs in relation to falls, mobility and function will be presented. Social dynamics in the home are very influential in patient outcomes and will be discussed through case histories and suitable treatment approaches including motivation and compliance enhancement. Presentation of home modification and adaptive equipment for safety will enhance the therapist's ability to positively influence the decision for an individual to remain in their home. To make it happen reimbursement and regulatory issues will be included as they relate to equipment and measurement of outcomes through appropriate understanding of the OASIS.

Taking Balance to the Limits: Crucial Techniques & Treatment Ideas for Comprehensive Balance Programs

Instructor: Janene Barber, PT, GTC

Do you feel at times that you have designed and delivered the best gait and balance program and yet your patients still have some problems with their balance?

This course goes beyond all you have learned about the effects of speed, strength and range of motion limitations as causes for balance dysfunction. You will leave with an in depth knowledge and skill in the postural dyscontrol, somatosensation and vestibular arenas. The instructor has taught and treated extensively in this area with astounding results with her patients and clinicians. Her skills in this area are unparalleled. Take home innovative useable evaluation and treatment techniques that will dramatically change your practice. You and your patients deserve to receive this cutting edge information.

Safe Steps: Making Gait and Balance Assessment and Treatment Worth It

Instructor: James C. Wall BSc, MSc, Med, PhD

The purpose of this seminar is to provide participants with the most up-to-date information on gait and balance assessment and treatment for the geriatric patient. The major changes commonly seen in the elderly, which can contribute to problems in the area of gait and balance and the subsequent loss of independence, will be covered. The seminar format is lecture with demonstration that explores evaluation tools, techniques to objectively measure functional mobility tasks and treatment protocols designed for older adults. Using a case study format, participants will become familiar with numerous assessment tools to assess gait and balance in patients with a variety of diagnoses. Evidence-based treatment strategies and protocols will be covered along with the advantages and disadvantages.

Geriatric Rehabilitation Education and Training Institute

Certification is designed to offer a series of courses, which culminate in a comprehensive examination consisting of written, oral and practical testing to define competency in geriatric rehabilitation. Certification is a four-day process, consisting of a review, and collegial exchange which provides the opportunity for both reviewing and updating the contents of the courses leading to certification. The third day, the written exam is taken followed by the oral exam. The last day is the practical examination with real patients to complete the process. The standard sought is one of excellence, safe application of advanced clinical skills and culmination of all pertinent information and the ability to analyze and plan in the most current and critical fashion to advance healthcare for the geriatric population.

The Certification

In 1992, Dr. Lewis founded the Geriatric Rehabilitation Education and Training Institute in an attempt to standardize and improve the quality of continuing education available to all rehabilitation professionals. An eclectic approach to all types of geriatric patients and diagnoses has been created through a series of courses, which allows the GREAT Institute to offer a Geriatric Training Certification (GTC). The Certification is designed for practicing physical and occupational therapists and assistants.

GREAT Institute will honor all course work in which a GREAT Seminars and Books, Inc. certificate was awarded. Due to the dynamic nature of health care, the courses are constantly being updated. Courses taken prior to 2000 will not be considered for credit.

Cost

The GREAT Institute developed a discount program to curtail costs for those participants pursuing the GTC. With provision of proof of previous attendance to a GREAT Seminars and Books, Inc. course, the participant will receive \$25 off the tuition of the second course, \$50 off the third, \$75 off the fourth, \$100 off the fifth, \$125 off the sixth, \$150 off the seventh and \$200 off the eighth course. No discount is applicable to the cost of the home studies, geriatric review course or the certification. No discounts will be given after a course is taken.

Mandatory Requirements: 100 Hours

Seminar	Contact Hours	Tuition
Geriatric Orthopedics	20 Hours	\$495
Geriatric Neurology	20 Hours	\$495
Geriatric Review Course	10 Hours	\$250
Geriatric Training Certification	30 Hours	\$765
AND 1 OF THE FOLLOWING:		
Comprehensive Strategies for the Rehabilitatively and Medically Complex Geriatric Patient	20 Hours	\$495
Functional Tools/Functional Outcomes	20 Hours	\$495
Rehabilitation for Common Medical Pathologies: Providing Optimum Care for Patients with MI, CHF, COPD, Obesity, PVD, DVT, and DM	20 Hours	\$495
Documentation & Functional Assessment – Home Study Course	20 Hours	\$295
Improving Mobility in Older Persons with Functional Assessment and Treatment – Home Study Course	20 Hours	\$295
TOTAL	Mandatory 100 Hours	\$2300 or \$2500

Electives (Choose 5): 100 Hours

Seminar	Contact Hours	Tuition
Intensive Orthopedics	20 Hours	\$495
An Oasis in HomeCare	20 Hours	\$495
Cancer Rehabilitation	20 Hours	\$495
Geriatric Therapeutic Exercises	20 Hours	\$495
Rehabilitation For the Frail Elderly	20 Hours	\$495
Put Some Muscle into TherEx	20 Hours	\$495
Safe Steps: Making Gait and Balance	20 Hours	\$495
Rehabilitation for Persons with Dementia	20 Hours	\$495
Rehabilitation for Common Medical Pathologies: Providing Optimum Care for Patients with MI, CHF, COPD, Obesity, PVD, DVT, and DM	20 Hours	\$495
Home Health Care	20 Hours	\$495
Acute Care Rehabilitation	20 Hours	\$495
Taking Balance to the Limits	20 Hours	\$495
Evidence Based Rehabilitation	20 Hours	\$495
Home Study Courses		
Aging: The Health-Care Challenge	20 Hours	\$295
Documentation & Functional Assessment	20 Hours	\$295
Improving Mobility in Older Persons	20 Hours	\$295
with Functional Assessment and Treatment	20 Hours	\$295
Health Promotion and Exercise for Older Adults	20 Hours	\$295
Comprehensive Strategies for the Rehabilitatively and Medically Complex Geriatric Patient	20 Hours	\$495
	Elective 100 Hours	\$1675 or \$2475

These courses that are listed are no longer offered, but can be counted towards your GTC Certification

Seminar	Contact Hours	Tuition
Geriatric Assessment Tools: A Weekend With Mrs. Meowitz	20 Hours	\$495
Geriatric Strengthening: Raising the Bar in Geriatric Strength Training	16 Hours	\$495
Home Care Reality	20 Hours	\$495
Endurance Impairments, Differential Diagnosis and Intervention	20 Hours	\$495
Pain Management	20 Hours	\$495
Pharmacology for Rehabilitation Made Fun	20 Hours	\$495
The Write Way to Get Reimbursed	20 Hours	\$495
Post Rehabilitation and Fitness Certification	20 Hours	\$495
Creative Rehabilitation & Fitness	20 Hours	\$495
Cutting Edge Rehabilitation for Physical Therapist Assistants	20 Hours	\$495
Pharmacology for Rehabilitation Made Fun	20 Hours	\$495
Functional Tools/Functional Outcomes	20 Hours	\$495

Total Cost - \$4975 plus \$50 application fee = \$5025 • \$3950 if early bird and certification discounts are used. All coursework must be completed within a 10 year period.

Acute Care Rehabilitation

Instructor: Mark Nelson, MPT

This seminar provides a current update on the latest information on rehabilitation in the acute care setting. As in all practice settings, acute care rehabilitation is continuously evolving. From the various entry points into the acute care setting to discharge, rehabilitation plays an integral role. Therapists are being relied upon more and more to make significant contributions to the medical team, and frequently are the determining factor in hospital length of stay. This seminar is designed to give clinical information for therapists working in, or returning to working in the acute care setting. In addition, the seminar will offer practical tips and higher level problem solving skills that will benefit therapists working in this setting. The seminar will utilize lecture and case study to discuss the role of physical therapy in the acute care setting. Current literature review will be presented to lend strength to decision making in this challenging environment.

Rehabilitation for Persons with Dementia: Making Therapy Worth It

Instructor: Susan Staples PT, GCS

This seminar provides participants with a thorough understanding of the different types of dementia. Specific evaluation and treatment strategies based on current research provide the clinician with a strong foundation for an evidence-based medicine approach. The seminar format includes lecture with discussion and hands on practice of evaluation and treatment strategies. The speaker will guide the participants through case studies and group discussions addressing the challenges in providing quality rehabilitation services to the patient with dementia. Video demonstration with patients will facilitate the integration of the information presented into the development of individualized treatment plans. Participants will learn techniques to incorporate a comprehensive approach to therapeutic strategies and goals, thereby preparing therapists to design and implement highly skilled rehabilitation programs for patients with dementia.

Put Some Muscle into Ther Ex

Instructor: Wendy K. Anemaet PT, PhD, GCS, CWS, GTC, COS-C, CWT

This seminar provides therapists with up-to-date information on the often-underutilized intervention of strength training. Through lecture, demonstration and case applications, participants will gain a clear understanding of the basis of strengthening, design and progression of training programs, and special considerations for strength training in the older population. Interactive sessions offer the opportunity to learn and practice specific evaluation techniques for immediate implementation in the practice setting. Forums on specific strengthening exercises allow therapists to share and take home practical exercises for training the upper extremity, lower extremity and trunk with a range of resistive exercise equipment. An analysis of the precautions, contraindications, and program components for patients with a variety of rehabilitation and medical diagnoses provides a literature-based overview of approaches to strength training for these populations. Participants will expand their knowledge to design, implement, evaluate, and modify effective strengthening programs confidently for the older population.

Rehabilitation For the Frail Elderly

Instructor: Robert Thomas MS, PT

The purpose of this seminar is to provide rehabilitation professionals with current information and rehabilitation concepts for the care of the frail, elderly patient in the acute, subacute and long-term care settings. Topics for discussion include problems associated with institutionalization, medical pathologies, rehabilitative strategies, pharmacological management, and the impact of managed care and the prospective payment system. Specific evaluation tools and treatment strategies for older adults with problems of gait, balance, strength, flexibility, contractures, and endurance will be presented. Strategies for effective evidence-based treatment within a limited time frame will be emphasized. Case studies and video presentations will be used to facilitate learning of rehabilitation principles in treating the frail elderly and the issues facing health care professionals working in these specialized environments.

Evidence Based Rehabilitation

Instructor: Dr. Bianca Bass, DPT

The purpose of this seminar is to provide participants with the most up-to date evidence on the rehabilitation of the geriatric patient. The seminar format will be based on continuous interaction between lecture and students' participation. Students will be given a case study and will have 10 minutes to discuss with their classmates and provide a treatment plan. This will be followed by a short presentation of the disease, complications and contra indications for treatment all of which will be evidenced based. Every case study will be conclude with presentation of the treatment plan, possible reasons for termination of the treatment, comparison with student's treatment plan, and finally presentation of the results. Students will be given a comprehensive handout with current evidence, outcome measures, treatment techniques, protocols and Home Exercise Program sample.

Cancer Rehabilitation: Using the Evidence to Get Results

Instructor: Nicole L. Stout, MPT, CLT-LANA

This two day course will review diagnosis and staging of cancer. Medical and surgical management of select cancer diagnoses will be reviewed as they are relevant to physical therapists. Emphasis will be on screening and systems review to highlight the need for accurate differential diagnosis for cancer identification and with regard to common impairments and functional limitations in patients who have a history of cancer. Current evidence-based rehabilitation interventions for individuals undergoing treatment for cancer, in survivorship from cancer or facing metastatic disease will be highlighted including exercise prescription, contradictions and precautions with exercise and modalities. A unique, problem-based format, utilizing case studies will be introduced with group interaction for client evaluation and development of plan of care.

An Oasis in HomeCare: Effective Evaluation & Treatment

Instructor: Janene Barber, PT, GTC

The purpose of this seminar is to provide an inventive look at using the OASIS to guide homecare therapists in developing not only scoring guidelines, but utilizing the OASIS for assessment and treatment strategy development. Special techniques will be given to demonstrate the importance of using assessment tools to aid in the scoring of the OASIS and to facilitate the development of the plan of care. Treatment strategies for the most common homecare diagnoses: Parkinson's Disease, CVA, frail elderly, balance impairments, cognitive impairments, total joint and fractures will be demonstrated. Participants will learn how to survive the new 2008 PPS changes through improved documentation and evidence based care.

Home Study Courses

Instructors: Carole B. Lewis, PT, DPT, GTC, GCS, MSG, MPA, PhD, FAPTA

Wendy James, PT

Dana Logan, MS, PT

Aging: The Health-Care Challenge

In this home study course, the participants will have the opportunity to study the included reference book at home and at their own pace. This excellent reference text, currently in its fourth edition, covers a wide variety of topics that are directly applicable to clinical practice, and is a must-read for any rehabilitation professional involved in the field of geriatrics. It is divided into three sections: Part I, "Theories and Psychological Aspects of Aging"; Part II, "Physical Aspects of Aging"; and Part III, "External Aspects of Aging: The Current Status." Each of these sections contain clinically-centered chapters, written by experts in the specific area of gerontology. These chapters describe normal and pathological changes, as well as examination and intervention strategies frequently utilized in geriatric rehabilitation. An hour is allotted for each of the 20 chapters.

Documentation and Functional Assessment

The goal of this course is to provide immediate, useful information to the rehabilitation professional that can be used in any setting. The purpose is not to increase the written workload of the professional, but rather to promote a more concise and succinct use for functional tools and documentation. This course also explains the appeal process and provides the opportunity to prepare and defend a case. The participant will complete the home study course with skills for preparing concise and complete notes that will promote reimbursement and improved patient care as well as arm them to defend themselves in the unfortunate event of a denial. The presentation style will help the participant to improve clinical skills by practicing and describing evaluation findings and treatment strategies.

Health Promotion and Exercise for Older Adults

Health Promotion and Exercise for Older Adults is a practical tool for the rehabilitation specialist who would like to plan a health promotion program for older adults. The goal of this course is to teach the rehabilitation professional how to begin, teach, and follow-up on a community based exercise program for older adults.

The manual is divided into three sections: Part I, "Getting Started"; Part II, "Classes"; and Part III, "Special Considerations, Program Evaluation, and Follow-Up." Each of these sections contains easy to follow recommendations for planning, implementing, and conducting program evaluation on an older adult health promotion program. Part II, "Classes", contains 27 concise chapters, each on a different class topic. All of these chapters include a lecture/discussion for each class, specific exercises for each class, and a handout to give class participants for each class.

This home study course is presented in a style and with terminology that can be directly used in all facets of a health promotion program for older adults.

Improving Mobility in Older Persons with Functional Assessment and Treatment

Improving mobility in the older person is designed for the rehabilitation specialist who has focused their career on treating the growing geriatric population. The goal of this course is to assist the therapist in using structured methods of examining the tasks of functional mobility, breaking down the components of movement, and implementing the appropriate treatment where the specific patient deficits are noted.

The information for completing the examination is broken down into sections specific to improving mobility of the older person. Each section is part of a continuum to assist in designing a systematic approach to rehabilitation. There are functional testing tools provided to allow for standardized diagnostic measures to implement into your evaluation. These testing tools provide information regarding the patient's safety and level of function, and allow you to monitor the patients' progress. After this course you will be able to appropriately evaluate the limitations in function of the older adult and design an implement the most beneficial treatments. You will also have the tools to monitor your patient's progress by using functional and valid tools of measurement.