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Home Health Rehabilitation

2012

Memphis, TN
March 24-25

Kansas City, MO
April 21-22

Houston, TX
May 19-20

Lansing, MI
September 29-30

Pittsburgh, PA
October 6-7

Davenport, IA
November 3-4

Orem, UT
(Provo, UT Area)
Nov. 30-Dec.1

*This innovative and high
tech presentation includes:*

- *an extensive handout*
- *home exercise programs*
- *evidence based treatment interventions*
- *fall intervention program*
- *home assessment tools and modifications*



Dr. Carol Schunk
PT, PsyD



Great Books



QTY TOTAL

The Functional Toolbox: Clinical Measures of Functional Outcomes . \$89

Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.

The Functional Toolbox II \$89

Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. **Functional Toolbox I and II special: \$159.00**

Geriatric Clinical Strategies \$70

Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.

Age-Defying Fitness \$20

Moffat/Lewis, This cutting edge fitness book identifies five domains of physical performance: posture, strength, flexibility, balance and endurance, and explains the age-related changes that occur within the body in each of these domains. The authors also teach readers how to make accurate baseline assessments of their own bodies and how to develop a fitness program to meet their individual needs and body types. Easy-to-follow descriptions of exercises are included.

Documenting Quality Care \$39

Lewis, revised 2011. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.

Health Promotion and Exercise for Older Adults . . . \$48

Lewis, Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.

Improving Mobility In Older Persons \$48

Lewis, The perfect handbook for therapists in a skilled nursing facility or acute care. This book has evaluation and treatment ideas for patients working on bed mobility to gait.

Balance Assessment Tests and Treatment \$49

Lewis, Video assessment and treatment cards. Tinetti, Functional Reach and Unilateral Stance demonstrated. Great treatment strategies that save time.

Orthopedic Outcomes Toolbox \$67

Lewis/Wilke/Wright, A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.

Hand-Held Dynamometry \$25

McAndrew/Lewis, Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations

1 Repetition Maximum Progression Pad \$12

This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression

Slide Algometer \$6

An easy-to-use, reliable and valid measurement tool for assessing pain.

Pocket Card 1 Repetition Maximum \$6

This valuable tool has 1RM values at 50% and 80% already figured out for you

Pocket Card Bed Mobility \$6

This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.

Pocket Card Sit to Stand Transfer \$6

This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, & 100% of rise

Osteoporosis Exercise Booklet \$6

Self Balance Hints for Older Persons Booklet \$6

AB Attack \$20

A comprehensive exercise DVD designed to strengthen and stabilize all muscles of the torso. Irish Muse instructor

Prices include shipping via USPS (media mail) MD residents add 5% sales tax. and handling within the continental U.S. TOTAL _____

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Program Outline

Day 1

7:30-8:00 Registration and Continental Breakfast

8:00-8:30 The Beauty and Uniqueness of Home Health

8:30-10:00 Assessment Models and Assessment Tools

- Functional
- Balance
- Falls
- Gait
- Cognition

10:00-10:15 Break

10:15-12:15 Treatment Strategies

- CVA
- Dementia
- Parkinson's Disease
- Joint Replacement

12:15-1:15 Lunch (working lunch- on your own) Case Studies, Group Discussion

1:15-3:30 Falls and Balance

3:30-3:45 Break

3:45-6:00 Documentation

6:00-6:30 Questions and Answers

6:30 Adjourn

Day 2

7:30-8:00 Continental Breakfast

8:00-9:00 Family Caregiver Dynamics

9:00-10:00 Environmental Challenges

10:00-10:15 Break

10:15-12:15 Psychological Issues

- Motivation
- Confidence Levels
- Compliance
- Difficult Patients

12:15-1:15 Lunch (working lunch- on your own) Case Studies, Group Discussion

1:15-2:45 OASIS / Reimbursement

2:45-3:00 Break

3:00-4:00 Professional Issues

4:00-6:00 Case Studies

6:00-6:30 Questions and Answers

6:30 Adjourn

Faculty

Carol Schunk, PT PsyD, has worked in the home health environment throughout her physical therapy career. Even during her 8 years as an Assistant Professor of Physical Therapy at Pacific University, Dr Schunk was an advocate for home health initiating a unique program in which all physical therapy students, no matter their interest, had a home health experience. Currently she lives in Bend, Oregon and works as a home health and hospice therapist for PT on Call. Besides being part of the home health rehab team she has assisted with the implementation of a Falls Intervention Program and participated in promotional activities including speaking and writing about home health. For 8 years Dr. Schunk edited GeriNotes, an APTA Section on Geriatrics publication distributed bi-monthly to 4,000 Section members. She recently recorded an audio course for GREAT Seminars for home health physical therapists; "Rehab Roadie: Ride and Learn."

Dr. Schunk received her bachelor's degree in physical therapy from the University of Colorado, a Masters in Health Administration and Education from San Francisco State University and a professional doctoral degree in Clinical Psychology from Pacific University. She has lectured nationally on topics including Motivation and Compliance, Medicare and Managed Care, Outcomes, Treatment Guidelines, Documentation and Ethics. She is the Co-Editor of *Clinical Practice Guidelines, Examination and Intervention for Rehabilitation* in addition to over 35 published articles and book chapters. Dr Schunk served as a Director of the American Physical Therapy Association and on the Board of Directors for APTA Geriatric, Education and Private Practice Sections. She has been on many APTA committees and task forces including the Judicial and Ethics Committee and Committee on Member Benefits and Risk Management. Dr Schunk recently was the recipient of the 2007 Joan Mills Award for outstanding service to the APTA Section on Geriatrics and the 2008 APTA Lucy Blair Service Award and the 2011 APTA Section on Geriatrics President's Award.

Description

Home health is a unique physical therapy practice setting. Not only are there clinical issues but being in the patient's home environment makes the delivery of service very different than an outpatient or inpatient facility. 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. Given the changes in the population and the trend to keep older adults independent in their home the information presented in this seminar will facilitate therapists intervention in this multi-factorial often complex treatment environment known as home health.

Objectives

Upon Completion of this Seminar, Participants will be able to:

- Summarize the greatest challenges in the homecare environment.
- Critique the most effective reliable and valid measures for evaluating patients in the home
- Identify fall risk factors and develop intervention techniques.
- Choose from numerous treatment strategies for rehabilitation conditions seen in the home
- Design and develop a marketing program for a Falls Intervention Program
- Analyze family / caregiver dynamics in relation to therapeutic outcomes
- Apply the concepts of motivation, compliance and confidence levels to influence patient progress
- List functional / balance assessment tools suitable for the home environment
- Categorize environmental challenges in the home using home assessment tools
- Describe home modifications and adaptive equipment to facilitate functional independence in the home
- Connect aspects of risk and ethics applicable to home health
- Develop home exercise programs adaptable for the home for common orthopedic and neurological conditions
- Critique OASIS in relation to rehab and outcomes
- Identify effective and efficient "Dos" and Don'ts" for documentation

Locations

Host: Methodist
Alliance Home Care
Location: Methodist
University Hospital
Memphis, TN
March 24-25, 2012

Host: Memorial
Hermann Home Health
Location: Memorial Hermann
Memorial City Medical Center
Houston, TX
May 19-20, 2012

Host: West Penn
Allegheny Home Care
Location: The Western
Pennsylvania Hospital
Pittsburgh, PA
October 6-7, 2012

First Choice Home
Health & Hospice
Orem, UT
Nov. 30- Dec. 1, 2012

Host: North Kansas City
Hospital - Home Health
Location: North Kansas
City Hospital
North Kansas City, MO
April 21-22, 2012

Host: McLaren Visiting
Nurse and Hospice
Location: Ingham
Regional Medical Center -
Greenlawn Campus
Lansing, MI
September 29-30, 2012

Host: Genesis Health System
Location: Genesis Medical
Center East Campus - Heart
Institute, Adler Center
Davenport, IA
November 3-4, 2012

Registration

AUDIENCE: Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

LEVEL: This course is at an intermediate level.

LEE: The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

- Memphis, TN** - \$495. If postmarked before 2/29/12
- Kansas City, MO** - \$495. If postmarked before 3/28/12
- Houston, TX** - \$495. If postmarked before 4/25/12
- Lansing, MI** - \$495. If postmarked before 9/5/12
- Pittsburgh, PA** - \$495. If postmarked before 9/12/12
- Davenport, IA** - \$495. If postmarked before 10/10/12
- Orem, UT** - \$495. If postmarked before 11/7/12

LATE REGISTRATION: Postmarked after the above date requires an additional **\$50 late fee.**

EARLY BIRD: \$470 - If completed registration and payment are **received** by

- Memphis, TN** - February 8, 2012
- Kansas City, MO** - February 15, 2012
- Houston, TX** - March 7, 2012
- Lansing, MI** - July 18, 2012
- Pittsburgh, PA** - July 25, 2012
- Davenport, IA** - August 22, 2012
- Orem, UT** - September 19, 2012

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2012 Home Health Rehabilitation

YES! Please register me for: Memphis, TN - March 24-25 Kansas City, MO - April 21-22 Houston, TX - May 19-20 Lansing, MI - September 29-30 Pittsburgh, PA - October 6-7 Davenport, IA - November 3-4 Orem, UT - Nov. 30 - Dec. 1 PT • PTA • OT • COTA • Other

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