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*Join
us in a lively,
fun and evidence based
journey to learn how to
progress your frail older patients
in any setting.*

Rehabilitation for the Frail Elderly

2012

Edgewood, KY
April 21-22

Idaho Falls, ID
May 19-20

Fort Worth, TX
July 21-22

Freehold, NJ
December 1-2



This innovative and multi-dimensional high tech presentation includes:

- A 300+ page handout
- Hundreds of current medical references
- Ready to use
 - Detailed Evaluation Tools
 - Treatment Techniques
 - Exercise Programs
 - Reliable and Valid Outcome Measures



Bob Thomas
MS, PT



Great Books

Check the Website for Special Prices!

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 **UPDATED** \$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 **UPDATED** \$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. Trish Muse instructor

Prices include shipping via USPS (media mail) MD residents add 5% sales tax. _____
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Program Schedule

Day 1

7:30 – 8:00 Registration and Continental Breakfast

8:00 - 9:00

Overview of the Frail Elderly

- Models and Theory of Frailty, Age associated Changes in the Frail Elderly
- Assessment Tools for the frail older person
 - Psychometric Properties
 - Self-Care Assessment Tools (Barthel, Physical Performance Test)

9:00 – 10:00

Pathologies of the Frail Elderly

- Coronary Artery Disease, CHF, Hypertension
- Intervention strategies

10:00 - 10:15

BREAK

10:15 - 12:00

Pathologies of the Frail Elderly

- Assessment and Intervention: HR Max/Reserve, Six Minute Walk Test, RPE, Seated Step Test
- Stroke (Unilateral Neglect and Current Research)

12:00 - 1:00

WORKING LUNCH (on your own) Case Studies, Group Discussion

1:00 - 3:00

Pathologies of the Frail Elderly

- Parkinson's Disease, Assessment and Treatment

3:00 - 3:15

BREAK

3:15 – 5:15

Pathologies of the Frail Elderly

- Dementia/Alzheimer's Disease (Assessment and Treatment Intervention)

5:15 – 6:00

Pathologies of the Frail Elderly

- Generalized Weakness (COPD, Diabetes and Urinary Incontinence)
- Exercise Considerations

6:00 – 6:30

Questions & Answers

Day 2

7:30 – 8:00

Continental Breakfast

8:00 – 10:00

Pharmacologic Management

- Pharmacological Principles for Identifying Drug Reactions Drug Receptors and Actions Cardiovascular and Psychotropic Drugs

10:00 – 10:15

BREAK

10:15 – 12:00

Functional Mobility (Research, Evaluation and Treatment strategies)

- Gait and Functional Mobility Assessments (Posture, Pre-Gait, Gait Speed, Tinetti, DGI, FGA)
- Treatment Intervention

12:00 - 1:00

WORKING LUNCH (on your own) Case Studies, Group Discussion

1:00 – 2:00

Functional Mobility

 (continued)

2:00 – 3:30

Balance, Fall Prevention and Recovery (Research, Evaluation and Treatment strategies)

- Balance Assessments (Multidirectional Reach, Berg, TUG, CTSIB, OLST, FAB and others)
- Treatment Intervention

3:30 - 3:45

BREAK

3:45 - 4:30

Balance, Fall Prevention and Recovery (continued)

4:30 – 6:00

Strength and Contractures (Research, Evaluation and Treatment strategies)

- Exercise Considerations and Principles

6:00 – 6:30

Questions & Answers

Faculty

Bob Thomas, P.T., M.S., received his B.S. from Eastern University in Pennsylvania and his M.S. in physical therapy from Pacific University in Forest Grove, Oregon. He is a geriatric physical therapist and the president of Infinity Rehab, Merit Rehab and Therapy Solutions, providers of health and rehabilitative services to skilled subacute and long term care facilities, community based care facilities, hospitals, outpatient clinics and schools settings in seven states.

Throughout his career, he has practiced in both clinical and administrative roles. In addition, he is an adjunct professor at Pacific University's department of Physical Therapy teaching two courses in the DPT program. Mr. Thomas has served in various board positions for the Oregon Physical Therapy Association, the Oregon Gerontological Association, and the National Association of Rehab Providers and Agencies.

He has lectured nationally on various topics related to the frail, older person and has authored and contributed to over 130 articles in publications such as Clinics in Family Practice, Issues on Aging, Gerinotes, Topics in Geriatric Rehabilitation and Advance. He has been the subacute and long term care columnist for Advance for Physical Therapists and Physical Therapist Assistants since 1999 and has authored a chapter on the frail, institutionalized elderly in CB Lewis' Aging: The Health Care Challenge (4th edition). He most recently completed a monograph for the APTA Sections on Geriatrics' home study series entitled Reimbursement Issues in Healthcare: Understanding the Medicare and Medicaid System published in 2008.

Description

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 all healthcare settings. Topics for discussion include problems associated with frailty, medical and cognitive pathologies, rehabilitative examination, intervention and exercise strategies, and pharmacological management. Over 25 specific and simple evaluation tools for the frail elderly and treatment protocols for problems of gait, balance, strengthening, flexibility, contractures and endurance will be presented. Strategies for effective 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 specialized settings. This is an important seminar because the frail elderly continue to be a fast growing segment of the geriatric population.

Locations

Host: St. Elizabeth Healthcare
Location: St. Elizabeth
Hospital Edgewood
Edgewood, KY
April 21-22, 2012

Eastern Idaho
Regional Medical Center
Idaho Falls, ID
May 19-20, 2012

Host: Innovative Senior Care
Location: Broadway Plaza
Cityview
Fort Worth, TX
July 21-22, 2012

Applewood Estates
Life Care Community
Freehold, NJ
December 1-2, 2012

Objectives

Upon completion of this course, the participant will be able to:

1. Cite research related to the concept of the "frail elderly" including "rules" based and "impairment based definitions, current models of frailty and use of evidence based evaluation tools for the disabled and frail population including psychometric properties.
2. List and understand predictors and consequences of institutionalization including bed rest, immobility, dehydration and malnutrition and associated prevention and treatment interventions.
3. Apply the concepts of endurance training including heart rate max/reserve, VO₂max/reserve and metabolic equivalents for treatment of frail elderly patients with cardiovascular disease (CAD, CHF and HTN) and pulmonary disease such as COPD. Assess patients with cardiovascular disease using functional assessment tools (i.e. seated step test, 6MWT etc.)
4. Identify and treat the residual impact of stroke including unilateral neglect
5. Describe the functional impairment of the frail older person with Parkinson's disease and apply specific evaluation and therapeutic techniques including cueing, rehearsal, and balance exercises to improve task performance.
6. Identify problems for treatment of frail elderly patients with generalized weakness due to diabetes and urinary incontinence.
7. Discuss stages and theories of dementia (including Alzheimer's disease). Apply the concepts of feedback and the rehabilitation of attention, memory, and awareness in the treatment of frail patients with dementia.
8. Define pharmacological management and adverse reactions of major medication groups with a focus on cardiovascular and psychotropic drugs. Apply learned principles in a case study.
9. Use evidence based assessment tools and apply evidence based treatment techniques related to posture, velocity, lower extremity strength, pre-gait and mobility activities to improve gait in the frail older population. Apply functional tests such as the Dynamic GaitIndex.
10. Use sensory testing and training, static and dynamic balance tests, lower extremity strategies, adaptation strategies and functional assessment tools to evaluate, treat and improve balance in the frail elderly. Review Minimal Detectable Change values for various tests.
11. Design comprehensive strength and range of motion programs using evidence based principles and apply exercise strategies (i.e. one repetition max) to the frail older population. Implement assessment tools such as timed stand tests, stretching and neurofacilitation to evaluate and improve strength and contractures.

Feedback From Past Course Participants

"Bob has an amazing knowledge base."

"The best course I've ever taken!"

"I was so impressed with how the speaker was able to keep my attention for two days. Who would think that institutional care could be so interesting."

"It is obvious that Bob Thomas has worked under PPS well before the rest of the country did. His insights and treatments are far superior to any that I have ever seen in another course."

"Bob Thomas really knows how to put current, clinical, medical information into useful daily practice. As a therapist working in an institution I am so impressed with the information that I learned in this class. It is so much more useful than any other class I have ever been to."

"This is truly another GREAT seminar. Robert Thomas has dedicated his career to the treatment of the frail elderly. This seminar contains tremendous amounts of evaluation and treatment information that can be put into practice immediately."

– Carole B. Lewis, PT, DPT, GTC, GCS, CCOEE, MSG, MPA, PhD, FAPTA

