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2639 Revere Drive
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Rehabilitation of Persons with Common Medical Pathologies

Providing Optimum Care for Patients with MI/CHF,
COPD, Diabetes, Renal failure, Obesity, Peripheral
Arterial Disease and Deep Venous Thrombosis



Dr. Steven H. Tepper
PhD, PT, FAPTA

2018

Birmingham, AL
July 21-22

Fremont, CA
(San Jose, CA Area)
August 11-12

Newark, DE
September 15-16

This 20 contact hour high tech presentation includes:

- **A 150+ page handout**
- **Over 200 current medical references**
- **Ready to use**
 - reliable and valid examination and **outcome measures**
 - evidence based **treatment techniques**
 - thorough review of these pathologies and **current medical treatment options**



Faculty

Dr. Tepper directs the transitional DPT program at University of Montana. He is an adjunct professor with the University of Delaware, University of Maryland, George Washington University, The Ohio State University and other programs. He is also the President of Rehab Essentials, Inc. Dr. Tepper received his BS in Physical Therapy and a PhD in Experimental Pathology from the University of Maryland. He taught at the University of Maryland for 12 years and then spent 13 years at Shenandoah University where he was a professor and Director of the entry-level and transitional DPT programs. His fields of experience include an interest in endurance testing, differential diagnosis of endurance impairments, and the effects that exercise training have on disease or the prevention of disease. He has authored several chapters and peer reviewed journal articles on various topics. His professional highlights include President of the Cardiovascular and Pulmonary Section of the APTA, Task Force Member on Clinical Practice Guidelines III for the APTA, recipient of the Cardiopulmonary Sections Linda Crane Merit Award, University of Maryland Alumnus of the Year 2003, and Robert C. Bartlett Award for Innovation in Fundraising from the Foundation for Physical Therapy, 2005. In 2016 Dr. Tepper was named a Catherine Worthingham Fellow of the APTA and received the Charles M. Magistro Distinguished Service Award from the Foundation for PT. Dr. Tepper has a passion for teaching and has delicious friends.

Description

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 as well.

Locations

The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

Host: Brookwood Baptist Medical Center

Location: Brookwood Baptist Health Women's Classroom 1st Floor
Birmingham, AL

July 21-22, 2018

Washington West (Across from Washington Hospital)

Fremont, CA (17 miles north of San Jose, off I-880)

August 11-12, 2018

Host: Christiana Care Rehabilitation Services

Location: Christiana Hospital - John H. Ammon Center
Newark, DE

September 15-16, 2018

Objectives

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

- Explain in lay terms and to other health professionals the common medical pathologies of myocardial infarction, congestive heart failure, chronic obstructive pulmonary disease, diabetes, renal failure, obesity, peripheral arterial disease and deep venous thrombosis.
- Perform clinical examination to assess level of impairment in patients with these medical disorders. Included in this assessment will be signs/symptoms of cardiac compromise, heart rate and blood pressure alteration, basic pulmonary function testing, O₂ saturation, body mass index for determination of level of obesity, ankle brachial index and utilization of clinical scales for assessment of probability of deep venous thrombosis.
- Based on examination/evaluation and literature evidence propose best possible treatment options for the cases given.
- Justify the significance of contraindications for activity/exercise and signs/symptoms of activity/exercise intolerance. Determine when referral to another health professional is warranted.

Feedback From Past Course Participants

"Great presenter!!! Thank you!!! I will I will be a better PT."

"Can't wait to put all this new information into action."

"This was a wonderful course and Dr. Tepper is a great teacher - fun, entertaining and so informative."

"Dr. Tepper has a real gift for imparting an amazing amount of info in a very down to earth way. He respects the professionalism, knowledge and experience of his audience. He answers questions and repeats info in a way that helps people really "get" it. He instills confidence that we can do this and really make a difference."

"This was an EXCELLENT COURSE! Very informative and entertaining. This will be highly recommended to all PT's/OT's that I know!!!"

"I want to thank Dr. Tepper for waking me up to my own health issues and I will follow through! Not even my doctor came close to giving me the knowledge I needed to open my eyes."

"By far the best seminar I've attended. Dr. Tepper is great."

"Wonderful course! Excellent teaching, relevant to clinicians in various areas of care. Will apply course material to my patients tomorrow."

"I have been doing physical therapy for 38 years and I don't know when I've enjoyed and got more out important information from a course. Thank you."

"This was my first CEU course and I will be looking into taking more from GREAT next year! Thank you for a "GREAT" experience!"

"Thank you for pushing our profession, pushing to the level for the best interest of the clients. Thanks for adding passion back into the profession and to my meaning of being a therapist."

Very engaging....funny but gets his point across. Got a lot of info that I can put to use on Monday."

"Excellent AV. Dynamic speaker - entertaining, interactive, very interesting, easy to understand, loved to hear about current research and useful websites."

"First time I remember presenter fully supporting each decision/event with peer reviewed literature"

I believe that this is the best course I've ever taken. Dr. Tepper has a broad knowledge and is great at explaining ideas in a clear manner. Many of the concepts had a practical side.

"Dr. Tepper is AWESOME! I think I want to follow all of his classes as though he were Mick Jagger & me a Rolling Stones fan."

Program Outline

DAY 1

Pathologies Examination and Interventions

7:30	Registration and Continental Breakfast
8:00	Introduction and Basic Underpinnings of Course
9:00	Examinations and Interventions for Myocardial Infarction
10:00	Break
10:15	Examinations and Interventions for Congestive Heart Failure and Chronic Pulmonary Disease
12:30	Lunch (working lunch - on your own) Case Studies, Group Discussion
1:30	Examinations and Interventions for Diabetes and Renal Failure
3:15	Break
3:30	Examinations and Interventions for Obesity and Peripheral Arterial Disease and Deep Vein Thrombosis
6:00	Questions and Answers
6:30	Adjourn

DAY 2

Monitoring and Progressing Rehabilitation Programs

7:30	Continental Breakfast
8:00	Contraindications to activity and exercise; Signs/symptoms of activity and exercise intolerance
10:00	Break
10:15	Common endurance tests
12:30	Lunch (working lunch - on your own) Case Studies, Group Discussion
1:30	Case Studies - Differentiation of neural vs. vascular claudication, obese individual who wishes to lower her risk of CAD, a patient with end stage CHF
3:15	Break
3:30	Case Studies - A patient with end stage COPD, 89 year old who wishes to improve her fitness
5:30	Questions, Concerns, Conclusions
6:30	Adjourn

Great Books



QTY TOTAL

The Functional Toolbox: Clinical Measures of Functional Outcomes . . . \$89	
<small>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.</small>	
The Functional Toolbox II \$89	
<small>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</small>	
Geriatric Clinical Strategies \$89	
<small>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.</small>	
Age-Defying Fitness \$20	
<small>Lewis/Moffat NEW! Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.</small>	
Documenting Quality Care UPDATED \$39	
<small>Lewis. 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.</small>	
Health Promotion and Exercise for Older Adults . . . \$48	
<small>Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.</small>	
Improving Mobility In Older Persons UPDATED . . . \$48	
<small>Lewis. The perfect handbook for therapists in most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.</small>	
Prevention and Wellness Toolkit \$69	
<small>Lewis/Ledbetter NEW! This kit is three books in one: The Prevention and Wellness Toolbox, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.</small>	
Orthopedic Outcomes Toolbox \$69	
<small>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.</small>	
Hand-Held Dynamometry \$25	
<small>Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations</small>	
1 Repetition Maximum Progression Pad \$12	
<small>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</small>	
Pocket Card 1 Repetition Maximum \$6	
<small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>	
Pocket Card Bed Mobility \$6	
<small>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.</small>	
Pocket Card Sit to Stand Transfer \$6	
<small>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</small>	
Osteoporosis Exercise Booklet \$6	
Self Balance Hints for Older Persons Booklet \$6	
Pilates for Seniors DVD <small>The Osteoporosis Workout, Instructor Sherri Betz</small> . . \$20	

Prices include shipping via USPS (media mail) and handling within the continental U.S. Sub-Total _____
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2018 Rehabilitation of Persons with Common Medical Pathologies

YES! Please register me for:

Birmingham, AL - July 21-22

Fremont, CA - August 11-12

Newark, DE - September 15-16

PT • PTA • OT • COTA • Other _____

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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.

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

Birmingham, AL – \$495. If postmarked before 6/27/18
Fremont, CA – \$495. If postmarked before 7/18/18
Newark, DE – \$495. If postmarked before 8/22/18

LATE REGISTRATION: Postmarked after the above date requires an additional \$25 late fee.

EARLY BIRD: \$470 - If completed registration and payment are received by
Birmingham, AL – May 23, 2018
Fremont, CA– June 13, 2018
Newark, DE – July 18, 2018

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books on-site course** attended from 2000 to the present up to a maximum of \$200. In order to receive a discount, a copy of each course certificate must accompany registration form. No discounts will be taken once registration is completed.

CONFIRMATION: A confirmation letter will be sent via email at least 3 weeks prior to the course with local hotels and information. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

CANCELLATION/REFUND POLICY: Cancellations must be received in writing at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. NO refunds will be made after this date.

COURSE CANCELLATION: GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

EDUCATIONAL CREDIT: A certificate of attendance for 20 contact hours of educational activity (20 CEUs or 2.0 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrants upon completion of the seminar. Great Seminars and Books is an Approved CE Provider for PTs and PTAs in DC, NY, KY, IL, NC and TX. Approved in PA, MD, OK, CA, MS, UT, ID, SC and AR for 20 Clinical Contact Hours. Our courses also meet the guidelines for approval in WY, AL, IN, VA, AZ, DE, NH, OR, RI, UT and MO. Courses are accepted for CEU's in NE, ID, MT, WA, CT, IA, and ND. If you do not see your state listed, please give our office a call. GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363. This course is not approved by ASHA or Board of Certification. Your tuition is tax deductible. All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Coughlin vs. Commissioner, 203 F2d 307.

COLORADO PHYSICAL THERAPISTS: The Colorado PT Board/Continuing Competency Program does not "approve" continuing education courses. A licensed PT will be responsible for achieving 30 points from the Professional Development Activities List (20 of these points must be Category I activities). Please visit the Colorado PT Board website at www.dora.colorado.gov/professions/physicaltherapistcc. Once on that page, click on "Program Manual and Other Resources" on the left tab. The Program Manual will explain the program in detail. The manual also provides criteria for acceptable activities.

LOST CERTIFICATES: Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

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