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Comprehensive Rehabilitation Strategies for the Geriatric Patient



Doug Dillon
PT, GTC, CSST



GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training

2639 Revere Drive
Akron, Ohio 44333-2311

2018

Allentown, PA
April 21-22

Madison, WI
December 1-2

This **20 contact hour**
high tech presentation
includes:

- An **extensive handout**
with references
- Evidence-based
interventions
- Reliable and valid
outcome measures
- **Documentation** hints

 **GSB**
GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training

Faculty

Doug Dillon, PT, GTC Graduated with a BA from California State University Long Beach with emphasis on Athletic Training in 1987. He completed his BS in Physical Therapy from Langston University Oklahoma with honors in 1989. Doug was the first athletic trainer for Langston University.

After graduation he was invited to and worked for the Olympic training Center in Colorado Springs and as an outpatient therapist. In 1992 he joined with Great Seminars as seminar coordinator/lab assistant and mentored under Dr. Carole Lewis. He has co authored multiple articles with Dr. Lewis.

Doug has had an extensive background in geriatrics and has been Regional Manager for northern California for 11 skilled nursing facilities. He has been a supervisor for inpatient acute hospital rehabilitation department, director for skilled nursing facilities and an instructor in Kinesiology for DeAnza College's Physical Therapy Assistant program. He is a reviewer of Medicare documentation and a expert witness for the California State Physical Therapy Board. In 1999 he was inducted into Who's Who International. In 2004 he received his Geriatric Training Certification (GTC). In 2008 he received his (C.S.S.T.)- Certified Senior Strength Trainer. In 2011 he was asked to join the Scientific Advisory Board for GlydeCycle.

Description

Rehabilitation for older persons is changing rapidly. Payment changes make it more challenging to deliver quality care to the rehabilitatively and medically complex older patient. New advances in treatment techniques, research on efficacy and outcomes make it imperative for the practicing clinician to gather as much proven clinical information as possible. 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 guides you through the most recent research, 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 for that can be implemented immediately. The extensive handout, which is over 300 pages with 6,000 current medical references, will provide detailed evaluation forms, outcome measures, suggested protocols, sample home exercises and progressions. The material presented provides a thorough approach to therapeutic strategies and goals, thereby preparing therapists to design and implement highly skilled rehabilitation programs for older persons.

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.

Phoebe Allentown
Allentown, PA
April 21-22, 2018

Oak Park Place
Madison, WI
December 1-2, 2018

Objectives

Upon completion of this seminar, participants will be able to:

1. Define the role of the geriatric specialist.
2. Provide statistics on the growth of older persons in America.
3. Discuss theories of aging.
4. Differentiate various medical problems in the older patient.
5. Interpret lab values for changes of pathology specific to the elderly.
6. Demonstrate treatment techniques and how they can be modified for the elderly.
7. Use the tenets of adult learning models to develop programs that will be effective in the rehabilitation of older persons.
8. Discuss the pros and cons of utilizing published protocols with elderly patients.
9. Prescribe appropriate exercises based on differential diagnoses.
10. Integrate information of differential diagnoses for monitoring exercise programs.
11. Evaluate the most complicated older persons using standardized functional assessment tools.
12. Develop and justify comprehensive plans and treatment programs for complicated older patients.

Feedback From Past Course Participants

"Thank you so much for the effort, experience, content and the humor that was put into your presentation. Sadly, it is one of the first continuing education courses that I felt I got my money's worth... my brain hurts and my mind will not stop exploring how I can use all the references and resources to support my facility."

"The lecturer are unbelievably well-read. He relates every current piece of published medical research relevant to the topic and to the profession."

"Best course I have ever taken."

"The lecturer spoiled me for other courses."

"I can't believe all the information packed into a course."

"Well worth the price."

"The handout alone is worth the price."

"I never had so much fun learning so much information."

"The high tech extras really help keep my attention every minute."

"The wealth of scientific information and the lecturer's ability to make it clinically and immediately useful is extraordinary."

"I will highly recommend this course to everyone."

"This course has opened my eyes to what is going on right now. I am glad that I attended this course. I would recommend it highly to my co-workers."

"It was a lot of information packed into 2 days. Great content and delivery of material."

"Doug is a great speaker. Thanks for motivating me to be a better therapist."

Program Outline

Day 1

- 7:30 AM Registration and Continental Breakfast
- 8:00 AM **The Role of the Geriatric Expert**
What Makes You Special; Why You are Important
- The Graying of America; How We Can Best Reach Older Patients - Adult Learning Theory and Motivation
- 10:00 AM Break
- 10:15 AM **What's New - Interpreting Geriatric Research for Rehabilitation**
The Latest in Geriatric Rehabilitation; Protocols for TKA, THA, Gait Instability, Lumbar Stenosis, Vertebral Compression Fractures, Decline in Function
- 12:00 PM Working Lunch (*on your own*)
Discuss use of Evidence Based Medicine in your clinical setting.
Discuss finding research articles and how to share them with staff.
- 1:00 PM **Medically Complex Patients - Interpreting Lab Values & Medical Pathologies**
- 3:15 PM Break
- 3:30 PM **The Treatment Implications of Working with Multiple Diagnoses**
Anemia, Clotting Abnormalities, Musculoskeletal, Neurological, Hepatic, Renal, Metabolic, Diabetes, Cancer, Obesity, Cardiopulmonary, Gastrointestinal, and Connective Tissue Disorders
- 6:00 PM Questions and Answers
- 6:30 PM Adjourn

Day 2

- 7:30 AM Continental Breakfast
- 8:00 AM **Rehabilitation Evaluation of the Complicated Geriatric Patient**
What's Good, What's Not.
Functional Tools - The Great Ones
Tools for Frail Patients
- 10:00 AM Break
- 10:15 AM **Tools for Special Patients (Alzheimer's, Depressed)**
Minimum Documentation Criteria for Assessing Older Patients: Case Studies
- 12:15 PM Working Lunch (*on your own*)
Design a perfect evaluation for the medically complex geriatric patient
- 1:15 PM **Creative and Exciting Means of Treating the Complicated Geriatric Patient**
Using What We Got in New Ways - How Modalities, Exercise, Neuromuscular re-ed, Gait Training, and Home Exercise Programs Differ for Older Complex Patients
- 3:00 PM Break
- 3:15 PM **Treatment Ideas for Special Patients and Problems (Alzheimer's, Depressed, Frail)**
Evidence Based Treatment Strategies for Flexibility, Strength, Gait and Balance Deficits and Activity of Daily Living Deficits
- 6:00 PM Questions and Answers
- 6:30 PM Adjourn

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 \$89

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

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.

Documenting Quality Care **UPDATED** \$39

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.

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 most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.

Prevention and Wellness Toolkit \$69

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.

Orthopedic Outcomes Toolbox \$69

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

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

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

Pilates for Seniors DVD The Osteoporosis Workout, Instructor Sherri Betz . . \$20

Prices include shipping via USPS (media mail) and handling within the continental U.S.

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2018 Registration - Comprehensive Rehabilitation Strategies

YES! Please register me for:

Allentown, PA - April 21-22

Madison, WI - December 1-2

PT • PTA • OT • COTA • Other

Name _____ Work Telephone (____) _____ Home Telephone (____) _____

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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.

Allentown, PA - \$495. If postmarked before 3/28/18

Madison, WI - \$495. If postmarked before 11/7/18

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

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

Allentown, PA - February 21, 2018

Madison, WI - October 3, 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 for PTs and PTAs in NJ, MN, WI, AR, MD, ID, CA, NM, and PA for 20 Clinical Contact Hours. Have applied for approval in OK. Our courses also meet the guidelines for approval in MI, IN, WI, WV, 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.

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.

5 Easy Ways to Register

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