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PUTTING IT ALL TOGETHER:

Effective Interventions



Linda McAllister
PT, DPT, GCS, GTC,
CEEAA, CEAGN



GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training

This 20 CONTACT HOUR innovative seminar is highly interactive and focused on practical applications for the clinic. The unique participatory/workshop format is backed by research as an effective tool to improve professional practice.

2019
Portland, OR
March 9-10

Faculty

Linda McAllister, PT, DPT, GCS, GTC, CEAGN, has been a physical therapist since 1985. Linda received a Bachelor of Arts degree in Sociology from North Park University in Chicago IL, a Bachelor of Science in Physical Therapy from Northwestern University, and a Doctorate in Physical Therapy with distinction from Arcadia University in Glenside, PA. Linda has worked in diverse settings, including 2 years in a remote village hospital in the former Republic of Zaire in Central Africa. She has focused her work exclusively in Geriatrics since 2000, practicing in the settings of home health, assisted living, and skilled nursing. In addition to achieving APTA board certification as a specialist in geriatrics, Linda has earned multiple additional geriatric specialist credentials. She is active in fall prevention efforts in the community and currently serves as the coordinator of the Geriatric Training Certification for GREAT seminars. Linda has a passion for excellence in working with older patients, combined with a love of learning and diverse experience. She is currently employed with Life Care Centers in Kirkland, WA and practices in outpatient clinics located on site in assisted living facilities.

Description

Those who work with older adults know beyond the shadow of a doubt—these patients require expert care. Fall risk, complex co-morbidities, frailty, long lists of medications and lower levels of function create challenging cases that are anything but simple. This seminar is designed to enable the physical therapist to approach individual patients with a new paradigm, taking into consideration their conditions, prioritizing problems, and applying the most recent evidence based interventions. Many courses focus on just one aspect of geriatric treatment; this one is designed to put multiple needed components together.

Going beyond a traditional format, this seminar emphasizes interactive group work and discussion. Extended working time will be provided for participants to delve into multiple case scenarios and complex case studies which will accurately represent the challenging older patients we see every day. Participants will utilize online databases, as well as the manual provided, to find, appraise, and apply research to cases. Intervention options will be discussed for a broad gamut of conditions commonly seen in the older adult, including neurologic, orthopedic, concurrent medical diagnoses, and fall risk. Presentation of normative data and recent research regarding functional tools will improve participants' ability to apply these tools and write highly skilled goals. The handout, which includes summaries of research articles for multiple diagnoses, medical references, diagnoses-based norms, and functional measures, is specially organized to serve as a working reference for the clinic.

Objectives

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

1. Describe complexities of treating the geriatric population.
2. Differentiate types of research, become proficient in searching online databases and appraising evidence in the literature for application in the clinic.
3. Demonstrate a working knowledge of current research studies applicable to therapy for a broad gamut of patient diagnoses.
4. Describe medical complicating factors for geriatric cases and their impact on treatment planning.
5. Design individualized, comprehensive rehab programs for complex geriatric patients in case analysis format.
6. Develop a working knowledge of one-repetition maximum testing for exercise dosing and a hands-on proficiency in use of hand-held dynamometry testing.
7. Select appropriate, functional measures based on multiple factors and describe evidence justifying their selection.
8. Develop a working knowledge of appropriate norms for strength, gait speed, and functional measures, adjusted for specific diagnoses when appropriate.
9. Use the hand out as a working reference in daily practice to select evidence based interventions, appropriate norms and functional measures.
10. Identify means of gathering new evidence as it emerges in the medical literature and adding to a growing toolbox of interventions.

Feedback From Past Course Participants

"Fantastic - every therapist should attend!"

"Absolutely great! 10/10 beneficial in my clinical setting."

"Very pertinent, I found the group projects to be informative."

"Excellent reference handout, very knowledgeable speaker."

"Course is applicable across a variety of settings."

"Very helpful, as case studies were relative to patients typically seen at my facility."

"Linda was a great speaker and I liked the interaction of the class."

"Awesome class, very practical, I'm inspired to be a better PT."

"Worth every minute of my weekend!"

"Linda McAllister is a gift to our profession. She is incredibly dedicated, knowledgeable and passionate. I think I know a lot in the area of geriatric rehabilitation and yet I learned so much at her course." -Carole B. Lewis, PT, DPT, GTC, GCS, MSG, MPA, PhD, FAPTA

Location

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: Providence Health and Services
LOCATION: Providence St. Vincent Medical Center
Portland, OR

March 9-10, 2019

Program Outline

Day 1

- 7:30-8:00am: **Registration and Continental Breakfast**
- 8:00-9:30am: **Introduction to Evidence Based Treatment: Why is it important?**
The complicated nature of geriatrics, understanding barriers to evidence based practice and how to overcome them, describing and analyzing research types, how to use online research databases
- 9:30-9:45am: **Break**
- 9:45-11:45pm: **Building Blocks for Treatment: Evidence for the Neurologic Patient**
Collaborative overview of recent medical literature for Parkinson's, CVA, neuropathy, dementia
- 11:45-12:00pm: **How to Approach/Interpret Research Articles**
Preparation for lunch assignment
- 12:00-1:00pm: **Working Lunch:** (on your own) Review one research article and discuss how to apply
- 1:00-3:00pm: **More Building Blocks: Evidence for Orthopedic Issues**
Work in small groups to review literature for OA, RA, hip fracture, TKA, osteoporosis, spinal stenosis, cervical issues, rotator cuff
- 3:00-3:15pm:
- 3:15-4:45pm: **Additional Building Blocks: One-Rep Max, Dynamometry**
How to dose frequency and intensity of PRE, calculate 1RM: implementation of hand-held dynamometry testing in your practice
- Motivational Factors, Exercise Adherence, Depression**
Problem-solve with case scenarios
- 4:45-5:15pm: **Medications and Their Impact**
- 5:15-6:00pm: **Gait and Balance: What Does Research Say?**
Exploring evidence for treatment of gait, balance and fall risk
- 6:00-6:30pm: **Questions and Answers**

Day 2

- 7:30-8:00am: **Continental Breakfast**
- 8:00-10:00am: **Choosing the Best Functional Tool: Knowing What Best**
Special considerations for BERG, TUG, sit to stand tests, Four square step test, gait speed and more
- 10:00-10:15am: **Break**
- 10:15-11:15am: **Necessary Adjuncts to Consider**
Studies concerning HTN, CHF, CAD, DM;
Clinical prediction rules: must-know for expert care
- 11:15-12:00pm: **Putting It All Together: Case Study Workshop Part 1:**
Group/partner work: Collaborate with colleagues to prioritize PT problems, select appropriate functional tools, set appropriate goals based on norms for your population, choose and analyze research articles to fit your case
- 12:00-1:00pm: **Working Lunch:** (on your own) Share one research article that you have analyzed and how it applies to your case with a partner
- 1:00-2:30pm: **Case Study Workshop Part 2:**
Complete dynamometry lab. Complete case study in your group by applying evidence, considering medical complications, and preparing for presentation
- 2:30-3:00pm: **Putting It All Together:** Presentation and discussion of case studies, collegial exchange and feedback
- 3:00-3:15pm: **Break**
- 3:15-4:15pm: **Putting It All Together:** (cont.)
Continued presentation of case studies, summaries of evidence-based treatment for specific diagnoses
- 4:15-6:00pm: **The Final Step:** Using documentation that accurately reflects skilled treatment including references in documentation
- 6:00-6:30pm: **Conclusion:** Questions and answers, going forward with a mindset of excellence

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.
- 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 1RM 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

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2019 Putting It All Together

YES! Please register me for Portland, OR - March 9-10 PT • PTA • OT • COTA • Other

Name _____ Cell Phone (____) _____

Address _____ Home Phone (____) _____

City _____ State _____ Zip _____ Work Phone (____) _____

Organization _____ Email _____

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Registration

AUDIENCE: Primary Audience - Physical Therapists, Physical Therapist Assistants. Secondary Audience - Occupational Therapists; Occupational Therapist Assistants.

LEVEL: This course is at an intermediate level.

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

Portland, OR - \$545. If postmarked before 2/13/19

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

EARLY BIRD: \$495 - If completed registration and payment are **received by**

Portland, OR - January 23, 2019

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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.

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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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