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Geriatric Rehabilitation Education and Training

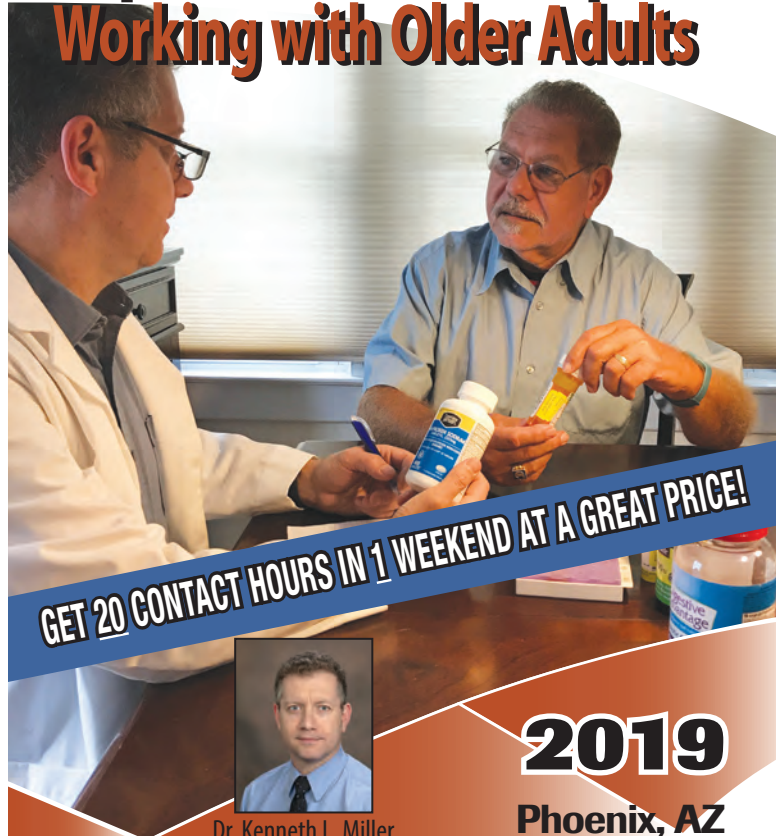
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Did you know?

- Certain medications have significant side effects such as tendinopathy or tendon rupture
- Some medications may cause heart failure or vertigo, others cause peripheral neuropathy
- Still other medications cause motor changes that could be permanent if not identified and discontinued

CLINICAL PHARMACOLOGY: Implications for Therapists Working with Older Adults



Dr. Kenneth L. Miller
PT, DPT, GCS, CEEAA

This engaging and interactive course includes:

- An extensive, comprehensive handout
- Screening tools for the 3 D's (Delirium, Dementia and Depression), anxiety, pain, falls risk, and DVT
- Assessment tools for strength, activity tolerance/aerobic capacity, balance and gait
- Resources to guide clinical decision making, when to treat or call 911
- Extensive library of print, electronic and video format patient teaching guides
- Patient engagement and behavior change resources

2019

**Phoenix, AZ
March 9-10**

**Renton, WA
July 20-21**

**Royal Oak, MI
(Detroit, MI Area)**

September 14-15

20 Contact Hours



Course Description

Do you want to better understand how medications affect a person's health and ability to function? All medications have both positive and negative effects which potentially impact a patient's ability to function. Therapists must be able to integrate medication knowledge into their assessments and care planning to effectively practice and maximize patient function and safety. Medications have effects on ADL and IADL function and knowing these effects will provide therapists with the greatest opportunity to improve function when interfering medications are identified are de-prescribed by the physician or assisting medications are appropriately prescribed by the physician. The purpose of this seminar is to provide participants with the information required to incorporate pharmacology and medication management into practice with the older adult. Therapists across the acute care and post-acute care continuum are accountable for patient safety inclusive of medication effects on physical function. The seminar format includes interactive lecture; small group discussion; incorporating video and case scenarios to demonstrate medication assessment, management and education. Participants will translate pharmacology knowledge into practice to effectively assess and treat patients while maintaining patient safety. Participants will learn techniques to help monitor patients for intended effects, untoward effects, and side effects in order to assist physicians and nurses with safe medication use, medication adherence and reduce hospitalizations related to adverse drug events. Evidence-based resources and tools will be provided to participants to improve safe medication use. The course manual is comprehensive including both print and electronic resources for uses immediately in practice. The participant will take home quick examination tools to identify pharmacology issues in minutes.

About The Speaker

Kenneth L. Miller, PT, DPT, GCS, CEEAA is a board certified geriatric specialist with over 20 years of clinical practice in multiple practice settings with the older adult population. Dr. Miller is a physical therapist clinical educator for a healthcare system focusing on home care best practices and optimal transitions with the frail population. He mentors an interdisciplinary staff in the home setting utilizing the clinical setting to promote patient safety with patient engagement and interaction. Additionally, he serves as an adjunct professor in the post professional DPT program at Touro College in Bay Shore, New York where he has developed multiple courses on the care of the older adult population and has presented nationally at the Combined Sections Meeting and NEXT Conferences of the APTA. As the Chair of the Practice Committee of the Home Health Section of the APTA, he led the development of the Providing Physical Therapy in the Home handbook and other resources such as home health student road map and toolkit and the home health section's objective test toolbox. He is a member of the Editorial Boards of Topics in Geriatric Rehabilitation and GeriNotes publications and serves as a manuscript reviewer for the Journal of Geriatric Physical Therapy. Most recently is an author of the chapter on pharmacology in a geriatric text book called "Physical Therapy for the Older Adult" published by Wolters Kluwer and edited by Dr. Carole Lewis.

Objectives

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

- Explain the federal regulations pertaining medications and scope of practice.
- Define pharmacodynamics, pharmacokinetics, polypharmacy, medication errors, and adverse drug events.
- Evaluate older adults experiencing polypharmacy and identify medication effects impacting function.
- Demonstrate use of the Beers List to identify potentially inappropriate drug use in the older population.
- List the commonly prescribed medications (prescription and OTC), their indications and side effects.
- Explain medication adherence and how it relates to adverse drug events and health outcomes.
- Identify adverse drug reactions, side effects, and intended effects of the medications older adults take.
- List the steps involved in and perform a hands on medication review and reconciliation process.
- Differentiate positive and negative medication effects on physical functioning, pain, endurance, strength, anxiety, depression, balance and risk for falling.

Feedback From Past Course Participants

"Very informative, the speaker was very good with explaining details and making pharmacology easy to understand. Good handouts and videos."

"Great Presenter. Very upbeat and knowledgeable, thank you for making me feel more confident with medication reviews."

"This was an excellent and useful course."

"I thought the course material built up in a logical way that was not overwhelming. Very well organized; the handout was very readable."

"Presenter is a great motivational speaker with examples from his current practice and experience."

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: Banner Health

Location: Banner University Medical Center - Phoenix
Phoenix, AZ

March 9-10, 2019

Providence Home and Community Care
Renton, WA

July 20-21, 2019

Beaumont Hospital, Royal Oak
Royal Oak, MI

September 14-15, 2019

Program Outline

Day 1

- 7:30AM Registration and Continental Breakfast
- 8:00AM Pre-Test and Introduction – Background, Medical Errors, IOM “To Err is Human Report”, APTA Position Statement, Regulations, PT role in Medication Safety, Medication and Physical Function, Taking a History, Pharmacology Basics (Definitions), Group Activity.
- 10:00AM Break
- 10:15AM Pharmacokinetics, Pharmacodynamics, Drug Use in Older Adults, Common Adverse Drug Reactions (GI symptoms, Falls/Dizziness), STEADI Program, Sedation, Confusion, Depression, Fatigue and Weakness, Drug Classes – Pain Medications (Opiates, NSAIDS, Tylenol, Corticosteroids).
- 12:30PM Working Lunch (on your own)
- 1:30PM Drug Classes (Psychotropics, Depression, Anxiety), Cardiac Medications, Hyperlipidemia Medications, Pulmonary Medications, Anticoagulant Medications.
- 3:30PM Screening tools for cognition, activity intolerance/ endurance, weakness, endurance, pain and deep venous thrombosis.
- 4:30PM Break
- 4:45PM Medication Review, Case Scenarios.
- 6:00PM Questions and Answers
- 6:30PM Adjourn

Day Two

- 7:30AM Continental Breakfast
- 8:00AM Appropriate use of Medications in the geriatric population – Use of the Updated BEERS Criteria (2015)
- 9:00AM Drug Classes – Diabetic Medications, Osteoporosis Medications.
- 10:00AM Break
- 10:15AM Drug Classes - Parkinson’s Medications, Other Medications (Metabolic, Cancer, Anemia, Antiviral/ Antibiotic, Neurological, Ortho), Alcohol, Medication Errors, Medication Review, Drug-Drug Interactions, Postural Hypotension, Drug-Food Interactions, Co-Prescriptions, Causation vs Correlation
- 12:30PM Working Lunch (on your own)
- 1:30PM Dietary Supplements, Safe Medication Use, Medication Knowledge, Evaluating the older adult, Multiple Medical Problems, Case Scenario.
- 3:30PM Break
- 3:45PM Cognitive Impairment, Delirium, Depression, Medication Adherence.
- 5:00PM Teach Back and Teach Guide Review
- 6:00PM Questions and Answers
- 6:30PM Adjourn



Great Books

QTY TOTAL

The Functional Toolbox: Clinical Measures of Numerical 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 \$80
 Lewis, 670 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.

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.

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.

Prevention and Wellness Toolkit \$69
 Lewis/Ledbetter **NEW!** This kit is three books in one: The Prevention and Wellness Toolkit, 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 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression.

Pocket Card - Borg Card \$6
 This card is laminated so you can take it with you to monitor progress and document your patient's rehabilitation programs easily.

Pocket Card 1 Repetition Maximum \$6
 This valuable tool has 1 RM 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
 20 page patient home exercise books. Can be bought in bulk.

Self Balance Hints for Older Persons Booklet \$6
 20 page patient home exercise books. Can be bought in bulk.

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. Sub-Total _____

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Books are only available for preview at GREAT courses. **TOTAL** _____

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2019 Registration - Clinical Pharmacology: Implications for Therapists Working with Older Adults

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 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.

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

Phoenix, AZ - \$545. If postmarked before 2/13/19
 Renton, WA - \$545. If postmarked before 6/26/19
 Royal Oak, MI - \$545. If postmarked before 8/21/19

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

EARLY BIRD: \$495 - If completed registration and payment are **received** by:
 Phoenix, AZ - January 23, 2019
 Renton, WA - June 5, 2019
 Royal Oak, MI - July 31, 2019

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books, Inc. 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. Additional discount codes may not be used with the Certificate Discount Program.**

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, TX and NC. Approved in MD, NJ, NM and OK for 20 Clinical Contact Hours.** Our courses also meet the guidelines for approval in PA, SC, AL, VA, IN, AZ, DE, GA, NH, OR, RI, UT, VT and MO. Courses are accepted for CEUs 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

WEBSITE Online Registration at: www.greatseminarsandbooks.com

MAIL your registration form with payment to **GREAT Seminars and Books, Inc.**
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FAX your completed registration form with credit card information to 330-865-6941, 24 hours a day.

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