

The Prevention and Wellness Toolkit

Starting Your Own Community-Based Program



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Course Description

The Prevention and Wellness Toolkit provides the rehabilitation specialist with three valuable resources: a manual on how to conduct a prevention and wellness screening with follow-up exercise classes, a guide on individualized balance assessment and treatment, and a toolbox of tests, scales and measures for wholistic evaluation of the older adult. This course is geared towards the rehabilitation specialist who understands the critical need for wellness interventions in the older adult population and wants to bring their skills to the next level for optimal prevention.

The purpose of this course is to provide the clinician with the tools needed to go into a community setting, such as a senior center or assisted living facility, and confidently approach the administration with a well-developed plan for a community-based program. Participants will gain an in-depth understanding of how to screen the older adult in critical domains of fitness, using an evidenced-based paradigm for screening, and will be able to interpret findings based on current normative data. This information may then be utilized to conduct follow-up group classes described in detail in the manual, complete with teaching scripts and handouts.

As fall prevention and optimal balance are key components of wellness in the older adult, this course provides the participant with functional balance tests along with detailed interpretations for each test item. Multiple treatment interventions are described in detail based on the specific deficits noted in functional tests. In addition, a toolbox of over twenty additional evidence-based tests is provided to allow the clinician to further assess each client as indicated in important areas such as self-efficacy, quality of life, and psychosocial domains.

After completion of the class, participants will be able to readily utilize efficient, comprehensive, evidence-based screening and testing methods, and implement both group and individualized interventions to promote wellness, a vital need in our growing older adult population.

Faculty

Dr. Carole B. Lewis,

***PT, DPT, GTC, GCS, MSG, MPA, PhD,
FSOAE, FAPTA***

has been a physical therapist since 1975. Dr. Lewis has worked in home health, long-term care, acute hospitals, rehabilitation departments and outpatient clinics. She started a private practice in Washington, D.C. in 1981 and continues to work as a clinician. In 1979, Dr. Lewis received her two Master's degrees in Health Care Management and Gerontology from the University of Southern California. In 1983, she received her PhD from the University of Maryland in Health Education. She currently serves on the Medical Faculty at George Washington University as a full adjunct professor in the Department of Geriatrics and is the Clinical Professor at the University of Maryland.

Dr. Lewis has extensive publications in the field of aging. Her articles have been published in The Journal of the American Physical Therapy Association, Clinical Management, Geriatrics, Geriatrics, and Senior Patient. She is also editor of the journal Topics in Geriatric Rehabilitation, which won the Association of American Publishers' Award for the Most Outstanding Issue of Scientific Journal. In addition to her articles and journals, Dr. Lewis has written numerous textbooks on aging.

Dr. Lewis has lectured extensively. She has spoken in over 48 states. Her international lectures include Australia, New Zealand, Japan, Finland, Canada, China and Israel. She combines her diverse education and extensive clinical background to provide medically substantiated and usable information for today's practicing clinician.

Linda McAllister

PT, DPT, GCS, GTC, CEEAA, 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 Evergreen Health in Kirkland, WA.

Learning Objectives

Upon completion of this course participants will be able to:

1. Describe the necessary components of creating a community – based wellness program for older adults
2. List five domains of fitness integral to effective screening and exercise interventions
3. Complete a comprehensive fitness screening examination for the older adult
4. Correctly interpret screening test results to identify risk areas for posture, static balance, dynamic balance, strength and flexibility
5. Determine appropriate course of action in response to screening results, including exercise prescription and the use of additional tests and measures as indicated.
6. Conduct effective group exercise classes which include components of patient education, comprehensive exercise interventions, and effective handouts.
7. Describe several specific exercises which address risk in each of the five domains of fitness.
8. Discuss clinical screening tools for multiple areas of health and wellness including balance and fall prevention, posture, psychosocial wellness, confidence and self-efficacy, pain, quality of life, osteoporosis, circulation and mobility.
9. Complete a detailed interpretation of commonly used functional balance tools based on specific test items.
10. Develop an individualized intervention plan for balance and fall prevention linked to test item interpretations.



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Course Outline

A. Starting your own Community Based Program

Introductory letter
Wellness screening form (Medical screening)
Community Based Screening Form for Older Adults
Instruction Sheet (test administration) for Fitness Screener
Exercise Prescription Sheet
Release of Liability form
Exercise Explanation for Instructors- Breathing, Posture, Strength, Balance, Flexibility exercises
Sample of 7 Community Based Class Outlines and Handouts for participants of the 7 classes
Class 1 – Breathing
Class 2 – Posture
Class 3 – Endurance
Class 4 – Strength
Class 5 – Balance
Class 6 – Flexibility
Class 7 – The Short List
Certificate of Achievement for Participants
Participant evaluation form

B. The Prevention and Wellness Toolbox

How to understand and use these tools
Fall Prevention Measures of Gait and Balance
 Dizziness Handicap Inventory
 Modified Falls Efficacy Scale
 Functional Reach test
 Gait Abnormality Rating Scale – Short Version
 Get -up and Go Test
 One -Legged Stand Test
 Timed Stands Test
 Tinetti Assessment Tool
Posture
 Reedco Posture Score Sheet
Psychosocial
 Five-Item Geriatric Depression Scale
 Montreal Cognitive Assessment (MoCA)
 Confidence in Treatment and Illness
 Arthritis Self-Efficacy Scale
 Functional Abilities Confidence Scale
 Generalized Self-Efficacy Scale
 Self-Efficacy Scale
Pain
 McGill Pain Questionnaire-Short Form
Quality of Life
 Quality of Life Scale
 Vitality Plus Scale
Osteoporosis
 Simple Calculated Osteoporosis Risk Estimation (SCORE)

B. The Prevention and Wellness Toolbox (cont.)

Mobility
 Physical Performance and Mobility Exam
Circulatory Screen
 Autar Deep Vein Thrombosis Scale
Balance Assessment and Treatment
 Tinetti Assessment
 Tinetti Interpretation and Rehabilitation Considerations
 Functional Reach Test
 Functional Reach Test Interpretation and Rehabilitation Considerations
 Unilateral Stance Test
 Unilateral Stance Test Interpretation and Rehabilitation Considerations

Registration

Audience

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, and other Rehabilitation Professionals.

Level

This course is at an intermediate level.

Fee

The registration fee is \$295 for this 20 contact hour course.

Educational Credit

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Hand-Held Dynamometry \$25

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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

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