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2639 Revere Drive
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Rehabilitation Strategies for the Older Adult with Multi-Morbidity



Dr. Debra Gray PT, DHSc, DPT,
GCS, CEEAA, GTC, FSOAE, CAPS

20 Contact Hours

*This interactive seminar
combines lecture, discussion,
videos, case studies and
hands-on activities to present
the most recent research,
examination tools, and
interventions for older
adults with
multi-morbidity.*

2019

BALTIMORE, MD
March 9-10

OKLAHOMA CITY, OK
May 4-5

JACKSON, MS
August 10-11



Faculty

Dr. Debra Gray, PT, DHSc, DPT, GCS, CEEAA, GTC, FSOAE, CAPS has focused her physical therapy career in geriatrics and has worked in a variety of inpatient, outpatient, home care, and community based settings. She received a Doctor of Physical Therapy from Simmons College and a Doctor of Health Science from the University of Indianapolis as well as a Bachelor of Science in Physical Therapy from Wayne State University and a Master of Education from the University of Wisconsin. She has the following specialty certifications: Geriatric Certified Specialist (GCS), Certified Exercise Expert for the Aging Adult (CEEAA), Geriatric Training Certification (GTC), Certified Aging in Place Specialist (CAPS), and Functional Standards for Optimal Aging Expert (FSOAE). Debra is a co-editor of "Physical Therapy for the Older Adult: Examination and Intervention: An Evidence-based Approach" with Dr. Carole Lewis. She is currently an Associate Professor of Physical Therapy at the University of St. Augustine for Health Sciences and is the owner/manager of Gray Therapy, Education, and Consulting.

Description

As mortality rates decline and the population ages, rehabilitation specialists must be prepared to recognize and consider the multiple chronic conditions commonly seen in older adults. The purpose of this seminar is to provide participants with the most current information and evidence on multi-morbidity with aging, components of comprehensive geriatric examination, and the implications of common chronic conditions in the development and implementation of highly skilled rehabilitation programs for medically complex older persons. The interactive seminar format combines lecture, discussion, videos, case studies, and hands-on activities to present the most recent research, examination tools, and interventions for older adults with multi-morbidity. An extensive course manual includes current primary references, detailed evaluation forms, outcome measures, suggested protocols, sample home exercises, and progressions.

Objectives

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

1. Select, perform, and interpret evidence-based assessment tools appropriate for the older adult with multiple medical conditions.
2. Develop comprehensive plans of care for medically complex patients/clients that consider their individual needs, preferences for treatments, health priorities and lifestyle.
3. Explain the role of the rehab specialist as part of the inter-professional health care team in the comprehensive assessment and treatment of older adults with complex medical problems.
4. Distinguish between complication, co-morbidity, and multi-morbidity and the implications of each on rehabilitation services.
5. Examine common medical conditions associated with aging and analyze their impact on body structures and function, activities, and participation.
6. Identify the association of multi-morbidity with elevated risk of death, disability, poor functional status, poor quality of life, and adverse drug events.
7. Analyze the role of rehabilitation specialists in the risk identification, prevention, and treatment of frailty.
8. Interpret how an older person's health conditions and treatments interact and the potential effects on their functional independence and quality of life.
9. Prescribe appropriate therapeutic exercises/activities and propose modifications for the older adult with complex medical conditions.
10. Apply concepts of adult learning to provide effective patient/client education for older adults and caregivers.

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.

Levindale Hebrew Geriatric
Center and Hospital
Baltimore, MD
March 9-10, 2019

Bone and Joint at St. Anthony
Bone and Joint Education Center
Oklahoma City, OK
May 4-5, 2019

Mississippi Baptist
Medical Center
The Belhaven Medical
Office Building
Jackson, MS
August 10-11, 2019

Program Outline

DAY 1

- 7:30AM Registration and Continental Breakfast
- 8:00AM Introduction: Working with the older patient with multi-morbidity as a member of an inter-professional team; Complications, co-morbidity, multi-morbidity – what's the difference?
- 10:30AM Break
- 10:45AM Common medical conditions associated with aging; The effects of multi-morbidity on function and quality of life
- 12:30PM Working Lunch (Bring your own) Multi-morbidity Case Study
- 1:30PM Comprehensive geriatric assessment; evidence-based examination tools appropriate for the older adult with multi-morbidity
- 4:15PM Break
- 4:30PM Frailty: risks, prevention, and interventions; Evidence-based exercise for frail older adults
- 6:00PM Questions and Answers
- 6:30PM Adjourn

DAY 1

- 7:30AM Continental Breakfast
- 8:00AM Developing comprehensive plans of care for medically complex patients/clients; Considerations for incorporating individual needs, preferences, health priorities and lifestyle to improve function
- 9:45AM Break
- 10:00AM Selecting and modifying therapeutic exercises/activities for the older adult with complex medical conditions; Considerations for potential interactions between health conditions and interventions
- 12:30PM Working Lunch (on your own) Plan of Care Case Study
- 1:30PM Concepts of adult learning applied to the provision of effective patient/client education for older adults and caregivers
- 3:30PM Break
- 3:45PM Putting it all together to provide optimal care for the older adult with multi-morbidity: screening, examination, interventions, modification/adaptation, progression; outcomes
- 6:00PM Questions and Answers
- 6:30PM Adjourn



Great Books

QTY TOTAL

The Functional Toolbox: <i>Clinical Measures of Functional Outcomes</i> \$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 Toolkit, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.</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 1RM 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.

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2019 Rehabilitation Strategies for the Older Adult with Multi-Morbidity

YES! Please register me for: Baltimore, MD - March 9-10 Oklahoma City, OK May 4-5
 Jackson, MS - August 10-11 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.

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

Baltimore, MD - \$545. If postmarked before 2/13/19

Oklahoma City, OK - \$545. If postmarked before 4/10/19

Jackson, MS - \$545. If postmarked before 7/17/19

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

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

Baltimore, MD - January 23, 2019

Oklahoma City, OK - March 20, 2019

Jackson, MS - June 26, 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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5 Easy Ways to Register

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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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