

Home Health: A Specialty of Its Own



2020

**Knoxville, TN
October 24-25**

**Toms River, NJ
November 7-8**

Home Health rehabilitation is an innovative, cost effective and affordable component of delivering quality health care to our aging population in their homes. As a home health provider, therapists have the opportunity to make sustainable differences in the outcomes and lives of our patients. We are provided the opportunity to spend one on one time with our patients, in their environment and with their families and support systems. This unique opportunity takes special skills and training for this ever changing environment.

As a new home health therapist, a seasoned provider, or someone considering home health as a career, this course is designed to provide you with the most up-to-date tools to guide you in evidenced based assessment, interventions and treatment progression. It will provide in-depth training for tests and measures appropriate for the home health setting for evaluating cognition, depression, gait, balance, balance confidence, strength, ADL, MRADL's and aerobic capacity. This course will give you updated information on regulatory and reimbursement model changes, star ratings, home bound documentation, face to face requirements and training for improving your understanding of Medicare's definitions and accuracy with oasis documentation and use of GG coding.

Course handout includes over 350 pages with tests & tools to improve the home health clinician's skills, documentation and functional outcome measurements. The course will include case studies, labs, and a Functional Test Score Summary with specific tests and measures, age and gender norms that you will be able to take home and immediately put into practice.

FACULTY

Deborra Rodgers, PT, CEEAA, GTCCS

Deborra Rodgers received her BS in Physical Therapy from the University of Kansas in 1975. She completed Vestibular Certification in 2007 from Emory University and the APTA. Deborra completed the Certified Exercise Expert for Aging Adults (CEEAA) in 2010 through the Geriatric Section of the APTA. In 2016 she completed and was awarded Geriatric Trained & Certified Clinical Specialist (GTCCS) through Great Seminars. She has served as a rehab director in the areas of long term care, hospital, and home health.

Since 2003, her passion has been geriatric rehabilitation in the home health setting. Deborra taught balance and vestibular rehab to all new employees in her region. She assisted in education and training for the cardiopulmonary, memory care and low vision programs. In this role, she did extensive marketing and community educational presentations.

Community contributions have included facilitating a local Parkinson's Support group for eleven years and assisting a community hospital develop and implement a community total joint education class, including teaching the home health component for several years. Deborra served on a task force with a local Area Agency on Aging to develop and implement community screening events for aging adults.

Deborra currently lives in the panhandle of Florida doing what she loves, providing home health services to her community and helping them "heal at home".

OBJECTIVES

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

1. Analyze recommended evidence based test and measurements based on home health impairment categories and integrate into home health practice.
2. Perform appropriate tests and measurements to incorporate efficient and accurate Oasis assessment to adhere to guidelines and definitions.
3. Execute recommended interventions based on the patient's impairment categories, tests and measurements and centered around the patient specific goals and incorporate into home health practice.
4. Create and design innovative treatment plans based on patient goals, impairment categories and consideration for special population integrating with current skills.
5. Identify and understand importance of medication management, side effects, and impact on treatment and effectiveness of plan.
6. Analyze barriers to compliance and formulate how to motivate and impact patient compliance to sustain goals and gains.
7. Incorporate take home tools that you can immediately utilize in your home health practice to justify home bound status and functional progress for better outcomes.
8. Explain and analyze changes to regulatory and reimbursement models and how they impact home health today and tomorrow.

PROGRAM OUTLINE

Day 1

- 7:30-8:00 Registration & Continental Breakfast
- 8:00-8:30 Introduction to Home Health
- 8:30-10:00 Assessment Models and Principles of Tests & Measurements. Tools & Functional Outcome Measures for Home Health
- 10:00-10:15 Break
- 10:15-11:00 Continue Assessment Tools and Functional Outcome Measures
- 11:00-11:30 LAB: TUG, 30 sec Sit to Stand, 2 min Step Test, Arm Curl Test, SLUMS & mFES
- 11:30-12:00 Lab: DGI, 10' Walk Test, 4M Walk Test
- 12:00-1:00 Lunch (on your own) Lunch Assignment
- 1:00-2:00 Other Tests and Measures including Lab: 4 Square Step Test, Modified CTSIB, Single Leg Heel Raise, Short Physical Performance Battery, and Functional Reach
- 2:00-2:30 Introduction to Community Based Initiatives and Evidence Based Programs for Fall Prevention for Older Adults.
- 2:30-3:15 Fall Risk Assessment and Hospital Risk Assess in Home Health
- 3:15-3:30 Break
- 3:30-4:30 Geriatric Syndromes, Medications and Treatment Considerations
- 4:30-5:15 Home Bound, Face to Face, Skilled Care Documentations & Guidelines
- 5:00-6:00 Home Safety Considerations
- 6:00-6:30 Questions and Answers

Day 2

- 7:30-8:00 Continental Breakfast
- 8:00-10:00 Payment Models - PPS, HHVB, CJR - How we are paid; Proposed Model change - HHRGs to PDGMs (Patient Driven Grouping Model); Home Health Compare & Star Ratings - How we are graded; How well do you know Oasis? Step by step the functional questions. Oasis D guidance for GG coding
- 10:00-10:15 Break
- 10:15-12:00 Paint the Picture & Guidelines for Goal Writing; Aging Adults and Fitness; Skilled Maintenance Care
- 12:00-1:00 Lunch (on your own) Lunch Assignment
- 1:00-2:15 Treatment Interventions the Right Prescription Based on the 6 Categories of Exercise
- 2:15-3:15 Evidence Based Interventions for Other Populations: Cardiopulmonary, Stroke and Parkinson's
- 3:15-3:30 Break
- 3:30-5:00 Evidence Based Interventions for Other Populations: Orthopedics, Osteoarthritis, Osteoporosis, Cancer, Diabetes & Dementia
- 5:00-6:00 Compliance & the Art of Sustaining Goals
- 6:00-6:30 Questions and Answers



LOCATIONS

Additional course information will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the start of the course.

Host: Covenant HomeCare
Location: Parkwest Medical Ctr.
9352 Park West Blvd.
Knoxville, TN 37923
October 24-25 2020

Host: Community Medical Center
Rehabilitation Services
Location: Community Medical Center
99 Highway 37 West
Toms River, NJ 08755
November 7-8, 2020

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.

Knoxville, TN - \$545. If postmarked before 9/30/20

Toms River, NJ - \$545. If postmarked before 10/14/20

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

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

Knoxville, TN - August 26, 2020

Toms River, NJ - September 9, 2020

DISCOUNT PROGRAM: Receive \$25 off your class registration for each GREAT Seminars & Books, Inc. 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.

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Colorado Physical Therapists: This 20 contact hour seminar meets accepted standards for Category 1 continuing competence activities as directed in CO section 12-41-114.6, C.R.S. Please make sure that you have completed the required post-course survey tool. Save your certificate of completion for the re-licensing process.

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 \$50.

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YES! Please register me for: Knoxville, TN - October 24-25

Toms River, NJ - November 7-8

Circle One: PT • PTA • OT • COTA • Other _____

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Home Health: A Specialty of Its Own



Deborra Rodgers
PT, CEEAA, GTCCS

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*“where therapists learn and excel
in the care of the ever-increasing
older adult population”*

Here's what our course attendees say:

- “This was one of the best overall workshops I have ever attended. Deborra was fantastic, truly “GREAT.”*
- “Excellent presentation, Deborra! Thank you for returning to the Midwest to teach this wonderfully informative course!”*
- “This was another GREAT course and speaker. I appreciate the quality of Great Seminars and have not been disappointed!”*
- “Thank you! So nice to have a Home Care Specific Course!”*
- “Very good speaker, kept us engaged throughout the 2 days. Lots of great info presented well. I appreciated hands on activities spaced throughout the day.”*
- “It was nice to see an “intermediate” workshop on homecare therapy. Thank you. I enjoyed Deborra’s expertise and the experience she shared.”*
- “Speaker was very knowledgeable about the home health setting!”*
- “This was an excellent resource for me getting back into home health. Thanks for a wonderful course!”*
- “Appreciated the instructor preparing the documents in a portable “file folder” binder style, very useful for the field. Succinct, effective. Enjoyed very much. Favorite CEU class thus far.”*