

# CLINICAL PHARMACOLOGY: Implications for Therapists Working with Older Adults



**Watch for  
Upcoming  
Seminars  
in 2021**

**20 Contact Hours**

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

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 who integrate medication knowledge into practice will maximize patient safety, function and outcomes. Medications have a dramatic impact on ADL and IADL function and by knowing these effects therapists have the greatest opportunity to improve function when interfering medications are identified and addressed. 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 with safe medication use, medication adherence and reduce hospitalizations related to adverse drug events. Evidence-based resources including the Beers Criteria and communication tools such as CUS will be provided to participants engage in crucial conversations with the patient and the healthcare team 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.

# FACULTY

Kenneth L Miller, PT, DPT, is a board-certified geriatric specialist, advanced credentialed exercise expert for aging adults and credentialed clinical instructor. He is an assistant professor at the University of North Texas Health Science Center serving in the department of physical therapy. His clinical focus is on best practices and optimal care of the pre-frail and frail populations. Current teaching responsibilities include evidence-based practice, pharmacology and cardiopulmonary rehabilitation.

Dr. Miller is an international and national speaker presenting topics related to gerontology in Australia and across the United States at multiple state and national level conferences including the combined sections meeting and NEXT conferences of the American Physical Therapy Association. He has multiple peer-reviewed publications including topics on patient engagement, clinical pharmacology and nutrition. Additionally, he has had the honor of being a recent guest editor for the Topics in Geriatric Rehabilitation peer-reviewed journal issue focusing on medications and nutrition.

He serves the physical therapy profession as director of practice for the Academy of Geriatric Physical Therapy and additionally as the Chair of the Practice Committee for the Home Health Section of the APTA. In this capacity, he led the development of the Providing Physical Therapy in the Home handbook and other practice related resources.

Most recently is an author of the chapter on pharmacology in a textbook regarding care of older adults called "Physical Therapy for the Older Adult" published by Wolters Kluwer and edited by Dr. Carole Lewis.

## OBJECTIVES

- 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.
- Prescribe a non-pharmacological therapy program to reduce blood pressure, lower cholesterol and improve depression, anxiety and cognition.

# 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/AOTA Position Statements, Regulations, Therapist role in Medication Safety, Medication and Physical Function. Case Scenario - problem solving – fall etiology
- 10:00AM Break
- 10:15AM Patient/client management model examination and evaluation
- Small Group Activity - history and medication review
- Definitions: Pharmacology Basics, Pharmacokinetics, Pharmacodynamics, Drug Use in Older Adults, Common Adverse Drug Reactions (GI symptoms, Falls/Dizziness, sedation, confusion, fatigue and weakness).
- Small Group Activity - Assessment tools – Delirium, Dementia, Depression, Falls/Dizziness, Orthostatic Hypotension
- Non-pharmacological interventions for Orthostatic Hypotension
- 12:30PM Working Lunch (on your own)
- 1:30PM Pain Meds: Opiates, Non-Steroidal Anti-inflammatory Drugs, Tylenol, Corticosteroids, Gabapentinoids, Anti-spasm medications.
- 3:30PM Psychotropics: Depression, Anxiety, Sedatives, Mood stabilizers.
- 4:30PM Break
- 4:45PM Small Group Activity - Assessment tools – Activity Intolerance/Endurance, Strength, Sleep, Anxiety and Pain.
- 5:30PM Interventions – Non-pharmacological interventions for sleep promotion and anxiety management
- 6:00PM Questions and Answers
- 6:30PM Adjourn

## Day 2

- 7:30AM Continental Breakfast
- 8:00AM Cardiac Medications, Anticoagulant Medications, Hyperlipemia Medications
- Non-pharmacological interventions to reduce blood pressure and lower cholesterol.
- Small Group Activity – Assessment Tools for DVT and Statin-related myalgia – Wells Criteria for DVT, VTE management Clinical Practice Guideline
- Small Group Activity - Medication Review and Reconciliation Process. Case Scenarios.
- 10:00AM Break
- 10:15AM Pulmonary Medications, Diabetic Medications, Osteoporosis Medications.
- Non-Pharmacological Interventions for diabetes and osteoporosis.
- Small Group Activity - Clinical Decision Making – Case Scenarios
- 12:30PM Working Lunch (on your own)
- 1:30PM Parkinson Medications, Other Medications (Metabolic, Cancer, Anemia, Antiviral/Antibiotic, Neurological, Ortho), Drug-Drug Interactions
- 2:30PM Appropriate use of Medications in the older adult population – Use of the Updated BEERS Criteria (2019).
- Small Group Activity – Case Scenario – Medication Reconciliation
- 3:30PM Break
- 3:45PM Dietary Supplements, Alcohol, Drug-Food Interactions.
- Video – Medication Reconciliation for an older adult
- 4:45PM Patient engagement and adherence tools - Teach Back, transtheoretical model of change and motivational interviewing
- 6:00PM Post Test, Questions and Answers
- 6:30PM Adjourn

## LOCATION

*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.*

## Watch for Upcoming Seminars in 2021!

*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

# 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.

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

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

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## 2020 Registration - Clinical Pharmacology: Implications for Therapists Working with Older Adults

**YES! Please register me for:**

Circle One: PT • PTA • OT • COTA • Other \_\_\_\_\_

### PLEASE PRINT

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# CLINICAL PHARMACOLOGY:

## Implications for Therapists Working with Older Adults



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

**[\$545 Value]**

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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
- Non-pharmacological therapy interventions can lower blood pressure and lower cholesterol levels

### **Here's what our course attendees say:**

"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."

"Great speaker. Awesome handout. Concise and straight to the point."

"This course was very informative and interactive."

"Exactly the kind of course I needed."

"Very comprehensive overview of the large pharmacology field that is now a major part of healthcare."