

*This course will transform how you provide care and understand your vital role in the healthcare system.*

## Functional Standards for Optimal Aging Expert

Speaker: Kele Murdin PT, GCS, GTCCS, CEEAA, FSOAE

### Course Description

The FSOAE course is based on the Adult Functional Independence Test (AFIT), which comprises 15 functional assessments used to measure the key components of optimal aging for middle age and older adults: posture, flexibility, balance, endurance, and strength.

All AFIT measures are research-based and provide national norms or predictive analytics – the scores that indicate risk. Participants learn the evidence supporting each measure, how to correctly perform each assessment and how to explain the implications to their patients/ clients. Evidence based exercises will be provided as suggested resources for the problems identified.

Course participants will participate in case studies, which include incorporating these principles into a plan of care, and counseling patients with regard to the appropriate course of action. Information on marketing this tool to physicians, health agencies, and the community is provided and practical, how-to handouts are included that the course participants can download and use immediately. To earn their FSOAE certification, participants can choose to demonstrate their competence by means of a written exam and a practical exam.

An article published in October 2016 in the American Heart Association journal *Circulation* set off a media frenzy because it proposed making cardiovascular fitness (CFR) the 6th vital sign. The evidence presented was compelling and recognizing physical fitness as a vital sign would be a huge step in the right direction. However, the definition of physical fitness needs to be expanded beyond cardiovascular health to include all aspects of fitness that affect optimal aging: posture, flexibility, gait and balance, endurance, and strength. This is where certified Functional Standards for Optimal Aging Experts (FSOAE) will be able to demonstrate a valuable role in wellness as well as rehabilitation.

Physical and occupational therapists who embrace the concept that functional assessment and treatment is their domain and who wish to become experts in AFIT are encouraged to take this course and become certified (FSOAE).

This course provides thorough training in executing the AFIT with a variety of clients. In addition, there is little point to assessing and prescribing perfect exercises plans if patient/client compliance is low. Therefore, course participants will learn techniques to motivate patients/clients to engage in exercise programs tailored to their individual needs. Course participants will also receive printable exercise prescription forms.

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### Faculty Bio

Ms. Murdin is a Senior Therapist for Infinity Rehab, and founder of Murdin Therapy LLC and Group Otago. She founded and chaired the Geriatric Special Interest Group of APTA Washington. She serves as the secretary, and long-standing member of the King County Fall Coalition in Washington State. She is also a member of the APTA Geriatric and NCOA task force finding ways to integrate therapists with community organizations.

She received her Master's in Physical Therapy from Wichita State University in 2000. Her passion for Geriatrics and excellent patient care fueled her to pursue: a Geriatric Certified Specialization (GCS) in 2009 from the APTA; then a Certification as an Exercise Expert for Aging Adults (CEEAA) in 2013 from APTA Geriatrics; and a Geriatric Trained and Certified Clinical Specialist (GTCCS) from Great Seminars and Books in 2016.

She has since been recognized as a leader in her field. In 2019 she received "Physical Therapist of the Year Award" and was selected as the Centennial Scholar from the Washington State Chapter of the APTA. In 2023 she was chosen by the Geriatrics section of the American Physical Therapy Association as the recipient of the "Clinical Impact Award", and the "Outstanding Fall Prevention Advocate" from the Washington State Department of Health. Ms. Murdin's passion for her profession is mirrored by a passion for cycling, laughter, and her family.

### Course Objectives

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

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1. Demonstrate competence in the administration of the 15 assessments for middle to older aged adults that comprise the AFIT.
2. Determine where patients/clients are within the norms and cutoffs for these assessments.
3. Describe AFIT score implications with regard to optimal aging.
4. Provide instruction on the appropriate use of 14 exercises for the remediation of the problems found in the AFIT.
5. Identify and explain the evidence for using each exercise to address the specific deficit.
6. Develop a plan of care incorporating the AFIT principles to build skill in embedding fall prevention into daily practice.
7. Develop a marketing strategy to build awareness within the medical and general community regarding the need for performance-based, functional assessments for adults aged 50 and older.
8. Develop several motivational strategies to encourage older persons to participate in appropriate exercise.

### Program Agenda

#### DAY 1

- 7:30 – 8:00 – Registration and Continental Breakfast
- 8:00 – 8:30 – Optimal Aging and the AFIT
- 8:30 – 9:15 – General Health History and Posture
- 9:15 – 10:00 – Flexibility
- 10:00 – 10:15 – Break
- 10:15 – 12:00 – Balance
- 12:00 – 1:00 – Working Lunch (on your own)

- 1:00 – 2:00 – Endurance  
 2:00 – 4:00 – Strength  
 4:00 – 4:15 – Break  
 4:15 – 5:00 – Case Study / Group Discussion: Review AFIT results, appropriate referral, exercise prescription  
 5:00 – 6:30 – Motivation: Increasing the likelihood of exercise compliance
- Brief patient case study video followed by group discussion
  - Development of a Motivational Interviewing Script incorporating the WAMI 3

## Day 2

- 7:30 – 8:00 – Continental Breakfast  
 8-10 Motivational interviewing role play/ script/ WAMI 3  
 10-10:15 break  
 10:15- 11:00 - Application via Case Studies - Case #1: Walk through the process together as a group  
 11:00-11:45 - Case #2: In small groups  
 11:45-1:00 - Presentations, Discussions on Case 2  
 1:00 – 2:00 – Working Lunch (on your own) list ways the AFIT can be used in your clinic/practice  
 2:00 – 2:05 – AFIT forms  
 2:05 – 3:30 – AFIT Level 2 – Demonstration, practice and critique of items and interventions  
 3:30 – 3:45 – Break  
 3:45 – 4:45 – Advocating
- Marketing to the community with slide presentations and flyers, and/or
  - Justifying ongoing care with a managed care case manager
- 4:45 – 6:30 – Small group educational presentations to physician

## Encouraged (Optional) Certification

For an additional \$100 you can receive a certification for this course after the course done remotely. You will have a Multiple-choice open book test and a zoom with a FSOAE who will chose 2 of the AFIT items for you to demonstrate, interpret and prescribe.

**The AFIT (Adult Functional Independence Test) for Optimal Aging**, a 5-hour video course by Dr. Carole Lewis available at Great Seminars Online, is recommended but not required prior to taking the FSOAE course. Participants who successfully complete the FSOAE certification course will be able to use the designation FSOAE.

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

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Have applied for approval with the American Occupational Therapy Association. This course is not approved by ASHA or the Board of Certification. Your tuition is tax deductible. Any reference to or mention of state rules or regulations concerning continuing education requirements are true and accurate to the best of our knowledge at the time of print. If you have questions, please contact your board or regulating body.

**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.

**AUDIENCE:** Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, OT Assistants. Secondary Audience: Other Rehabilitation Professionals.

**LEVEL:** This course is at an intermediate level.

**REGISTRATION FEE:** \$595. The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

**EARLY BIRD REGISTRATION:** \$545 (Please see website for Earlybird Dates)

## COURSE INFORMATION LINK:

<https://www.greatseminarsandbooks.com/fsoae/#>

## 3 Easy Ways to Register

Register Online at this link:

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## 2024 Course Locations

### Charlotte, NC – May 4-5, 2024

Novant Health Matthews Medical Center  
 Rehab Center Matthews Suite 150  
 1450 Matthews Township Parkway  
 Matthews, NC 28105

### Portland, OR – September 28-29, 2024

Providence St. Vincent Medical Center  
 East Pavilion – Stanley Classrooms  
 9155 SW Barnes Road  
 Portland, OR 97225