

Would you like to take a fabulous course to enhance your clinical skills?

Neurological Examination and Intervention for the Older Adult

Dr. Carole B. Lewis, PT, DPT, MSG, MPA, PhD, GCS, GTCCS, TRC/CTR, FSOAE, FAPTA

Course Description

Too often, therapists feel stuck when addressing the needs of their neurological patients. The treatments we use are good ones, but patients are not progressing as well as hoped. Why aren't our patients getting better?

Neurological patients improve best when their program of care is dynamic. That's why in this course, you will learn many, evidence-based programs. In the past few years, researchers have developed quite a few new, highly effective programs and protocols that you can incorporate into your practice. With a sizable arsenal at your disposal, you can mix it up. When you encounter a new patient with neurological deficits, walk through this course handout to select the most appropriate approach to begin working with that specific patient. As time moves on, what's needed is greater intensity. Maybe you need to shift to a different research-based protocol or combine or sequence several protocols. This course provides you with the tools you need to adapt to the changing needs of your patients. Unlike many of our other patients, those with neurological deficits require treatments that affect the whole body. That makes evaluation and intervention complex. Yet, despite the scope of the neurological issue, it is imperative to target the specific problems to address them effectively.

In this course, Dr. Carole Lewis masterfully engages her audience while discussing and demonstrating examination tools and intervention protocols/ideas designed and most appropriate for older patients with diagnoses of Parkinson's disease, stroke, and gait and balance disorders. Participants learn innovative ideas for addressing spasticity and rigidity, ways to evaluate and improve movement performance, techniques for strengthening, progressions to achieve effective gait patterns in daily activities, and much more. Cutting-edge information on the physiology of aging will also be presented as well as a special feature on burnout.

This course provides participants with the most up-to-date, clinically relevant information on neurological rehabilitation of the older adult seen in any setting. The 300-page handout includes 6,000 current medical references, detailed examination forms, outcome measures, intervention techniques, protocols and sample home exercises that can be used immediately with patients. You will leave this seminar feeling confident and excited to try out many of the new, research-based techniques/approaches you have learned.

"Dr. Lewis is exceptional... I learned so much from this course. Every therapist in Geriatrics should take this course!"

Faculty Bio

Dr. Lewis, PT, DPT, MSG, MPA, PhD, GCS, GTCCS, TRC/CTR, FSOAE, FAPTA, 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. Dr. Lewis received her two master's degrees in Health Care Management and Gerontology from the University of Southern California. and her PhD from the University of Maryland in Health Education. She received her DPT from Massachusetts General Hospital Institute for Health Professions in 2007. She currently serves on the Medical Faculty at George Washington University as an adjunct professor in the Department of Geriatrics.

Dr. Lewis has extensive publications in the field of aging. She has been the editor of the journal Topics in Geriatric Rehabilitation for over 30 years and has written over 20 books on aging. She is also the co-editor of the first exclusive e-book in rehabilitation – Physical Therapy for the Older Adult: Examination and Intervention: An Evidence Based Approach.

Her awards include the APTA's Lucy Blair Service Award; being chosen as a Fulbright Scholar, the Joan Mills Award, the Clinical Excellence Award, and she is a Catherine Worthingham Fellow for the APTA. She is the 2014 recipient of the Gerontological Society of America's Excellence in Rehabilitation of Aging Persons Award and the 2016 Mary McMillan lecturer, the highest honor in the APTA. In 2019 the Academy of Geriatric Physical Therapy of the APTA created the Carole B Lewis Lecture which will be given annually at the Combined Sections Meeting in perpetuity to honor Dr. Lewis' lifetime achievements in geriatrics.

Dr. Lewis has lectured extensively. She has spoken in 49 states. Her international lectures include Australia, New Zealand, Japan, Finland, Canada, Israel, China, Egypt, The Netherlands, and Turkey.

Course Objectives

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

1. Demonstrate the latest examination and intervention techniques for patients with stroke, Parkinson's disease and gait and balance disorders.
2. Design effective rehabilitation program for geriatric patients with stroke, Parkinson's disease and gait and balance disorders.
3. Prescribe a motivational program to enhance intervention outcomes for older patients with neurological deficits.
4. Differentiate between dementia and depression and provide meaningful intervention for the challenges presented by these diagnoses.
5. Describe normal and pathological changes in the neurological system of an older person.
6. Recognize the different movement disorders commonly seen in older persons.
7. Compare and contrast various methods of examining patients with stroke, Parkinson's disease and gait and balance disorders for specific outcomes.
8. Identify fall risk factors, gait impairments and gait & balance deviations and develop specific approach to assess gait, balance and falls in the older patient using a variety of cutting-edge tools.
9. Create innovative screening and intervention programs for balance and gait deficits commonly seen in older persons.

Program Agenda

DAY 1

8:00AM Introduction: Working with the Older Patient with Neurological Problems • Dementia: Implications for Rehabilitation • Depression • Motivation • Evidence Based Protocols
10:30AM Break
10:45AM The Neurology of Aging: Differentiating Pathological and Normal Aging • Neuropathies • Tremors • Weakness • Movement Disorders • MRIs and Aging • Clinical Prediction Rule for Peripheral Neuropathy
12:30PM Working Lunch (on your own) Motivational Case Study or Practice Gait and Balance Tests
1:30PM Parkinson's Disease – Evidence Based Examination and Intervention • Rhythmic Cueing to Axial Mobility and many more
4:15PM Break
4:30PM Optimizing the Neurological Environment • Exploring Sensory Loss with Age • Special Feature on The Rehabilitation Specialist's Role • Numerous ways to do effective home safety evaluations
6:30PM Questions and Answers

Day 2

8:00AM Stroke – Older Patients Are Different • Examination Tools • Motor Assessment Scale to the Modified Sitting Balance Scale and many more
9:45AM Break
10:00AM Stroke: Creative Evidence Based Techniques • Mirror Therapy to Motor Relearning and many more
12:30PM Working Lunch (bring your own) Prognostic & Evidence Based Stroke Rehab Case Study or stay in room with your bag lunch and watch Dr. Lewis show you how to educate the community on Balance and Falls
1:30PM Gait, Balance and Falls: A Functional Look at Neurological Problems • Evidence Based Examination and Intervention • FSST, Mini-Best and many more
4:30PM Break
4:45PM Burnout: How to Stay Vital When Working with Older Neurological Patients • Developing a Plan for You and Your Co-workers
6:30PM Questions and Answers

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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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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, Occupational Therapist 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:

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2024 Course Locations

Cheyenne, WY – May 18-19, 2024

Host/Location: Cheyenne Regional Medical Center
West Building (Campus)
214 East 23rd Street
Cheyenne, WY 82001

Little Rock, AR – August 10-11, 2024

CHI St. Vincent Infirmary Hospital
Center for Health Education
North Auditorium, 1st Floor
Two St. Vincent Circle
Little Rock, AR 72205

Raleigh, NC - Sept. 21-22, 2024

Host: WakeMed Health & Hospitals (Raleigh Campus)
Location: William F. Andrews Conference Center
3024 New Bern Avenue
Raleigh, NC 27610

Hawthorne, NJ – November 2-3, 2024

Host: HealthPRO®/Heritage and Van Dyk Park Place
Location: Van Dyk Park Place
644 Goffle Road
Hawthorne, NJ 07506