

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

## **Clinical Pharmacology: *Implications for Therapists Working with Older Adults***

Speaker: Kenneth L Miller, PT, DPT, GCS, CEEAA

### **Course Description**

Enhance Your Preparedness: Learn to Skillfully Assess and Address Medication Impact on Patient Function. Equip Yourself to Navigate the Influence of Medications on ADLs and IADLs. This seminar provides participants with the necessary tools and information required to incorporate pharmacology and medication management into practice with older adults. You will learn to identify and effectively manage polypharmacy and learn techniques to help monitor patients for medication desired effects, side effects and to help physicians and nurses safely manage medication use. Evidence-based tools and patient education resources will be provided to assist the participant with safe medication use. The course manual is a fabulous resource for daily practice.

### **Why do you need to know about medications?**

The fact is that prescription, over-the-counter drugs and supplements impact physical and cognitive function and could impair physical and cognitive abilities, could be harmful or even fatal. Our responsibility is to optimize patient function and minimize harm related to medications, and poor lifestyle choices of low physical activity and unhealthy diet. Our knowledge of medications is vital to optimizing our care plans, and working with the healthcare team when challenges arise.

How many times has a patient not progressed as expected? Without addressing the patient holistically including medication review, you may not uncover the real problem. Shortness of breath could be related to medications, health conditions or other factors and without exploring all possible causes, medication effects/side effects may go unnoticed.

As a rehab therapist, you may see your patients as often as 1-3 times/week, while the prescribing physicians may see them once a month or less often. Thus, we are likely to discover medication errors or problems much more quickly.

You may know that medication knowledge is important, but unsure where to start. This course provides a framework covering the high-risk medications first and then systematically scaffold medication knowledge into clinical applicability. This course is practical and geared to help clinicians understand how to incorporate medication knowledge into clinical practice.

Do you want to better understand how medications affect a person's health and ability to function? All medications have potential positive and negative effects which 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. This seminar includes interactive lecture components, but Dr. Miller also includes small group discussions, video, and case scenarios to demonstrate medication assessment, management, and education.

Participants will be able to immediately translate pharmacology knowledge into clinical practice to effectively assess and treat patients while maintaining patient safety. You will learn techniques to help monitor patients for intended effects, untoward effects, and side effects 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 to help them 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 use immediately in practice. The participant will take home quick examination tools to identify pharmacology issues in minutes.

### **Faculty Bio**

Kenneth L Miller, PT, DPT, GCS, CEEAA is an assistant professor at the Medical University of South Carolina in the Division of Physical Therapy. Dr Miller is a board-certified geriatric clinical specialist, and advanced credentialed exercise expert for aging adults. His clinical focus is on best practices for use with the older adult population. He has spoken nationally and internationally on topics of gerontology including pharmacology, primary prevention, frailty, outcome measures, best practices, and pain management for the older adult. He is currently involved in research regarding student and early professional physical therapist's mental health, resilience, and burnout.

He serves as the director of practice for the Academy of Geriatric Physical Therapy and co-led the guiding principles task force with the creation of the guiding principles for best practices documents for clinical practice. He has served as co-editor of the Ciccone's Pharmacology in Rehabilitation 5th edition textbook update and will be a co-author for the sixth edition. Dr. Miller recently was recently honored with the faculty achievement award at the University of North Texas Health Science Center and President's Award from the Academy of Home Health Physical Therapy.

### **Course Objectives**

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

1. Integrate polypharmacy into assessment and interventions.
2. Define and explain common pharmacological terminology including pharmacodynamics, pharmacokinetics, polypharmacy, medication errors, and adverse drug events.
3. Explain how to use the American Geriatrics Society Potentially Inappropriate Medications (Beers Criteria) to identify potentially inappropriate drug use in older adults.
4. List the commonly prescribed medications (prescription and OTC), their indications and side effects.

5. Identify adverse drug reactions, side effects, and intended effects of the medications geriatric patients take.
6. Perform medication reconciliation and medication review with real case examples.
7. Explain where to find the regulations pertaining to scope of practice.
8. Be able to incorporate communication tools when communicating with the healthcare team about medication issues.

## Program Agenda

### 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, Hyperlipidemia Medications Non-pharmacological interventions to reduce blood pressure and lower cholesterol.  
 10:00AM – Break  
 10:15AM 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.  
 11:00AM – 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.  
 3:30PM – Break  
 3:45PM – Appropriate use of Medications in the older adult population – Use of the Updated BEERS Criteria (2019). Small Group Activity – Case Scenario – Medication Reconciliation.

- 5:00PM – Dietary Supplements, Alcohol, Drug-Food Interactions.  
 Video – Medication Reconciliation for an older adult.  
 6:00PM Post Test, Questions and Answers  
 6:30PM – Adjourn

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**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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Riverside Regional Medical Center  
Annex Building, Conference Room D  
500 J Clyde Morris Blvd  
Newport News, VA 23601

**Duluth, Minnesota – October 26-27, 2024**

Host: St. Luke's Home Care & Hospice  
Location: St. Luke's Hospital  
915 East 1st Street  
Duluth MN 55805