



SATURDAY JUNE 27, 2015-SUNDAY JUNE 28, 2015

ASSESSMENT AND TREATMENT OF THE OLDER ADULT: UTILIZING EVIDENCED BASED FUNCTIONAL OUTCOME MEASURES AND EXERCISE PRINCIPLES TO PROVIDE A COMPREHENSIVE REHABILITATION APPROACH

**Presented by:
Danille Parker, PT, DPT, GCS, CEEAA**

COURSE DESCRIPTION

This 2 day course will emphasize the examination of the aging adult, including history, systems review and tests and measures. Tests and measures will include aerobic capacity, attention and cognition, strength, ROM, posture, gait and balance. A variety of tests will be actively performed or demonstrated throughout the course. Barriers to exercise prescription, self-efficacy, and motivational strategies for success will be presented. The application of the physical stress theory for safe and effective exercise for the aging adult will be discussed. Participants will be able to provide an exercise prescription for the aging adult, including training for aerobic conditioning; balance; flexibility; gait and locomotion; and muscle strength. Evidenced based exercise prescriptions for a variety of common diagnoses will also be presented and practiced.

TARGET AUDIENCE:

PT's and PTA's, OT's and COTA's whose clinical practice emphasizes the older adult population. Audience may be PT/PTA or OT/COTA students currently enrolled in a program, new PT/PTA or OT/COTA graduates or long term practicing clinicians. The focus will be on the examination of an older adult and developing appropriate plan of care based on evidence based guidelines.

COURSE SCHEDULE

SATURDAY JUNE 27, 2015

8:00-8:45 Demographics, PT exam
8:45-9:30 Aerobic capacity
9:30-10:00 Cognition
10:00-10:15 Break
10:15-12:00 Gait & Balance
12:00-1:00 Lunch
1:00-2:15 Balance & efficacy
2:15-2:45 Musculoskeletal
2:45-3:00 Break
3:00-4:30 Posture/ Multipurpose

SUNDAY JUNE 28, 2015

8:00-9:30 Changes, barriers, motivation
9:30-10:00 Exercise prescriptions
10:00-10:15 Break
10:15-12:00 Aerobic, flexibility, balance & gait
12:00-1:00 Lunch
1:00-2:00 Strength training
2:00-2:30 Guidelines for exercise
2:30-2:45 Break
2:45-4:30 Common Diagnoses

HOTEL

**The Grande Wailea
555 Kaukahi Street
Wailea, HI 96753
www.grandwailea.com
1.855.891.6252
Request Blocked Rooms under
'Venture Physical Therapy'**

COURSE LOCATION: VENTURE PHYSICAL THERAPY, LLC

101 Kanani Road
Kihei, Maui, HI 96753
(808) 633-4480
venturerehab.com

**Saturday June 27-
Sunday June 28, 2015
8:00am-4:30 pm**

COURSE OBJECTIVES

Upon Completion of this course Participants will be able to:

- Describe how the dynamic demographics of the aging population impact decision making in the patient/client plan of care.
- Utilize the 3 components of the therapist examination (history, systems review, test and measures) to establish a plan of care for aging adults.
- Select the top 3-5 most appropriate geriatric functional outcome measures based on the patient/client clinical presentation.
- Competently perform 2 functional outcome measures in each of the following specific tests and measures categories: Aerobic capacity/endurance, attention/cognition, gait, balance, muscle performance, posture, range of motion, multipurpose/functional assessments.
- Accurately score 3 functional outcome measures in each of the following specific tests and measures categories: Aerobic capacity/endurance, attention/cognition, gait, balance, muscle performance, posture, range of motion, multipurpose/functional assessments.
- Design an exercise prescription for the aging adult in consideration of the anatomical and physiological changes in 4 body systems: cardiovascular, pulmonary, musculoskeletal, and neuromuscular.
- Recognize 5 barriers to effective exercise prescription participation and utilize one motivational strategies to minimize each barrier for patient/client outcomes success.
- Accurately apply the Physical Stress Theory to exercise prescriptions.
- Develop one evidenced based exercise prescription for the aging patient/client in each of the following categories: Aerobic conditioning, balance, flexibility, gait and strength training.
- Prescribe evidenced based exercise programs utilizing consensus guidelines for 6 common diagnoses.
- Correctly interpret patient/client functional outcome measure score and apply the 5 exercise prescription principles to design a skilled maintenance rehabilitation program.

PRESENTER: Danille Parker, PT, DPT, GCS, CEEAA

Credentials: Doctor of Physical Therapy, APTA Board Certified Clinical Specialist in Geriatric Physical Therapy, Certified Exercise Expert for the Aged Adult, Certified 'Strong Women Program' Leader.

Danille Parker graduated with a Bachelors of Life Science degree and Masters of Physical Therapy degree in 1998 from Loma Linda University in Loma Linda, California, and Doctor of Physical Therapy degree in 2009 from Nova Southeastern University in Fort Lauderdale, FL. She has worked the last 17 years in a variety of clinical environments including inpatient rehab, acute care, outpatient orthopedic, and geriatric sub-acute care. Her clinical practice specializes in management of older adult patients with a variety of medical disorders, impaired strength and balance dysfunction, and development of wellness exercise programs. Danille currently works full time as the co-Director of Clinical Education and Clinical Associate Professor for the Physical Therapy Department at Marquette University in Milwaukee, WI with focused teaching the last 9 years on clinical education, patient management, pathophysiology and the aging adult, and exercise prescription. Since 2001, she has provided local, state, national, and international educational sessions to professional and public audiences of 15-200. Topics include clinical education, teaching models, professional behaviors, functional aging assessment, exercise prescription, posture, fibromyalgia, and technology in rehab. She is a member of the APTA, and has served varied leadership roles within the Academy of Geriatric Physical Therapy and also serves the Wisconsin Chapter of the APTA as member of the Wisconsin Clinical Education Consortium and a member of the nominating committee.

REGISTRATION FORM

Registration Deadline:

June 5, 2015

Name

Address

Phone

Email

Method of Payment

Check Visa/MasterCard

Credit Card No.

Expiration Date

Signature

Contact Hours: 14

Approved CPTA: 1.4 CEU's

Certified ProCert 10 CCU's

Credit will be awarded after active participation with both days of course.

COURSE PRICING

Individual: \$350

Group rate (5 or more):

\$300 per person

Make checks payable to:

Venture Physical Therapy, LLC

Mail Registration and Payment

to:

Venture Physical Therapy

101 Kanani Rd Kihei HI 96753

Or call (808) 633-4480