



## Continuing Education Course

**Reference Number**

1E96BEAC-3048-7C56-939C826FD67936F9

**Title**

Evidence-Based Assessment, Examination and Rehabilitation in Medically Complex Older Adults

**Type**

Didactic, in-person

**Topic**

Acute Care

**Instructor(s)**

Jennifer Bottomley, PT, PhD, MS

**Credits**

1.35 CEU

**Course Number**

ADULT10NJ

**Course Map Key**

Central

**Course Approval Type**

PRE-APPROVED by the NJ State Board of Physical Therapy Examiners

**Course Approval Number**

APTA2010

**Website**

<http://www.apta.org/AM/Template.cfm?Section=Home&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=67750>

**Registration**

<http://>

**Location**

Somerset Medical Center, Somerville, NJ

**Course Start Date**

09/25/2010

**Course Start Time**

8:00 am

**Course End Date**

09/26/2010

**Course End Time**

5:00 pm

**Course Description**

This two day seminar focuses on changes specific to the aging process that lead to decreased function and loss of independence in the elderly. An evidence-based strategy is presented for assessing anatomic, physiologic and functional changes associated with aging and pathologies that result in infirmity, changes in postural control, balance and falls in the elderly. This course will examine the medically complex elderly providing the course participants with the most advanced and up to date information on the evaluation and treatment of the elderly individual with multi-system involvement. Practice in integrating evaluative information in medically complicated patients towards a comprehensive intervention program will follow the APTA guidelines of care. Recent research in strength and flexibility training using hands-on and videoguided exercise protocols will be presented. The complications of multi- and poly-pharmacy, poor nutrition, and consequences of dehydration will be discussed. The use of complementary therapies in improving function will be offered with substantiating research provided to establish efficacy. Rehabilitation for medically complex older adults will include discussions relevant to

all care settings from acute care, sub-acute, nursing home, outpatient, assisted living, home, senior, and community centers, to fitness facilities. Clinical decision making stratagem is presented for therapeutic involvement in the rehabilitation therapies across this spectrum of care. Reimbursement issues will be discussed and current legislative initiatives involving health maintenance and promotion will be covered. Preventive interventions and screening for problems to prevent disability, falls and identify risk factors leading to frailty is provided via practical tools for the implementation and ongoing reassessment of the elderly client. Exercise strategies for preventing falls, improving balance, and enhancing functional independence are reviewed, demonstrated and practiced. Each participant is asked to bring a write-up of a difficult case study for evaluation, discussion, and clinical decision making in small groups. The focus of this course will be an interdisciplinary approach to gaining strength, flexibility, and function in the inactive and medically complex elderly.

LEVEL : Intermediate

**Post Date**

Sep 25, 2010

**Remove Date**

Nov 11,  
2010

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