

Registration Form

COMPLEX OLDER ADULT PATIENTS ALONG THE
CONTINUUM OF CARE: PROGRESSION TO WELLNESS
MOVING STROKE REHABILITATION FORWARD – BRINGING
ADVANCES IN NEUROSCIENCE INTO CLINICAL PRACTICE



NAME: _____
PROFESSION: _____
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I AM REGISTERING FOR TAMPA, FL.

- SATURDAY, NOVEMBER 14, 2009 (\$209)
- SUNDAY, NOVEMBER 15, 2009 (\$209)
- SATURDAY/SUNDAY, NOVEMBER 14/15, 2009 (\$329)

MAKE CHECK PAYABLE TO AND MAIL TO:
HEALTHCARE PROFESSIONS SEMINARS, LLC
P.O. BOX 938 • WEST END, NC 27376
PHONE/FAX: 910-400-5093

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Complex Older Adult Patients Along
the Continuum of Care:
Progression to Wellness

Moving Stroke Rehabilitation Forward —
Bringing Advances in Neuroscience
into Clinical Practice

THE QUORUM HOTEL
TAMPA, FL
SATURDAY, NOVEMBER 14, 2009
SUNDAY, NOVEMBER 15, 2009

FACULTY:
DR. TIFFANY SHUBERT PhD, MPT
DR. DORIAN ROSE PhD, PT

SPONSORED BY



P.O. Box 938
West End, NC 27376
(910) 400-5093
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“Dedicated to Delivering Multidisciplinary,
Scientifically Based Continuing Education.”

Agenda

SATURDAY NOVEMBER 14, 2009 • [DR. TIFFANY SHUBERT](#)

- 7:30 Registration and Continental Breakfast
- 8:00 Physiology of Aging – Answers to why your interventions don't work
- 9:00 Motor Learning and Aging – Repetition is key
- 10:15 Break
- 10:30 Falls Prevention – Screening Tools and Effective Interventions
- 12:00 Lunch on your own
- 1:00 Falls Prevention – Why your interventions may not be working and what to do about it
- 3:00 Break
- 3:15 Introduction to Evidence-Based Health Promotion Programming – What is it and Why should you care?
- 4:15 Beyond Physical Therapy Goals – Developing continuity of care models for your geriatric patients
- 5:30 Adjournment

Course Preparation

To get the most out of this course, please prepare the following for case-based learning and discussion:

1. Bring in one to two example medication lists from your patients
2. Take an informal poll to determine how many of your patients have fallen in the past three months
3. Identify one to two patients who did not improve with therapy, bring enough details about the patients history and progression to discuss as a case for the seminar

Please attend to all HIPAA privacy laws.

Seminar Description

Successful aging is generally defined as living a better, but not necessarily longer, life. Research has shown that older adults can achieve this goal with the appropriate interventions. Physical therapy interventions can be instrumental in assisting older adults to achieve the three components of successful aging: 1) High physical and cognitive function, 2) High level of engagement, and 3) Low level of chronic disease. This course is designed to provide the learner with skills and strategies to utilize with older adult patient to achieve these goals, regardless of the care setting. A thorough understanding of the variability of the aging process, the differences in motor learning between older and younger adults, and the importance of a continuum of care for best success will greatly enhance your practice and management of older adult patients. Much of the course will focus on falls prevention as the tools necessary to evaluate and treat an older adult at risk for falls and can easily be applied to any other chronic condition. This course is meant to be applied, and participants will be asked to share their clinical experiences and participate in group problem solving activities.

Objectives

Upon completion, the learner will:

1. Evaluate the effect of the physiology of aging on treatment plans and goals
2. Incorporate the changes in motor learning and motor control associated with aging to enhance the success of treatment plans
3. Understand external factors that affect the success of therapy and develop action plans to address these factors
4. Utilize standardized falls risk screens to identify patient as risk due to multiple factors (pharmacy, vision, physical function, etc.)
5. Develop appropriate intervention algorithms for patient at risk of falls
6. Understand what an Evidence-Based Health Promotion Program is and how it can enhance your practice

Agenda

SUNDAY NOVEMBER 15, 2009 • [DR. DORIAN ROSE](#)

- 7:30 Registration and Continental Breakfast
- 8:00 Treating the Brain: The case for Neural Plasticity – Why what we do makes a difference
- 10:00 Break
- 10:15 Developing Programs of Sufficient Intensity, Duration and Frequency (Whose Tired? Our Patients...or Us?)
- 12:00 Lunch on your own
- 1:00 Designing Upper Extremity and Gait Interventions for Successful Outcomes Post-Stroke
- 3:00 Break
- 3:15 Standardized Assessments: will they make us better clinicians?
- 5:00 Adjournment

Seminar Description

Annually, 700,000 people in the United States suffer a stroke, nearly one-third of these are recurrent, making stroke the leading cause of long-term disability in this country. The incidence of stroke is likely to continue to escalate because of an expanding population of elderly Americans and a growing epidemic of diabetes, obesity and physical inactivity among the general population. Because of this increasing prevalence, regardless of setting - acute hospital, home health, nursing home, inpatient or outpatient rehabilitation – rehabilitation professionals will be increasingly faced with the responsibility of implementing a rehabilitation program for individuals post-stroke. Exciting new evidence from neuroscience demonstrates that the brain is much more plastic than originally thought. This has tremendous implications for neuro-rehabilitation. This course translates current neuroscience research into clinical application for both upper extremity rehabilitation and walking recovery. You will also learn how to use standardized assessments to develop therapy goals and inform treatment planning in post-stroke patients.

Objectives

Upon completion, the learner will:

1. Identify the key components to brain reorganization post-stroke
2. Explain the role of task practice in brain reorganization
3. Describe how rehabilitation delivery can facilitate recovery
4. Understand the importance of addressing the cardiovascular system in post-stroke rehabilitation
5. Apply research evidence in upper extremity and gait recovery to your clinical practice
6. Utilize standardized assessments to develop treatment plans and establish patient-centered goals

Faculty

Dorian Rose, PhD, PT is a Research Assistant Professor in the Dept. of Physical Therapy at the University of Florida. She received her Ph.D. in Biokinesiology from the University of Southern California where her dissertation focused on bimanual motor control mechanisms in individuals post-stroke. She has participated in clinical trials examining both task-specific practice and constraint-induced (EXCITE) models of upper extremity intervention post-stroke. She is currently Clinical Research Coordinator for the NIH randomized control trial, Locomotor Experience Applied Post-Stroke (LEAPS), a study of intervention intensity and timing and stroke severity on walking recovery, and is Principal Investigator of "Homeward Bound," an investigation in partnership with an inpatient stroke rehabilitation program to examine the effectiveness of translating motor learning principles into clinical practice. Dr. Rose teaches neurologic rehabilitation in the physical therapy curriculum at the University of Florida and serves on the Research Committee for the Florida Chapter of the APTA.

Tiffany Shubert, PhD, MPT is a physical therapist and research scientist with over 11 years of clinical experience. Tiffany has 7 years experience working as the head physical therapist at the UNC Geriatric Evaluation Clinic – a training clinic for geriatric fellows. In addition, she teaches introduction to geriatrics and advanced geriatric elective for UNC Division of Physical Therapy and geriatric functional assessment to third year medical students. Dr. Shubert's passion is developing better models of care for geriatric patients to facilitate an older adult's ability to age in place. She brings a wealth of expertise and innovative treatment plans for successfully working with the complex older adult patients. With her unique background of basic science, clinical experience, and experience developing continuity of care models with the community, she developed an exercise-based falls prevention intervention that is resulting in improved performance on cognitive and physical performance.

Credits

Application has been made to Florida State Boards for 16 contact hours.

Registration Information

NUMBER OF PARTICIPANTS WILL BE LIMITED

Registration fee: \$ 209 for one day, \$329 for both days • Deadline for receiving registration: November 6, 2009 • Recommended Audience: PT and PTA (both days) and OT and OTA (Day 2)

Confirmation & Cancellations

Confirmations of registration are sent via e-mail, fax, or letter from our office. Detail information including further details for the course, parking, directions, etc. will be included in your confirmation. If you do not receive a confirmation within seven days of the seminar, please call our office at 910-400-5093 or 423-552-1434 to confirm registration. **Cancellations** or requests for refunds must be submitted in writing and postmarked prior to November 6, 2009. Requests for refunds made after November 6, 2009 and prior to the seminar, will be subject to a \$35 administration fee. Payments made for group discounts are non-refundable. Healthcare Professions Seminars, LLC reserves the right to cancel a seminar and will refund in full the registration fee only. HPS is not responsible for non-refundable airfare.

Accommodations

SEMINAR SITE: The Quorum Hotel
700 N. Westshore Blvd. • Tampa, FL 33609 • 813-289-8200

ROOM RATES: \$99 (Subject to change upon hotel discretion)

DEADLINE FOR ROOM RESERVATION: A block of rooms will be reserved for the seminar. Contact the hotel directly and mention Healthcare Professions Seminars, LLC to receive the group rates listed. Reservations and group rates will be confirmed on a space available basis.