



Rehab Strategies for **COPD, Diabetes, Heart Failure, and Hypertension**

Developing Evidence-Based Therapeutic Interventions to Maximize the Functional Independence of At-Risk Populations

★★★★☆ **4.8 Instructor Avg Rating**

Presented by Amy Shevlin, PT, MS, DPT, GCS

Learning Objectives

1. Describe the causes, symptoms and pathophysiology of heart failure, COPD, diabetes, and hypertension.
2. List common medications to treat these conditions and their possible effects on therapy treatment, as well as medications that should be avoided with this patient population.
3. Identify vital sign parameters, precautions, and contraindications that can be used to guide clinical decision making when working with these patient populations.
4. Utilize evidence-based treatment interventions designed to optimize functional outcomes, increase independence, and improve quality of life.
5. Explain the possible effects abnormal lab values may have on therapeutic interventions for patients with COPD, diabetes, and hypertension.
6. Integrate motivational methods to improve patient adherence to therapeutic interventions.



June 06, 2020
8am - 2:30pm (PST)

**6-Hour Interactive Live
Webinar Course**

**Engage and Ask Questions
with the Instructor in this
Live Interactive Course!**



To register for this webinar, please contact:

Sacchin Bhatia, M.P.T
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Course Description

Physical and occupational therapists often treat older patients with multiple chronic illnesses. In fact, 80% of adults over the age of 65 have multiple chronic conditions. This can be a difficult patient population to work with considering these patients see an average of 13 different physicians each year and have an average of 50 different prescriptions filled each year. Due to the complexity of this patient population, obtaining progressions through a therapy program can be a very daunting task. Therapists often feel they are providing suboptimal therapeutic interventions due to the complexity of working with these patient populations. Additionally, caring for these patients is further complicated by the potential adverse effects of being on multiple medications. It can be very challenging to help guide these patients to achieve their greatest level of independence and to improve their quality of life.

During this one-day course, participants will be able to obtain comprehensive information on the pathophysiology of some frequently encountered chronic diseases and how they may affect a patient's ability to respond to therapy treatment. This course will evaluate the best techniques, including special tests to perform with these populations that will help guide therapy treatment. Determine the most common medications that these groups of patients might be taking, medications that should be avoided in this population, and how to recognize possible adverse effects of these medications. Participants will discuss vital sign parameters and treatment precautions and how to use this information to guide your clinical decision making and when it is appropriate to continue therapy treatment or when therapy treatment should be held. Participants will also review the most common lab tests performed in the older adult population, how to interpret these lab values, and how the results of these tests can affect your patient's ability to progress during therapy treatments. After the completion of this course, participants will confidently use the best treatment strategies for populations with these chronic diagnoses.

Presented by



Amy Shevlin

PT, MS, DPT, GCS

★★★★☆ 4.8 Instructor Avg Rating

Amy Shevlin, PT, MS, DPT, GCS, is a licensed physical therapist for over 22 years of experience. She has worked in a variety of settings including acute care, inpatient rehab, skilled nursing facilities, outpatient therapy clinics, and home health care. She received her bachelor's degree in biology from the University of Detroit Mercy. She then attended Washington University in St Louis and received her Master's degree in Physical therapy in 1995. In 2013, Dr. Shevlin became a board certified Geriatric Clinical Specialist. She returned to school after practicing for many years and received her transitional DPT degree from Evidence in Motion in 2014.

Dr. Shevlin has spent most of her career working in the home care setting with clients with multiple chronic conditions who are experiencing major functional loss. She has worked with home health agencies in designing programs to help improve functional outcomes of patients by improving best practice patterns and educating staff on the delivery of optimal patient care. Dr. Shevlin has designed educational tools to help inform patients on how to decrease fall risk, increase exercise adherence, and improve mobility in the home. She has also helped to revise agency policy and procedures to ensure compliance with regulations as well as improve the delivery of home care services. Dr. Shevlin is currently the Therapy Liaison for Southern Illinois Region for Residential Home Care. She is a member of the American Physical Therapy Association including the Home Health Section and the Academy of Geriatric Physical Therapy.



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Course Outline

I. Properly Managing Patients with COVID-19

- » Pathophysiology and presentation
- » Mental health issues and social distancing
- » Precautions, oxygen considerations
- » Treatment interventions

II. Assessment and Treatment of Congestive Heart Failure (CHF)

- » Pathophysiology
- » Patient evaluation
- » Common medications used to treat CHF
- » Evidence-based therapeutic interventions

III. Assessment and Treatment of Chronic Obstructive and Pulmonary Disease (COPD)

- » Pathophysiology
- » Patient evaluation
- » Common medications used to treat COPD
- » Evidence-based therapeutic interventions

IV. Assessment and Treatment of Diabetes (DM)

- » Pathophysiology of type 2 diabetes
- » Patient evaluation
- » Common medications used to treat diabetes
- » Evidence-based therapeutic interventions

V. Assessment and Treatment of Hypertension or High Blood Pressure (HBP)

- » Pathophysiology, prevalence of hypertension
- » Common medications used to treat hypertension
- » Lifestyle changes to help control hypertension, benefits of physical activity
- » Correct technique for measuring vital signs including blood pressure
- » Precautions, contraindications, and exercise guidelines for treating patients with hypertension

VI. Effectively Motivating the Patient with Multiple Chronic Conditions

- » Barriers to adherence
- » Methods to improve patient adherence

Case Study



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Continuing Education Credit



Occupational Therapists - Summit Professional Education is an AOTA Approved Provider of continuing education - provider #5873. This course is offered for 0.6 AOTA CEUs (6.0 contact hours). This course contains content classified under both Domain of OT and Occupational Therapy Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Physical Therapists - AZ: Summit Professional Education (SPE) is approved by the AOTA as a continuing education provider. The Arizona Board of Physical Therapy recognizes the AOTA as a category A professional organization. This course is directly applicable to the practice of physical therapy and therefore qualifies for 0.6 CEUs or 6.0 contact hours of continuing competence credit. **CA:** Summit Professional Education is approved as a continuing education provider by Sports Medicine Alliance (formally NIRE, Inc.), a CA Continuing Competency Approval Agency, provider #S-100. This workshop is approved for 6.0 Contact Hours (0.6 CEUs). **CO:** This workshop meets accepted standards for category I continuing competence activities as directed in CO section 12-41-114.6, C.R.S.. Please make sure that you have completed the required post-course survey tool. Save your certificate of completion for the relicensing process and/or your employer, 6.0 hours. **IA:** This course meets the requirements of the Iowa Department of Public Health Bureau of Professional Licensure for continuing education for physical therapists as outlined in administrative rule 645—203.3(148A,272C), and is offered for 6.0 hours. **ID:** As per IDAPA 24, Title 13, Chapter 01 -Rules Governing the Physical Therapy Licensure Board, rule 250.07(a) workshops approved by the American Physical Therapy Association (APTA) or any of its components including state chapters shall be accepted as approved. Summit Professional Education is approved by the Kentucky Physical Therapy Association as a continuing education provider, #CS45-2008-KPTA. This course is offered for 6.0 contact hours. **NE:** This course meets the requirements set out in Nebraska state regulation 172:137-013.02-2 Acceptable Continuing Education for physical therapists and physical therapist assistants. Save your certificate of completion and the seminar brochure for relicensing, 6.0 hours. **NV:** This course has been approved by the NV State Board of Physical Therapy Examiners for 0.6 units of clinical continuing education. **OK:** This course has been approved by the Oklahoma Board of Medical Licensure and Supervision for 6.0 Category A hours, approval # 202110989. **SC:** As per regulation 101-07(3)(b) of the South Carolina Board of Physical Therapy Examiners, attendance at continuing competency activities provided by the APTA, SCAPTA or other chapters and sections of the APTA are deemed as Certified Activities. Summit Professional Education is an Accredited Provider by the Texas Physical Therapy Association (TPTA) Provider # 2105046TX. This course is offered for 6.0 certified contact hours (0.6 CEUs). **TX:** This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider 2105046TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas, 6.0 hours. The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPTE. **UT:** This course meets the requirements set forth in Utah's Division of Occupational and Professional Licensing administrative rule R156-24b-303b. Please save your certificate of completion for relicensing, 6.0 hours. **WA:** This workshop meets accepted standards for continuing competence activities and the Revised Code of Washington Title 18 Chapter 18.74. Save your certificate of completion for the relicensing process and/or your employer, 6.0 hours. **WI:** This course meets the requirements of an acceptable continuing education activity as per chapter PT 9.04.1 and PT 9.04.2 of the Wisconsin Administrative Code and the Physical Therapists Affiliated Credentialing Board and is offered for 6.0 contact hours.

These events contain intermediate level content.

SATISFACTORY COMPLETION

Participants must sign in by clicking the "Join Webinar" link in the "How to Join the Webinar" instructions provided upon registration, attend the entire workshop, complete the evaluation, and pass a post-test with a score of 75% or higher to receive a certificate of completion. **Attendees who dial in to the webinar by phone only, will not receive credit.**

Please note that the post-test is only available for 48 hours following the webinar. Participants not fulfilling these requirements will not receive a certificate. Failure to sign in to the webinar or pass the post-test will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available. Attendees who dial in to the webinar by phone only, will not receive credit.

DISCLOSURES

FINANCIAL: Amy Shevlin is compensated by Summit as an instructor.

NONFINANCIAL: Amy Shevlin has no non-financial relationships to disclose.

SCOPE OF PRACTICE

Workshop content is not intended for use by participants outside of the regulatory scope of practice of their license(s). You are responsible for knowing what lies within and without your professional scope of practice.

Have questions? Please call (800) 433-9570 for the latest approval status.



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