

ENSIGN **** SERVICES

Taking Rehab to the Next Level

High Intensity Functional Integration Training (HIFIT)

Open to PT/PTAs of Pilot Program Only

**DESCRIPTION:** Providing rehabilitation in today’s skilled nursing facility is more challenging than ever. Therapists must be prepared to practice at the top of their license and be able to manage patients with a variety of conditions and levels of ability. With increased scrutiny on utilization of services and the value of those services, therapists must demonstrate an ability to use therapeutic interventions that are effective and efficient. This course will provide therapists with treatment approaches that can help them elevate their practice through a patient-centered, functional approach that includes evidence based principles of exercise and engagement. Principles of high-intensity functional integration training (HIFIT) will be introduced. HIFIT is a proven effective method to improve the trajectory of functional recovery for persons in a SNF stay.

**OBJECTIVES:** *After attending the course, attendees will be able to:*

1. Describe the differences between strength training and high-intensity functional integration training (HIFIT).
2. Articulate the benefits to older adults of HIFIT as compared to traditional strength training.
3. Implement objective measures of strength and function in physical therapy practice.
4. Design effective rehabilitation programs that produce durable functional outcomes.

***Self Study 1*** **– 2.5 hours must be completed prior to live Knowledge Check – see agenda below**

 **Knowledge Check 1 (1.5 hours) June 25, 2021 [12:00-1:30 Central]**

12:00pm – Case Study Application of engagement and activation strategies into a therapy plan of care

1:00pm – Live Question and Answer – Post Test

1:30pm - conclusion

***Self Study 2*** – **2 hours must be completed prior to live knowledge Check – see agenda below**

**Knowledge Check 2 (1.5 hours) July 20, 2021 [12:00-1:30 Central]**

12:00pm – Case study: Developing a HIFIT program

1:00pm – Live Question and Answer

1:30pm – Course concludes

*Join Ellen Strunk as she guides you through HIFIT (High Intensity Functional Integration Training) – You must complete all self-study sessions within the time/dates allotted, and attend both knowledge check sessions to earn CEU. Earn 3 CEUs for the live courses and 4.5 CEUs for the Self Study (7.5 CCUs/.75 CEUs).*

*Preregister today through EnsignTherapy.com/courses* [Pre-Registration is required]

**Presenter:** Ellen R. Strunk has worked in various roles and settings as both clinician and manager/director. Ellen is an expert at helping customers understand the CMS prospective payment systems in the skilled nursing facility and home health setting, as well as outpatient therapy billing for all provider types. She has years of experience in utilizing medical record reviews and data systems to help both inpatient and outpatient therapy providers meet regulatory guidelines as well as improve clinical outcomes. For the past ten years, Ellen has worked with dozens of clients as principal consultant and founder of Rehab Resources and Consulting, Inc. Her experience in both the home and community aspects of the post-acute care continuum gives her a unique perspective in finding solutions while insuring a patient-centered approach is not lost in translation.

In addition to assisting clients meet their operational & clinical goals, Ellen lectures nationally on the topics of regulatory compliance in the post-acute care space and coding/billing/documentation to meet medical necessity guidelines and payer regulations, as well as clinically appropriate exercise for older adults, and the importance of functional outcomes to value-based payment.

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**Taking Rehab to the next level course schedule**

**Self-Study Session 1** June 15 – June 2, 2021 through our Relias Learning Management System.

**Introduction:** (approximate self-study time 50 minutes)

* Are you ready for the world of value-based payment?
* Skills a therapist needs in order to be successful in the new world

**Tsunami of Disability:** (approximate self-study time 60 minutes)

* Concepts of Frailty
* Measures of Frailty
* Post-intensive Care Syndrome

**Patient Engagement and Activation** (approximate self-study time 60 minutes)

* Understanding patient centered care
* How patient engagement supports chronic disease management
* The continuum of engagement

**Knowledge Check 1** – ***Live interactive Webinar June 25, 2021 10:30 am – 12:00 pm Central***

* Post Test
* Case Study: Application of engagement and activation strategies into a therapy plan of care
* Live Question and Answer

**Self-Study Session 2 June 25 – July 19***,* ***2021*** *through LMS System* **Available upon completion of Self Study Session 1**

**The Toolbox: Part 1** (self-study time approximately 30 minutes)

* High Intensity Functional Integration Training
* Addressing the fear of injury
* Evidence supporting the value of HIFIT

**The Toolbox: Part 2** (Self-study time approximately 20 minutes)

* The short Physical Performance Battery (SPPB)
* The Short-Form 12 Health Survey

**Implementing a Program** (Self Study time approximately 30 minutes)

* Patient assessment for HIFIT principles
* Examples of HIFIT exercises
* Progressing HIFIT exercises

**Measuring Value** (self-study time approximately 20 minutes)

* Setting up a program to measure the value of care

**Knowledge Check 2** – **Live interactive Webinar July 20, 2021 10:30 am – 12:00 pm Central**

* Post Test
* Interactive Knowledge Check
* Case Study: Developing a HFIT program
* Live Question and Answer