

## **Section on Geriatrics CSM 2007**

Please check for room assignments on-site.

### **Thursday, February 15**

#### **The Globalization of Physical Therapy During War: Spectrum of Care Across Different Levels of Medical Care, Settings, Ages, Cultures, and Disciplines**

**8:00 am - 11:00 am**

*(Joint Program; All Sections)*

Moderator: MAJ Peter Glover, PT, Newark, DE

Speakers: Jill Black Lattanzi, PT, EdD, Lewes, DE; Heather Lynn Malecki, PT, Lorton, VA; LTC Josef H Moore, PT, PhD, SCS, ECS, OCS, ATC, United States Military Academy, Keller Army Community Hospital, San Antonio, TX; LTC Barbara A Springer, PT, PhD, OCS, SCS, US Army Walter Reed Army Medical Center, Washington, DC; Hugh Watts, MD, University of Southern California, Los Angeles, CA

Physical Therapists are in an environment where they are responsible for making functional diagnostic decisions that will determine if an individual is able to stay on the job / on the battlefield or sent to a different or higher level of care. In many cases, physical therapists are the primary entry of care for injury or dysfunction, working directly with other medical specialties to determine appropriate surgical, medical, and rehabilitation interventions. The physical therapist may also be the primary consultant to a supervisor, or in the military setting, the commander on physical strength, endurance, core stability, and agility. Internationally during war, physical therapists are working with patients with poly-trauma injuries that may include: traumatic brain injuries, limb amputations, cardio-vascular compromise, etc. These diagnoses may result in life-long conditions that will be treated by physical therapists at different intervals of life. Upon completion of this course, you will be able to:

- 1) Attendees will be able to demonstrate the diagnostic decisions to evaluate if an injured person is able to return to activities of work and daily living.
- 2) Attendees will have an overview understanding of rehabilitation from point of injury on the battlefield back to full recovery and return to the battlefield and the long term rehabilitation needs after poly-trauma injury.
- 3) Attendees will develop a global understanding of the needs of rehabilitation in countries that do not have formal rehabilitation and have suffered from the effects of war.
- 4) Attendees will be able to demonstrate understanding of the clinical skills needed to provide physical therapy care as the primary entry point after injury or dysfunction.
- 5) Attendees will have a further understanding of the knowledge required as the primary consultant for the physical strength, endurance, core stability, and agility for a group of people that perform physical skills as part of their work and recreation.
- 6) Attendees will understand the changes in a large medical system to promote physical therapy as a preferred provider for non-surgical interventions for musculoskeletal injuries and impairment.

(Multiple Level) 3 CEU

## **Geriatric Certified Specialists/Newcomers Celebration Breakfast 6:30 am - 8:00 am**

Moderator: Anne Meyer, PT, GCS, CWS, Kalamazoo, MI

Speakers: Alice Bell, PT, GCS, Genesis Rehabilitation Services, Agawam, MA; Reenie Euhardy, PT; Jill Heitzman, PT, DPT, GCS, FCCWS, Mary Greeley Rehab and Wellness, Ames, IA; Sue Schuerman, PT, PhD, GCS, Las Vegas, NV; Carol Shrunck, PT

If you are a newly certified Geriatric Specialist or a newcomer to CSM, come celebrate with members of the Section on Geriatrics. This is a great way to start your day and learn more about the section and how to make the most of your specialty.

## **Section on Geriatrics Advocates to the States Meeting 11:30 am - 12:30 pm**

Moderator: Jill Heitzman, PT, DPT, GCS, FCCWS, Mary Greeley Rehab and Wellness, Ames, IA

All Section on Geriatrics State Liaisons are invited to this meeting as we move to being Section on Geriatrics Advocates to the states.

## **PTA Programming: The Music of Our Lives: Using Music to motivate movement 12:30 pm - 2:00 pm**

Speaker: Rebecca S Crocker, PT, DPT, Ozarks Technical Community College, Springfield, MO

This course is designed to increase the awareness of and cultural sensitivity of PT and PTA's in regards to the influences of music across the lifespan. There will be interactive sessions for valuing and incorporating music into the rehabilitation process across the lifespan. Evidence will be presented for utilizing music in rehab and also how to utilize today's technology to bring music into the patient care setting. Upon completion of this course, you will be able to:

- 1) Describe various eras and influences of music form 1990 to 2007.
- 2) Discuss the connection between music and movement.
- 3) Select music that is age and rehab appropriate.
- 4) Describe ways to incorporate music within the PT Plan of Care.

(Basic) 1.5 CEU

## **Clinical Decision Making Across Cultures: Practical Strategies for Exploring and Integrating Health Beliefs With Patient Care 2:00 pm - 4:00 pm**

Speakers: Stella Bakarich, PT, MS, Las Vegas, NM; Teresa M Cochran, PT, DPT, MA, GCS, Creighton University, Omaha, NE; Beverly D Fein, PT, EdD, Sacred Heart University, Fairfield, CT; Caroline Goulet, PT, DPT, Creighton University, Omaha, NE; Eunice Y Shen, PT, DPT, PCS, California Children's Services, El Monte, CA; Nicole Terumi Taniguchi, PT, Anchorage, AK; Maria Vasquez Morgan, PT, PhD, Shreveport, LA

This session will provide strategies for healthcare professionals to identify and integrate essential elements of a patient's background with the physical therapy goals and interventions to optimize patient-centered care. Practical models related to accessing patient health beliefs and behaviors will guide decision making and allow the clinician to differentiate between interpersonal skills which cross cultural boundaries and strategies needed to explore essential culture-specific information.

Upon completion of this course, you will be able to:

- 1) Apply elements of existing health models and practical tools for gathering information during a therapeutic interview.
- 2) Recognize challenges to patient interaction across cultures.
- 3) Generate strategies to optimize patient-centered care utilizing culture-specific information revealed in the therapeutic interview.

(Intermediate) 2 CEU

## **Section on Geriatrics Balance & Falls SIG Meeting and Programming: Dizziness in the Older Adult**

**6:30 pm - 8:30 pm**

Moderator: Ann S Williams, PT, University of Montana, Mc Allister, MT

Speakers: Gregory Marchetti, PT, PhD, Duquesne University, Pittsburgh, PA; Patrick Sparto, PT, PhD, University of Pittsburgh, Pittsburgh, PA; Susan L Whitney, PT, PhD, NCS, ATC, University of Pittsburgh, Pittsburgh, PA

Benign Paroxysmal Positional Vertigo (BPPV) is often unrecognized in older persons. Dizziness is the most common complaint of older persons over the age of 75. An evidence-based analysis of the differential diagnosis of BPPV, the interventions for BPPV, and review of literature on the success and indications for why and who develops BPPV will be presented. Demonstration of techniques and videos will reinforce learning. Upon completion of this course, you will be able to:

- 1) Determine when and how to perform the different techniques used to differentially diagnose and intervene with the dizzy older adult.
- 2) Discuss the anatomy and physiology as related to BPPV.
- 3) Utilize evidence based practice with regard to interventions and post-treatment instructions for the older adult with BPPV.
- 4) Access web sources on BPPV in order to educate their patients.

(Intermediate) 2 CEU

## **Friday, February 16**

### **Section on Geriatrics Osteoporosis SIG Meeting**

**7:00 am - 8:15 am**

Moderator: Nancey A Bookstein, PT, PhD, Denver, CO

This Special Interest Group educates and promotes safe interventions for the population with or at risk of developing osteoporosis.

### **Section on Geriatrics Platform Presentations-Session II**

**8:15 am - 11:00 am**

### **To Bend or Not to Bend While Testing Individuals with Osteopenia or Osteoporosis**

**8:15 am - 9:45 am**

Speakers: Dale Avers, PT, DPT, PhD, Syracuse, NY; Karen L. Kemmis, PT, Syracuse, NY; Marilyn Moffat, PT, DPT, PhD, FAPTA, CSCS, New York University, New York, NY

The purpose of this presentation will be to analyze the most frequently used reliable and valid tests and measures (e.g., balance, strength, aerobic capacity) and the modifications that may or may not have to be made for individuals with osteopenia and osteoporosis. Upon completion of this course, you will be able to:

- 1) Demonstrate knowledge of the most frequently utilized reliable and valid tests and measures for individuals with osteopenia or osteoporosis.
- 2) Discuss the myths related to tests and measures for individuals with osteopenia or osteoporosis.
- 3) Determine when modifications of these tests and measures should be made.
- 4) Demonstrate knowledge of the modifications that may be made in these tests and measures.

(Intermediate) 1.5 CEU

## **Yoga Techniques for Skeletal Health**

### **9:45 am - 10:30 am**

Speaker: Sara M Meeks, PT, GCS, Sara Meeks Physical Therapy, Gainesville, FL

This interactive session will review Yoga techniques that are safe to use with patients with or at risk for osteoporosis. Be ready to get out of your seats and try them. A short discussion of osteoporosis and the research behind Yoga will also be presented. Upon completion of this course, you will be able to:

- 1) Discuss Yoga techniques in relation to treating patients with osteoporosis.
- 2) Safely teach simple Yoga techniques to your patients
- 3) Yoga Techniques for patients with osteoporosis.
- 4) Discuss the risks behind specific Yoga techniques in relation to patients with osteoporosis.

(Intermediate) 2.5 CEU

## **Panel Discussion on Osteoporosis/Osteopenia**

### **10:30 am - 11:00 am**

Moderator: Nancey A Bookstein, PT, PhD, Denver, CO

Speakers: Dale Avers, PT, DPT, PhD, Syracuse, NY; Karen L. Kemmis, PT, Syracuse, NY; Sara M Meeks, PT, GCS, Sara Meeks Physical Therapy, Gainesville, FL; Marilyn Moffat, PT, DPT, PhD, FAPTA, CSCS, New York University, New York, NY

This session will give participants a chance to ask questions related to physical therapy interventions with osteoporosis.

Upon completion of this course, you will be able to:

- 1) Develop safe interventions with patients with osteoporosis/osteopenia
- 2) Discuss rationale of modifications of interventions with patients with osteoporosis/osteopenia

(Intermediate) .5 CEU

## **The Importance of Vital Signs with Physical Therapy Intervention**

### **1:00 pm - 2:30 pm**

Speakers: Cathy H Ciolek, PT, GCS, University of Delaware, Newark, DE; Anne Mejia Downs, PT, MPH, CCS, University of Indianapolis, Indianapolis, IN; William Staples, PT, DPT, GCS, University of Indianapolis, Indianapolis, IN

Recent evidence demonstrates a lack of vital sign monitoring in physical therapy clinical practice. This has clinical as well as legal implications for the physical therapy profession. By presenting case studies, the clinical

significance of monitoring vital signs with a variety of populations, settings and activities will be demonstrated. Ways to incorporate and interpret vital sign measurement into practice which will also include a review of available equipment, will support the practitioner to include this vital aspect of health care in their daily clinical practice. Upon completion of this course, you will be able to:

- 1) Identify normal ranges and age related changes for each vital sign at rest.
- 2) Distinguish between normal and abnormal vital sign response to activity.

(Multiple Level) 1.5 CEU

### **Clinical Residency and Fellowship Programs: Credentialing Forum**

**1:00 pm - 3:00 pm**

*(Joint Program; Geriatrics; see Women's Health for more details)*

(Advanced) 2 CEU

### **Student Forum: Working With the Older Adult Can Be Fun: A Look at Various Settings for Geriatric Physical Therapy**

**3:00 pm - 4:30 pm**

Moderator: John O Barr, PT, PhD, St. Ambrose University, Davenport, IA

Speakers: Alice Bell, PT, GCS, Genesis Rehabilitation Services, Agawam, MA; Kathryn K Brewer, PT, MEd, GCS, Phoenix, AZ; Jill Heitzman, PT, DPT, GCS, FCCWS, Mary Greeley Rehab and Wellness, Ames, IA; Jane K Okubo, PT, Carmichael, CA; William Staples, PT, DPT, GCS, University of Indianapolis, Indianapolis, IN; Ellen Strunk, PT, MS, GCS, Restore therapy, Birmingham, AL

This interactive, dynamic session is open to students and anyone else interested in learning about the various clinical settings for geriatric physical therapy. Our energetic panelists, from the Section on Geriatrics Board of Directors, will discuss their clinical settings and why they are excited to be part of the health care community working with the ever-increasing aging population. Students attending this session will also find out how they can win textbooks on aging and other prizes.

If you have ever considered working with the older population or wondered why physical therapists choose this field, this session is for you. At the conclusion of the presentation, you will be able to interact with the panelists and ask your own questions. Upon completion of this course, you'll be able to:

- 1) Describe the various settings that serve the older population.
- 2) Demonstrate understanding of the ever-changing, dynamic field of geriatric physical therapy.
- 3) Discuss the role of the physical therapist in working with the older population.

(Basic) 1.5 CEU

### **Polypharmacy and Functional Adverse Effects in the Geriatric Population ~~\*\*has been re-scheduled for Saturday, 9-11am.~~**

### **Section on Geriatrics Membership Meeting and Dinner**

**4:30 pm - 7:00 pm**

All Section members are invited to the members meeting to take part in the decision making process and help direct the future of the section.

### **Section on Geriatrics Awards Ceremony and Celebration**

**7:00 pm - 8:30 pm**

Come celebrate and honor members of the Section as they receive awards for outstanding contributions to the Section and the older adult.

## **Saturday, February 17**

### **Section on Geriatrics Health Promotion and Wellness SIG**

**7:00 am - 8:15 am**

This Special Interest Group promotes health and wellness amongst the older adult. Come be part of this special group.

### **Health and Wellness SIG Meeting**

**7:00 am - 8:15 am**

### **Geriatrics Platform Session #2**

**8:15 am - 11:00 am**

### **Section on Geriatrics Health Promotion and Wellness SIG Programming: The Rage Against Age**

**8:30 am - 11:00 am**

Moderator: Priscilla Raasch-Mason, PT, MS2, WakeMed Zebulon, Raleigh, NC

Speakers: Patrice Antony, PT, GCS, Elder Advocates, Orlando, FL; Jennifer Marie Fabre, PT, CSCS, PhD fellow, Louisiana State University/Therapeutic By Design Fitness and Wellness, Baton Rouge, LA; Jill Heitzman, PT, DPT, GCS, FCCWS, Mary Greeley Rehab and Wellness, Ames, IA; Mindy Oxman, PT, MS, GCS, Elder Care Associates of Billings, Billings, MT; Phillip Page, PT, MS, ATC, CSCS, Louisiana State University/Thera-Band Academy, Baton Rouge, LA

This panel presentation will present major issues related to aging successfully. Tools to help young elders establish their own "Wellness Record, tools to offer fun and stimulating community outreach education and health promotion fairs, and skills to help the therapists market the health fairs will all be presented. The panelists will discuss how these tools and skills can be used with simple assessment tools to allow collaborative longitudinal studies for future use. Come be ready to go back to your practice setting and continue the fight against Age. Upon completion of this course, you will be able to:

- 1) Discuss assessment tools that can be easily used at a community health fair and/or education session.
- 2) Establish fun and educational programs and health fairs to promote successful aging.
- 3) Utilize skills presented to organize and market a wellness program.
- 4) Describe the need for tracking the data for longitudinal studies regarding successful aging.

(Intermediate) 2.5 CEU

### **Polypharmacy and Functional Adverse Effects in the Geriatric Population**

**9am -11am**

Speakers: Peter C Panus, PT, PhD, East Tennessee State University, Johnson City, TN; Suzanne L Tinsley, PT, PhD, Louisiana State University, Benton, LA

The geriatric population is prescribed a greater number of drugs compared with other sectors of the population. This may be due to the larger number of coexisting pathophysiologies in this population but as such drug-associated adverse events range from 5-35% in the older adult. As the physical therapy profession progresses toward independent practice, the therapist must increase their understanding of how pharmacotherapeutics impact function. By having a comprehensive understanding of adverse drug effects, the therapist will be able to make changes in the rehabilitation program and recognize the need for referrals. Utilizing case studies and reviewing the ICF disablement model, this presentation will address changes that will present in the geriatric population as a result of adverse drug reactions. Upon completion of this course, you will be able to:

- 1) Describe the major drug classes prescribed to geriatric populations.
- 2) Summarize the major adverse effects associated with each of these drug classes.
- 3) Generalize which major drug classes have the same adverse effects that augment each other.
- 4) Review the current ICF model of disability.
- 5) Describe how these adverse drug effects present as functional deficits in the geriatric patient using the ICF model of disability as a framework.

(Intermediate) 2 CEU

## **Hip School**

**1:00 pm - 2:30 pm**

Speakers: Phillip Page, PT, MS, ATC, CSCS, Louisiana State University/Thera-Band Academy, Baton Rouge, LA; Michael Rogers, PhD, FACSM, CSCS, Wichita State University, Wichita, KS

“Hip School” is a new group exercise program from Germany. It was developed by an orthopedic surgeon and physical therapist to provide specific exercises for patients with hip osteoarthritis. This group-based program emphasizes education, submaximal eccentric training strengthening, and progressive balance training. The goal of the program is to prevent or delay hip replacement surgery, and to speed the recovery after surgery. Hip School can be implemented as a pre-post-rehabilitation program. Research has shown improvements in strength and endurance for up to two years. Upon completion of this course, you will be able to:

- 1) Describe the research supporting Hip School.
- 2) Demonstrate exercises specific to hip osteoarthritis.

(Basic) 1.5 CEU

## **Dementia: Considerations for Physical Therapy Interventions**

**2:30 pm - 4:30 pm**

Speaker: Kerri Bednarcik, PT, Yardley, PA

This session will provide a brief overview of dementia and a framework for understanding dementia via the use of the Global Deterioration Scale. Key points will be highlighted for planning treatment interventions based on the stage of dementia.

Videos will be used to illustrate behavioral/functional performance at several stages. Upon completion of this course, you will be able to:

- 1) Discuss the dementia disease process through the use of the Global Deterioration Scale (GDS).
- 2) Identify behavioral and functional performance changes throughout the dementia disease process that correlate to the GDS Stages of Dementia.

(Intermediate) 2 CEU