

How it Works

Each monograph will be 16 to 28 pages in length and will require 4 to 6 hours to complete. Course registrants receive one monograph per month, beginning in March 2005. With the last monograph mailed in August 2005, there is a final exam, answer sheet, and registration form for continuing education units. The exam will consist of 24 multiple-choice questions, based on the material in the monographs. Registrants have 4 weeks to complete the exam and return the forms. The Section will award a certificate of completion for 30 contact hours to those who score 70% or higher on the exam.

Educational Credit

30 contact hours. Completion of the series and satisfactory performance on the post-test will give the subscriber 30 contact hours of continuing education. Only the registrant named will obtain contact hours. No exceptions will be made. Registrants must apply to their State Licensure Boards for approval of continuing education credit.

Additional Questions

Phone toll free 877/766-3452

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Section on Geriatrics, APTA, 2920 East Avenue South, Suite 200, La Crosse, WI 54601

Registration Fees

Section on Geriatrics Member	\$200
APTA Member	\$300
Non-APTA Member	\$400
WI residents add applicable state sales tax.	

If notification of cancellation is received in writing prior to the course, the registration fee will be refunded, less a 20% administrative fee. Absolutely no refunds will be given after the start of the course.

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Section on Geriatrics
Home Study Course
2920 East Avenue South, Suite 200
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Topics in Geriatrics 2005

*An Independent
Home Study Course for
Individual Continuing
Education*

March—August 2005



APTA
American Physical Therapy Association
The Science of Healing. The Art of Caring.


SECTION ON GERIATRICS

Course Description

This series is designed to present relevant topics of interest to the practicing physical therapist working with older adults. Topics arose from frequent requests from Section on Geriatrics members. The authors in this series have linked theory to practice across the spectrum of care and provide practical insights through case studies.

Learning Objectives

1. Identify common musculoskeletal impairments treated with traditional physical therapy therapeutic exercise and incorporate the *Guide to Physical Therapist Practice* in the exercise management of the older adult.
2. Compare and contrast a traditional therapeutic exercise with yoga, Pilates, and Tai Chi exercise techniques, examining the available evidence for each, and applied to orthopedic problems common among older adults.
3. Describe the wholistic management of the person with chronic obstructive pulmonary disease (COPD), including the physiological rationale behind research supported exercise interventions for patients/clients in pulmonary rehabilitation programs and other settings.
4. Discuss the guidelines for exercise prescription for patients with COPD including patient monitoring.
5. Understand the differences between post-polio syndrome and post-polio sequelae related to aging, and in either case, incorporate the disablement model and patient management framework to a specific patient case.
6. Discuss appropriate and inappropriate interventions for the patient with post-polio syndrome, especially the use of exercise, assistive devices, body mechanics, and energy conservation, in the context of the polio survivor's ability or inability to accept recommendations from the health care team.
7. Describe the unique properties of water and exercise in water and the physiologic effects of water at rest and during exercise on the older adult.

8. Recognize indications and contraindications for aquatic activity and then develop an efficacious intervention for the older adult with impairments or for wellness and prevention.
9. Identify similarities and differences in the policies and procedures of different regulatory agencies responsible for monitoring and enforcing restraint policies in various healthcare settings, including; acute, long-term, and home health care environments.
10. Cite evidence that validates the negative impact of physical and chemical restraint use and describe various alternatives as part of a comprehensive physical and chemical restraint clinical management process for an older adult within a multidisciplinary organization.
11. Identify ethical issues commonly encountered by physical therapists in working with older adults and determine a course of action in response to an ethical situation given resources and strategies for handling difficult ethical situations.
12. Describe the impact of organizational and societal influences on physical therapy and discuss the advocate role of the physical therapist working with older adults.

Topics and Authors

Beyond Quad Sets: Therapeutic Exercise for Today's Older Adult—*Colleen S. Grafa, PT, DSc, CPI*

The Older Adult With Chronic Obstructive Pulmonary Disease—*Sue E. Schuerman, PT, PhD, GCS*

Post-Polio Syndrome—*Carolyn Kelley, PT, MS, NCS*

Aquatic Exercise: Indications and Effectiveness for Older Adults—*Veronica Southard, PT, MS, GCS*

Clinical Management of Physical and Chemical Restraints—*Cathy Haines Ciolek, PT, GCS, and Daniel E. Ciolek, PT, MS, GCS*

Ethics in Geriatric Physical Therapy—*Laura Lee Swisher, PT, PhD*

Editor

Mary Thompson, PT, PhD, GCS—Editor

TOPICS IN GERIATRICS 2005

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