

COPD & CHF IN REHAB & SAFE AND EFFECTIVE TREATMENT OF THE OBESE PATIENT

GVMH Rehabilitation & Wellness Center

1200 E. Ohio Street, Clinton, MO, Saturday, March 27, 2010



PROGRAM AGENDA:

- 8:00 am Registration
- 8:30 am Introduction of Topic and Speaker; Facility Features
- COPD & CHF in Rehab**
- 8:45 am O₂ Transportation within the Cardiovascular and Pulmonary Systems-Review
- 9:00 am COPD: Pathophysiology as related to Signs & Symptoms seen in Rehab
- 9:50 am Break
- 10:00 am CHF: Pathophysiology as related to Signs & Symptoms seen in Rehab
- 11:00 am Dyspnea: causes by COPD or CHF? Get it right!
- LUNCH n Learn [Optional 1 hour: Nutrition and COPD, CHF]**
- 1:00 pm Effective Treatment of Exercise with Breath Control
- 1:45 pm Safety with Treatment Monitoring
- 2:20 pm Break
- Effective Treatment of the Obese Patient**
- 2:30 pm Exercise responses in the Obese Patient
- 2:45 pm Treatment Area Features and Accommodations
- 3:00 pm Motivational Tips
- 4:00 pm Round Table Discussion: bring up your favorite or un-favorite case or questions and talk out solutions

PROGRAM OBJECTIVES:

- Apply O₂ transport principles and factors to O₂ saturation readings with exercise
- Describe COPD & CHF pathologies behind symptoms and exercise responses seen in Rehab
- Utilize various creative cueing to get better breath control during exercise and optimize O₂ saturation
- Reporting and documenting to get what you want
- Distinguish cardiac versus pulmonary etiology of dyspnea
- Patient Identify major safety and monitoring issues with exercise
- Identify room and equipment features for the obese patient
- Apply effective motivational tips for compliance
- Apply physiologic norm charts for the obese patient in education

EDUCATIONAL CREDITS:

Courses comply with APTA Guidelines for Evaluating Continuing Education Programs. Courses reflect practices recommended for physical therapy rehabilitation, though, information may be helpful to other disciplines.

REGISTRATION FEE, CANCELLATION POLICY AND CONTACT INFORMATION:

\$100.00 fee per individual. Early registration is encouraged. A \$25 processing fee will be deducted per participant for **WRITTEN** cancellation requests made within 72 hours prior to the start of the program. No refunds will be made after this time, though substitution will be accepted. Refunds will be processed within 4-6 weeks from the written request and returned to the address from which the original payment was received.

If the program is cancelled or rescheduled, participants will be entitled to a full refund. Liability is limited only to the registration fee and GVMH will not be held responsible for any losses incurred by registrants including, and not limited to, airline cancellation charges or hotel deposits.

Please print information, as it should appear on your certificate of attendance. Payment must be received prior to the course date.

Make checks payable to Golden Valley Memorial Healthcare.

Email confirmation will be sent if a legible current email address is provided on the registration form. You may call to verify registration or if you need additional information.

Name: _____ Title/position: _____

Employer: _____

Home address: _____

Daytime phone number: _____ Email address: _____

Mail registration form and payment to:

Golden Valley Memorial Healthcare
Attn: Lynh K. Best
1600 N. Second Street
Clinton MO 64735
660.890.7080

Sponsored by:



SPEAKER: Sharon Donovan Coffman, MMSc PT CCS

Sharon is an experienced educator and a licensed Physical Therapist. She received her BS in Physical Therapy from Kansas University Medical Center and her Master of Medical Science from Emory University, Atlanta. She has been in clinical practice since 1977 in multiple areas ranging from the ICU environment to Home Health. She is an adjunct faculty in three Kansas City areas Physical Therapy Programs. She is a SACE Item Writer for exams for PT and PTA. She is APTA Board Certified Specialist in Cardiopulmonary Physical Therapy. Her primary focus is in cardiovascular and pulmonary symptom recognition and ensuing decisions made by allied health care workers to ensure patient care safety. She was recognized in 2007 for the "Best of the U.S." Professional Achievement.

PROGRAM DESCRIPTION:

This course is presented as an intermediate course w/ review of basic knowledge. Both basic and personal knowledge allows understanding at the intermediate level presented. The diagnoses of COPD, CHF, and Obesity are such common underlying processes that *symptoms* occur in all venues in Rehab and Nursing. Thus, the target audience is for allied health and nursing practitioners. COPD and CHF are compared and contrasted, the most featured *shared symptom* being dyspnea. Clinical evidence that practitioners see is the key to effectiveness of treatment. Dyspnea causes are responsive best to your verbal cues and breathing retraining. Patient education on *symptom recognition* will give patients the tool they need to handle dyspnea in their future. With this said, focus on course content is on understanding dyspnea and learning effective teaching tools to manage it. Breath control techniques applied to exercise is presented and practiced. Medications that influence exercise with COPD and CHF are discussed throughout the presentation. Obesity affects all ages and building allowances into clinical plan of care is paramount to success. Writing goals and reaching them can be two different matters. Facility accommodations can also support your success or failure in reaching goals. Understanding normal exercise responses is presented followed by norms for the obese patient. These tips may leave you ready to tweak your own program, you never know.....:-)