

Promotion of Recovery Post-Stroke:

Evidence Based Therapy in Current Healthcare Environments

Maureen Whitford PT, PhD, NCS

Faculty

Maureen Whitford PT, PhD, NCS is a skilled instructor experienced in treating patients recovering from strokes in a variety of healthcare environments. Her compelling continuing education course emphasizes the theoretical underpinnings of motor learning and neuroplasticity as they relate to current treatment interventions and integration into practice. Maureen received her BS in Physical Therapy from The Ohio State University, her MHS from the University of Indianapolis Krannert School of Physical Therapy, her MS in Biokinesiology from the University of Southern California, and her PhD in Rehabilitation Science from the University of Minnesota. She works full time as a physical therapy researcher at the Cleveland VA Medical Center. She also practices physical therapy at the Cleveland Clinic Foundation and University Hospitals Avon Rehab Hospital.

Financial: Dr. Maureen Whitford receives a speaking fee from Education Resources, Inc. Non-Financial: Dr. Maureen Whitford has no relevant non-financial relationships to disclose.

About this Course

In this course, you will learn/review the current research related to neuroplasticity and motor learning as it relates to optimizing recovery in patients post-stroke. The end goal is that you will integrate current recommendations for examination and treatment of patients post-stroke into your everyday practice. A key focus will be integrating the evidence in these areas into clinical practice across the continuum of care. We will discuss a broad overview of treatment approaches/techniques in the context of experience-dependent neuroplasticity within the current constraints of the healthcare system. The course will promote application using case studies.

Objectives

At the completion of this course participants will be able to:

- Incorporate current evidence into examination, evaluation and intervention of patients post-stroke
- Discuss commonly used outcome measures in this population to enhance your evaluation and treatment process
- Design and implement treatment interventions based on evidence and the constraints of our current healthcare system
- Identify the potential use of emerging adjunctive techniques and technologies in future practice

Audience

This course focuses primarily on physical and occupational therapy intervention at an intermediate level for patients post stroke, from acute care to rehab and OPD.

"This was a great course, filled with a lot of applicable information I can use in my workplace."

– B. Panchak, OTR

Schedule – Day 1

7:30-8:30	Registration/Continental breakfast
8:00-9:00	Stroke statistics & current healthcare environment
9:00-10:00	Treatment across the continuum of care
10:15-11:30	Background & updates on neuroplasticity
11:30-12:30	Motor learning principles
12:30-1:30	Lunch (on your own)
1:30-2:30	Integration of principles into current practice
2:30-2:45	Break
2:45-3:15	Case Study: integrating Day 1 information
3:15-4:15	Team Activity
4:15-5:00	Summary of Day 1

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Schedule – Day 2

7:45-8:00	Continental breakfast
8:00-9:00	Examination of the patient post-stroke
9:00-10:00	Examination recommendations from guidelines
10:00-10:15	Break
10:15-11:15	Overview of current treatment Techniques: forced use, aerobics, electrical stimulation sensory facilitation, mirror therapy, task specific training, mental imagery, virtual reality, robotics
11:15-12:15	Lunch (on your own)
12:15-1:15	Clinical Practice Guidelines: Treatment Recommendations
1:15-1:45	Recent updates
1:45-2:15	Case Study: integrating Day 2 information
2:15-2:45	Overall summary

"Maureen is such a well-versed academic. Her firsthand knowledge of current data was paradigm shifting. One of the best courses I have attended in my 17 years of practice. Monday morning, I will begin implementation of some of the new data I learned this weekend. Thank you."

- T Lindsley, OTR

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Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). Application has been made to the **NJ** Board of Physical Therapy Examiners. The **PA** State Board of Physical Therapy recognizes other state board approvals. This workshop meets accepted standards for continuing competence as outlined by the **CT** General Statutes.

Approved provider by the **NY** State Board of Physical Therapy for 16.8 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

NBCOT professional development provider – 14 PDUs

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Please contact us with any special needs requests: info@educationresourcesinc.com or 508-359-6533

Locations and Dates - 2020

April 25-26 Hackensack, NJ Hackensack University Medical Center

June 6-7 Abington, PA Abington Jefferson Health

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\$435 fee. Group rate (3 or more must register together) \$410. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

Post-Stroke Recovery/Whitford

☐ April/NJ ☐ June/PA

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