

TBI: Tools and Strategies to Promote Recovery for the Moderately-Severely Challenge

Kimberly Miczak, PT, NCS or
Andrew Packel, PT, NCS



Faculty

Kimberly Miczak, PT, NCS is an experienced therapist treating individuals suffering with TBI. Her clinical interest includes movement disorders after acquired brain injury, maladaptive behaviors after acquired brain injury, and promotion of health and wellness for survivors of TBI. She practices in residential, inpatient, and outpatient rehabilitation. Kimberly is passionate about sharing her TBI expertise, including the use of exercise to address cognitive and behavioral dysfunction and the implications of cognitive dysfunction to physical therapy assessment, intervention, and outcomes.

or

Andrew Packel, PT, NCS is a board-certified specialist in neurologic physical therapy. He has spoken on multiple topics including management of severe TBI, analysis of walking dysfunction, specification of rehabilitation treatments, and clinical reasoning and expert practice in physical therapy. He is a member of the Academy of Neurologic Physical Therapy (ANPT), serving on academy's Movement System Task Force and has contributed to multiple research projects and peer-reviewed publications.

Disclosure: Financial: Miczak and Packel receive speaking fees from ERI. Non-Financial: Miczak and Packel have no non-financial relationships to disclose

About this Course

TBI results in an abrupt disruption to the functioning of the brain, with the potential to impact any or all our mental and physical functions. The complex impairments, functional limitations and activity restrictions that the individual experiences can pose considerable challenges for clinicians from the acute through the chronic phases. This 2-day course will provide a framework and utilize video-based cases to provide optimal evaluation, assessment, and treatment strategies for individuals with moderate to severe traumatic brain injuries. Best practices and the integration of existing evidence into clinical reasoning, along with strategies for reflection to drive professional growth, will be emphasized. This will facilitate efficient and effective decision-making by the clinician to optimize outcomes for individuals with moderate to severe TBI.

Objectives

- ❶ Perform a comprehensive examination of an individual with moderate or severe TBI, including assessment of physical, cognitive, behavioral, and psychosocial variables.
- ❷ Integrate multiple sources of information to anticipate areas of deficits to help guide examination, goal setting and prognosticating.
- ❸ Develop a patient-centered plan of care that prioritizes addressing impairments linked to activity and participation restrictions, considering co-morbidities, acuity of injury, resources, and personal factors.
- ❹ Implement evidence-based and theory-based interventions that will comprehensively address the needs of the individual patient.
- ❺ Utilize reflective strategies throughout the clinical reasoning process to foster professional growth and continue to drive one's own expertise.

Audience

OTs, OTAs, PTs, PTAs

Help your patients achieve better outcomes.

Schedule – Day 1

| | |
|-------------|---|
| 7:30-8:00 | Registration/Continental Breakfast |
| 8:00-8:30 | Introduction/ Professional reflection to improve practice |
| 8:30-9:15 | Functional neuroanatomy/physiology of TBI <ul style="list-style-type: none"> – Primary & secondary effects – Clinical manifestations and implications for management |
| 9:15-10:15 | Examination and Evaluation I <ul style="list-style-type: none"> – Theory-based evaluation strategies: What is Realistic and Practical? |
| 10:15-10:30 | Break |
| 10:30-12:15 | Examination and Evaluation II <ul style="list-style-type: none"> – Cognitive, communication, and perception – Neuromuscular system |
| 12:15-1:15 | Lunch (On your own) |
| 1:15-2:15 | Examination and Evaluation III <ul style="list-style-type: none"> – Movement analysis |
| 2:15-2:45 | Assessment tools and outcome measures <ul style="list-style-type: none"> – What, when, and why? |
| 2:45-3:00 | Break |
| 3:00-4:00 | Prognosis and goal setting <ul style="list-style-type: none"> – Documentation and demonstrating need – Lower level functioning – Higher functioning – Considerations across the continuum: Acute to Chronic |
| 4:00-5:00 | Video case analysis: Bringing it all together |

Schedule – Day 2

| | |
|-------------|---|
| 7:30-8:00 | Registration/Continental Breakfast |
| 8:00-10:00 | Evidence-based treatment planning: Integrating research, neuroplasticity clinical knowledge and clinical judgement <ul style="list-style-type: none"> – Evidence-based treatment versus theory-based treatment – Motor learning and neuroplasticity – Compensation vs. Remediation – Treatment theory vs. Enablement theory – Hypothesis testing |
| 10-10:15 | Break |
| 10:15-11:15 | Intervention Strategies I: Body Structure/Function Considerations <ul style="list-style-type: none"> – ROM, force production, cardio/tolerance to upright, vestibular, visual – Cognitive, behavioral, perceptual factors – Considerations for medical diagnosis, environmental, personal factors |
| 11:15-12:30 | Intervention Strategies II: Activity-based Treatment Strategies <ul style="list-style-type: none"> – Incorporating influences of impairments – Environmental manipulation – Structuring a treatment session – Cueing and feedback – Family integration – Video examples of functional skill training |
| 12:30-1:30 | Lunch (On your own) |
| 1:30-2:15 | Intervention Strategies III: Participation: how do we get to it? <ul style="list-style-type: none"> – Dual tasking, problem solving, activity modification – Generalizability considerations |
| 2:15-3:00 | Video case analysis: Putting it all together: and problem-solving |
| 3:00-3:15 | Break |
| 3:15-4:00 | Additional strategies for success <ul style="list-style-type: none"> – Training the primary caregiver – Health and wellness considerations – Resources for patients and therapists – Searching the literature: A quick review and tricks of the trade |

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Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). The **MI** Physical Therapy Association, and the **AR, DE, DC, PA, VA,** and **WI** Boards of Physical Therapy accept other state board's approvals. Application has been made to the **NJ** Board of Physical Therapy Examiners.

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

TX Physical Therapy Association accredited provider.

Application has been made to the **FL** Physical Therapy Association for 16.5 continuing education 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.

Approved by the **TX** Board of OT Examiners.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker – 16.5 hrs.

NBCOT professional development provider-14 PDU's.

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.

Course Requirements

Devices with internet access.

Locations and Dates – 2020

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|--------------------|--------|------------------|---------------------------------|
| Feb 22-23 | Packel | Grand Rapids, MI | Mary Free Bed Rehabilitation |
| March 7-8 | Packel | Miami, FL | Baptist Hospital of Miami |
| April 25-26 | Packel | Little Rock, AR | Baptist Health Medical Center |
| July 24-25 | Miczak | Fort Worth, TX | Texas Health Fort Worth |
| Oct 17-18 | Miczak | Washington, DC | Medstar National Rehabilitation |



\$435 fee. Group rate (3 or more) must be mailed/faxed together \$410. Deadline for registration is 3 weeks prior to course. 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!

TBI/Miczak or Packel

☐Feb/MI ☐March/FL ☐April/AR ☐July/TX ☐Oct/DC

Course Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

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Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

Employer: _____

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How did you learn of this course _____

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

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