

# Effective Physical Therapist Management of Patients in the Emergency Setting:

## Differential Diagnosis, Intervention, and Interprofessional Collaboration - Application and Case Studies

Michael Lebec PT, Ph.D.

### Faculty

Michael Lebec is an accomplished physical therapist and tenured professor who previously served in the Emergency Department at St. Joseph's Carondelet Hospital in Tucson, AZ. This program was among the first to offer full time PT service in the ED and was featured in the September 2000 issue of PT magazine. He authored six peer reviewed publications and multiple national and international presentations related to this practice while also acting as a development consultant for many developing and existing U.S. ED PT programs. In 2011, he founded and has since served as moderator for the ED PT Focus Group within the Acute Care Section of the APTA and served on the APTA ED task force which worked to develop resources for individuals interested in expanding practice into this environment. His work has been featured as an innovative approach to health care by the Agency for Health Care Research and Quality, AHC Media, and the APTA who selected him as one of 18 practice innovators at the 2013 APTA Innovations Summit in Washington DC. Dr. Lebec has been teaching in higher education for over 20 years and recently joined the University of Pittsburgh as a faculty member in their developing hybrid DPT program.

**Disclosures:** Financial: Dr. Lebec receives an honorarium from ERI for teaching. Non-financial: No non-financial relationships to disclose.



### About the Webinar and Online Sessions

Once a rarely implemented service, physical therapist intervention in emergency settings is a rapidly growing area of practice. As the role of the physical therapist continues to grow in hospital Emergency Departments, Urgent Care settings, walk-in clinics, and disaster relief, there is a need for clinicians to be comfortable and effective in providing care in these unique environments. Specifically, participants will learn to distinguish between mechanical and systemic sources of pathology, conduct an efficient physical exam, and administer interventions for health conditions most common among patients receiving emergency services. Of particular focus will be perspective on how to maximize care delivery in non-traditional settings where patient interactions are limited to one or very few episodes of care. While the primary focus will be on training individuals to provide care in hospital-based emergency departments, learned skills will also be of applicable in fast-track, urgent care, walk-in clinics, and even international disaster relief settings.

### Objectives

- Identify specific but diverse patient populations that can benefit from physical therapy management.
- Perform efficient examination procedures that identify areas of need in patients presenting to emergency settings.
- Implement evidence-based interventions that are effective and possible within abbreviated episodes of care.
- Apply contemporary principles associated with physical therapist practice for conditions affecting the spine in a manner specific to patients presenting to the Emergency Department setting.
- Apply contemporary principles associated with physical therapist practice for conditions affecting the extremities in a manner specific to patients presenting to the Emergency Department setting.
- Apply contemporary principles associated with physical therapist practice in a manner specific to patients presenting to the Emergency Department setting with Vestibular conditions.
- Screen for and identify patients at risk for falls in a manner feasible and effective in the Emergency Department setting.

Help your patients achieve better outcomes.

## Online Course - Session 1

60 minutes

**Trends in Emergency Department (ED) Physical Therapist (PT) Services: Understanding your role and potential contributions in the ED**

- What does ED PT look like from a bird's eye view?
- What are the proposed benefits of ED PT services?
- What are the most common areas of ED PT focus?

### Gaining Buy-In: The Value of ED PT Services

- What evidence demonstrates the overall benefits of ED PT?
- Overview of the literature related to ED PT practice
- Cost-effectiveness literature related to ED PT practice
- Summary of outcomes collected from established programs
- Anecdotal report from ED PT Stakeholders
- Straight from the source: what value do practitioners see in EDPT services?
- Video-recorded testimony from physicians, nurses, administrators, and PTs who have experience with EDPT services

### Practice Models: Descriptions and comparison of existing, established models for EDPT practice

- Description / Demographics / Case Examples
- Daily operations
- Common diagnoses managed
- Common interventions provided

## Live Webinar Schedule - Session 1

5:40pm to 10pm EST (US)

- |           |  |
|-----------|--|
| 5:40-6:00 | Webinar and Zoom Registration Opens  |
| 6:00-8:00 | <p>Competency in the ED - Part I: Differential Diagnosis and Patient Management in the ED</p> <ul style="list-style-type: none"> <li>• Orientation to the ED culture</li> <li>• Culture shift: Managing higher levels of acuity and anxiety in your patient population</li> <li>• Imaging essentials for ED PTs</li> <li>• Using test clusters to guide diagnosis</li> <li>• Using clinical prediction rules to guide treatment</li> <li>• Using research to predict patient prognosis and provide follow up recommendations</li> <li>• Managing individuals with opiate dependency</li> <li>• Effective use of modalities</li> <li>• Manual therapy in the ED setting: with whom and when?</li> </ul> |

**\*\*Practice Examples: Illustrations of ED PT in Action**  
Case Studies illustrating PT Differential Diagnosis and patient management in the ED will be presented

- |            |   |
|------------|---|
| 8:00-10:00 | <p>Group collaboration activity: Based on your present understanding of ED PT practice, at this point, how would you:</p> <ul style="list-style-type: none"> <li>• Begin developing your own program?</li> <li>• Sell decision makers on the benefits of EDPT practice?</li> <li>• Gather data to support your ideas</li> <li>• Prepare yourself for competent ED PT practice?</li> </ul> |
|------------|---|

Each live session to include one 15-minute break

## Online Course - Session 2

90 minutes

### Administrative Essentials for the ED PT practitioner

- Fiscal Feasibility: How do we get paid for ED PT services?
  - Typical ED reimbursement
  - Summary of ED PT reimbursement models
  - Program data summarizing reimbursement by payers source
- Tracking productivity
- Efficient and legal ED PT documentation
- PT student interns in the ED setting: Best recommendations

### Competency in the ED - Part I: Evaluation & Treatment of Spinal Conditions in the ED (EBP/CPGs/Prioritizing) - Special Management Considerations and Recommendations for Discharge

- Lumbar Spine Examination in the ED
- Common Lumbar Spinal Pathologies in the ED Patient Population
- Cervical and Thoracic Spine Examination in the ED
- Common Cervico-Thoracic Spinal Pathologies in the ED Patient Population

## Live Webinar Schedule - Session 2

5:40pm to 10pm EST (US)

- |             |   |
|-------------|---|
| 5:40-6:00   | Webinar and Zoom Registration Opens   |
| 6:00 -10:00 | Competency in the ED - Part I: Evaluation & Treatment of Spinal Conditions in the ED(EBP/CPGs/Prioritizing): Special Management Considerations and Recommendations for Discharge <ul style="list-style-type: none"> <li>• Review and application of principles from independent content</li> <li>• Using Treatment-Based Classification Systems to Guide Intervention</li> <li>• Applying Intervention for Lumbar, Thoracic, and Spinal Conditions in the ED</li> </ul> |

**\*\*Practice Examples:** Illustrations of ED PT in Action Case Studies illustrating PT Differential Diagnosis and patient management in the ED will be presented

Each live session to include one 15-minute break

## Audience

This course is for physical therapists and assistants treating patients in the emergency department, emergency room, or emergency setting.

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## Online Schedule - Session 3

60 minutes

Competency in the ED - Part II: Evaluation & Treatment in the ED (EBP/CPGs/Prioritizing), Special Management Considerations and Recommendations for Discharge for Conditions Affecting the Extremities, the Vestibular System, and Fall Risk

- Examination Considerations in the ED for Common Conditions Affecting the Extremities
- Fundamental Considerations for Management of Fall Risk and Vestibular Conditions

VIDEO DEMOS: Special Tests

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## Live Webinar Schedule - Session 3

5:40pm to 10pm EST (US)

5:40-6:00 Webinar and Zoom Registration Opens

6:00-9:00 Competency in the ED - Part II: Evaluation & Treatment in the ED (EBP/CPGs/Prioritizing), Special Management Considerations and Recommendations for Discharge for Conditions Affecting the Extremities, the Vestibular System, and Fall Risk

- Review and application of principles from independent content
- Applying Intervention for in the ED for Conditions Affecting the Extremities
- Management of Vestibular Conditions and Fall Risk in the ED

**\*\*Practice Examples: Illustrations of ED PT in Action**

Case Studies illustrating PT Differential Diagnosis and patient management in the ED will be presented

9:00-10:00 Developing, Sustaining, and/or Growing your EDPT program

- Getting the ball rolling: Specific actions which may facilitate development of and interest in your program
  - Background research: Doing your homework
  - Contacting key individuals and getting decision makers on board
  - Recruiting and training physical therapists for this role
  - Tips for generating referrals and maintaining patient volume
- Keeping the ball rolling: Sustaining a successful ED PT program
- Getting the ball rolling faster: Expanding services over time

Each live session to include one 15-minute break

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11 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 certification.

## Webinar Dates and Times

**November 1, 8 and 10, 2022**

**5:40 pm EST • 4:40 pm CST • 3:40 pm MST • 2:40 pm PST (US)**

Registration is for all live webinar and online sessions. Log-in instructions and course materials will be emailed/added to your ERI account 2-3 days prior to the first date of the webinar.



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**Live Webinar**

**Effective Physical Therapist Management of Patients in the Emergency Setting- Michael LeBec**

☐ **November 1, 8 and 10, 2022 and three online sessions**

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