

# Parkinson's Disease Intensive:

A Practical, Evidence-Based Approach to Improve Outcomes and Manage Complexities Associated with a Progressive Condition

Robert Hand, PT, DPT, NCS, MSCS



## Faculty

Bobby (Robert) Hand is a licensed physical therapist currently serving as Movement Disorder Program Coordinator at Virginia Commonwealth University Health in Richmond, VA. He is a board-certified clinical specialist in neurologic physical therapy and multiple sclerosis certified specialist. He is a member of the American Physical Therapy Association and International Parkinson and Movement Disorder Society. He was the recipient of the 2018 APTA Academy of Neurology Early Career Professional Award and 2018 APTA ANPT Degenerative Disease Special Interest Group Volunteer Award. He serves as a clinical facilitator for the Parkinson's Disease Self-Efficacy Learning Forum (PDSELF). In addition to clinical roles, he has organized numerous educational events and serves with the Patient & Carepartner Advocacy Committee with CurePSP.

Disclosure - Financial: Robert Hand receives an honorarium from ERI for this course. Non-Financial: Robert Hand volunteers for Power Over People and Cure PSP.

## About this Course

How do you define success in treatment of a progressive condition? Parkinsonian conditions such as Parkinson's disease present individuals with new, often worsening, impairments as the condition progresses. Neurodegenerative disorders require assessing through a different lens. While it may come off as a daunting task, rehabilitation professionals play a crucial role in addressing the 'now' and preparing for the 'what if.' Specific disease impairments, such as freezing of gait in Parkinson's disease or vertical gaze palsy in progressive supranuclear palsy, provide unique challenges to mobility and daily activities. Often times, the non-motor impairments are also as important to address as the motor signs. Decreased attention, difficulty multitasking, and behavioral barriers can limit our ability to maintain or improve a patient's functional status. This course aims to improve clinician skills from diagnosis through late-stage disease management. Literature review, video case studies, patient examination and intervention, as well as group discussions will be used to build your skills. Improved understanding of diagnoses, pathologies, and medical management will also be addressed to improve your clinical decision-making process. This information leads us to define appropriate goals, apply evidence-based interventions, and care for all of the complexities that come along with an uphill battle against neurodegeneration.

## Objectives

- ① Reproduce a disease-specific clinical examination of a patient with parkinsonism
- ② Identify appropriate outcome measures related to disease-specific impairments in parkinsonism
- ③ Perform assessment of FOG and provide appropriate intervention
- ④ Implement appropriate interventions and exercise protocols for patients with secondary or atypical parkinsonism
- ⑤ Explain factors that influence the prescription and use of equipment and assistive technology in patients with parkinsonism

## Audience

PTs, PTAs, OTs, OTAs, and SLPs involved in the care of patients with neurodegenerative conditions, ranging from young adults to geriatric patients.

Help your patients achieve better outcomes.

## Schedule – Day 1

- 7:30-8:00** Registration/Continental Breakfast
- 8:00-8:30** Pathology of Parkinson's Disease
- Anatomical structures and neurotransmitters
- 8:30-9:15** Clinical Presentation and Diagnosis of PD
- Motor Signs, Non-Motor Signs, Diagnosis (\*MDS Criteria)
- 9:15-9:30** Break
- 9:30-10:45** Pharmacology and Medical Management of PD
- Dopaminergic therapies: mechanism of action, drug classes, etc.
  - Common secondary medications
  - Deep Brain Stimulation – Theory, Application, Selection, and Management
  - Complementary Alternative Medicine (CAM)
  - Current clinical trials
- 10:45-11:30** Selecting Outcomes and Writing Goals
- Physical, Occupational, Speech therapies, \*Quality of life / general measures
- 11:30-12:30** Lunch (On Your Own)
- 12:30-2:45** Clinical Examination of Parkinsonism – Video of Live Patient Demonstration
- Patient examination on patient with parkinsonism
  - Q&A and group discussion regarding examination and results interpretation
- 2:45-3:00** Break
- 3:00-4:00** Determining the Plan of Care
- Synthesizing results to build a plan of care
  - Skilled Therapy vs. Skilled Maintenance – Jimmo vs. Sibelius
  - LSVT BIG, PWR!MOVES, LSVT LOUD, SPEAKOUT!, etc. protocols in PD

## Schedule – Day 2

- 7:30-8:00** Continental Breakfast
- 8:00-8:30** Motor Learning in Parkinsonism
- Cueing, feedback, and practice types specific to parkinsonism
- 8:30-9:30** Freezing of Gait (FOG)
- Phenotypes and triggering events
  - Patient video review
  - Novel assessment techniques and documentation
- 9:30-9:45** Break
- 9:45-11:30** Freezing of Gait (FOG) and Mobility Training – Video of live Patient Examination
- Clinical assessment and intervention
- 11:30-12:30** Lunch (On Your Own)
- 12:30-2:00** Evidence-Based Practice Guidelines for Treating PD
- Bradykinetic gait, instability, and freezing of gait (FOG)
  - Strength training principles in PD
  - Tai Chi, yoga, and mindfulness
  - Volume control and swallowing
  - Fine motor control in PD
  - Community Programs & Support Group Information for Patient Dissemination
- 2:00-2:15** Break
- 2:15-4:00** Secondary and Atypical Parkinsonism
- Secondary Parkinsonisms: NPH, Drug Induced, Vascular, Metabolic, Brain Inj/ CTE
  - Clinical Presentation, Diagnosis, and Treatment for Secondary Parkinsonisms
  - Pathology of Atypical Parkinsonisms: PSP, CBD, and MSA (Prime of Life Diseases)
  - Clinical Presentation, Diagnosis, and Treatments for PSP, CBD, and MSA

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Approved provider of continuing education by the American Occupational Therapy Association #3043, for 13 contact hours (1.3 CEUs) - 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 – 13 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

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## Locations and Dates - 2020

June 13-14	Fairfield, CT	The Carolton Chronic & Convalescent Hospital
Nov 13-14	Newport News, VA	Riverside Regional Medical Center



\$435 fee. Group rate (3 or more) must 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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**Parkinson's Intensive/Hand:**

☐ June/CT ☐ Nov/VA

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