

Management of Acutely Ill Patients: An Evidence Based Approach from a Cardiopulmonary Perspective - An Intensive Lab

Komal Deokule PT, MSc.PT, CCS, MCSP, MPNZ, MIAP

Faculty

Komal Deokule PT, MSc.PT, CCS, MCSP, MPNZ, MIAP is a Board Certified Cardiovascular and Pulmonary Clinical Specialist with more than 20 years of clinical experience. A knowledgeable practitioner, Komal has treated patients with heart, lung, and liver transplants, and cardiac and thoracic surgeries. She also has experience mobilizing medically complex patients in ICUs, and in outpatient cardiac and pulmonary rehabilitation. She works in various practice setting including acute care, SNF, home health and outpatient settings. Komal has presented her work at international conferences and served as a reviewer for the journal for the Association of Chartered Physiotherapists in Respiratory Care (ACPRC). Her work has been published in peer reviewed journals and her article titled "Effects of Body Position on Gas Exchange with Relation to Mechanical Ventilation and Ventilation Perfusion Matching," earned her an ACPRC Medic-Aid Award.

Disclosure: Financial: Komal Deokule receives a speaking fee from Education Resources, Inc.

Non-Financial: She has no non-financial relationships to disclose

About this Course

This course gives an evidence based clinical approach to the cardiopulmonary perspective of assessment and management of acutely ill patients (of any diagnosis) across the continuum of care. Therapists working in different settings are frequently challenged with complex patients with cardiopulmonary diagnoses including CHF, Pneumonia and COPD or multiple systemic co-morbidities with effects on the cardiopulmonary system. This course will empower the therapist with assessment tools and understanding of the pathophysiology of cardiopulmonary conditions, to modify their therapy accordingly. The course content includes cardiopulmonary physical examination including auscultation, ABG analysis, CXR etc, exercise testing and prescription with strong emphasis on outcome measures and documenting effectiveness of therapy. Pulmonary interventions taught in this course are positioning, breathing techniques, chest clearance techniques and adjuncts of respiratory therapy like use of flutter, acapella etc.

Objectives

- 1 Formulate an effective cardiopulmonary assessment utilizing appropriate monitoring techniques like BP, HR, ECG monitoring, auscultation, ABG analysis, LFT, CXR and lab values.
- 2 Utilize various standardized outcome measures such as exercise testing, balance testing and Quality of Life questionnaire.
- 3 Demonstrate knowledge of individualized exercise prescription based on the exercise testing results and its modification for certain population groups.
- 4 Design and perform various therapeutic interventions like ACBT, postural drainage, positions for breathlessness, use of adjuncts for chest clearance like flutter, acapella etc.
- 5 Devise a safe and an effective plan of care for patients with different pathophysiological conditions including postoperatively and relate precautions and modification of therapeutic interventions.

Audience

PTs, PTAs, OTs, OTAs working with acutely ill patients with multiple co-morbidities in all practice settings. Cases will be specific to the adult and geriatric population. Knowledge and skills learned can be applicable to pediatrics.

Schedule – Day 1

- 7:30-8:00** Registration/Continental Breakfast
- 8:00-10:00** Cardiopulmonary Dysfunction:
Physical Therapy Examination
A missing piece in evaluating the acutely ill patient
Identify therapy relevant cardiovascular and pulmonary impairment (Lecture cum demonstration) s/s, physical exam, HR, BP. Basic ECG monitoring, auscultation, percussion, ABG analysis, CXR interpretation, LFT
- 10:00-10:15** Break
- 10:15-11:00** Cardiopulmonary Dysfunction:
Physical Therapy Examination
A missing piece in evaluating the acutely ill patient (cont.)
- 11:00-12:00** Laboratory Values and its Implication for Therapist
Risks and precautions of therapeutic exercise guidelines for therapist
- 12:00-1:00** Lunch (on your own)
- 1:00-3:00** Exercise Testing, Interpretation of Results and Prescription
Contraindications and precautions to exercise. Modification of exercise prescription for pulmonary, diabetic and peripheral vascular disease population. Submaximal Cycle Ergometer Test, 6MWT, shuttle walk test, 10 meter walking speed Test, Sit to stand 5 times test. Including HR, BP, RPP, SaO₂ monitoring and calculating peak VO₂ and MET levels. Termination criteria and abnormal response to exercise testing. Exercise prescription using Karoven method, Age related HRmax method following FITT principle.
- 3:00-3:15** Break
- 3:15-3:45** Balance Testing
- 3:45-4:30** Quality of Life (QOL)
Questionnaire and Scoring

Schedule – Day 2

- 7:15-7:30** Continental Breakfast
- 7:30-9:45** Therapeutic Intervention: Positioning and Breathing Exercises Simple and Effective Tools for the Medically Complex Patient
Physiological principles of ventilation mucociliary clearance, Positioning to increase lung volume, improve V/Q matching, for breath less patients and ACBT, postural drainage positions, adjuncts of physical therapy like flutter, acapella etc. (Lecture cum demonstration)
- 9:45-10:00** Break
- 10:00-12:00** Cardiovascular and Pulmonary Complications for Various Medical and Surgical Conditions and Modification of Therapeutic Intervention
Post orthopaedic, cardiac, thoracic surgery, COPD, CHF and Pneumonia
- 12:00-1:00** Lunch (on your own)
- 1:00-3:00** Case Studies Workshop
Clinical Problem Solving and devising evidence-based Plan of Care (POC) (Hands on workshop including demo and group activities)
- 3:00-3:15** Break
- 3:15-4:00** Case studies workshop (cont.)
Final thoughts

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Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). The **VA, DC, DE, KS, MO, and WI** Boards of PT recognize other state board approvals. Application has been made to the **MD** Board of Physical Therapy Examiners. This course meets the requirements of acceptable continuing education by the **NE** Board of Physical Therapy. This course satisfies CE Requirements in **IA**.



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.

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Management of Acutely Ill Patients/Deokule

☐ Sep/VA ☐ Dec/NE

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