

# Rehabilitative Management of Patients with Parkinson's Disease and other Neurogenerative Diseases

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? Neurodegenerative conditions such as Parkinson's disease (PD), multiple sclerosis (MS), amyotrophic lateral sclerosis (ALS), and Huntington's disease (HD) present individuals with new, often worsening, impairments as the conditions progress. Rehabilitation professionals play a crucial role in addressing the 'now' and preparing for the 'what if.' Specific motor impairments such as freezing of gait in Parkinson's disease or spasticity in multiple sclerosis provide unique challenges to mobility and daily activities. Not only are there physical signs to address in therapy services, but therapists must also address the non-motor impairments. Decreased attention, difficulty multitasking, and behavioral barriers limit therapists' ability to maintain or improve a patient's functional status. This course aims to improve clinician skills from diagnosis through late-stage disease management. Video case studies and group discussions will be used in building your skills.

## Objectives

- ① Summarize fundamentals of pathology associated with PD, secondary parkinsonisms, atypical parkinsonisms, MS, ALS, and HD
- ② Recognize clinical signs and symptoms of PD and parkinsonisms, MS, ALS, and HD
  - a. Classify motor and non-motor signs of PD and parkinsonisms
  - b. Differentiate various cognitive impairments and their impact on functional mobility
- ③ Summarize the mechanism of action, clinical candidacy, and common side effects of disease-specific medications of PD, MS, ALS, and HD
- ④ Identify appropriate outcome measures related to disease-specific impairments of PD, MS, ALS, and HD
- ⑤ Apply research-based interventions for PD, MS, ALS, and HD
- ⑥ Conceptualize long-term management of patients with PD, MS, ALS, and HD through all therapy services and community-based programs

## 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  
**PARKINSON'S DISEASE (PD)**
- 8:00-9:15** Pathology, Clinical Presentation/Diagnosis  
 ⓘ Motor Signs, non-motor signs, diagnosis (\*MDS Criteria, Imaging, Genetic Markers)
- 9:15-9:30** Break
- 9:30-10:45** Pharmacology and Medical Management  
 ⓘ Dopaminergic therapies, common secondary medications, deep brain stimulation, complementary alternative medicine (CAM), current clinical trials
- 10:45-11:30** Selecting Outcomes, Writing Goals, and Justifying Services
- 11:30-12:30** Lunch (On Your Own)
- 12:30-2:30** EBP: bradykinetic gait, instability, and freezing of gait (FOG), strength training principles, Tai Chi, yoga, and mindfulness, volume control and swallowing, fine motor control, Parkinson's-specific Large Amplitude Training i.e. LSVT BIG, PWR!Moves, SPEAKOut!, Community Programs & Support Group Information
- 2:30-2:45** Break
- 2:45-4:00** Secondary and Atypical Parkinsonism  
 ⓘ Secondary Parkinsonisms (NPH, Drug Induced, Vascular, Metabolic, Brain Inj/ CTE): clinical presentation, diagnosis, and treatment, pathology, clinical presentation, diagnosis and treatment of Atypical Parkinsonisms: Progressive Supranuclear Palsy, Corticobasal degeneration and Multiple System Atrophy (Prime of Life Diseases)

## Schedule – Day 2

- 7:30-8:00** Continental Breakfast  
**MULTIPLE SCLEROSIS (MS)**
- 8:00-9:00** Diagnosis & Medical Management  
 ⓘ Motor/Non-motor signs, disease scales, diagnostic criteria, disease modifying therapies and medications
- 9:00-9:15** Selecting Outcomes and Writing Goals
- 9:15-10:15** EBP: techniques for managing fatigue, cognitive strategies, balance and falls prevention, gait & strength training parameters, CAM, patient resources
- 10:15-10:30** Break
- AMYOTROPHIC LATERAL SCLEROSIS (ALS)**
- 10:30-11:00** Diagnosis & Medical Management  
 ⓘ UMN vs. LMN signs, Disease scales, diagnostic criteria, disease modifying therapies research & updates, medications
- 11:00-11:15** Selecting Outcomes and Writing Goals
- 11:15-12:00** EBP: energy conservation, strength and mobility training, speech and swallowing
- 12:00-1:00** Lunch (On Your Own)
- HUNTINGTON'S DISEASE (HD)**
- 1:00-1:30** Diagnosis & Medical Management  
 ⓘ Motor signs, non-motor signs, emotional/behavioral signs, diagnostic criteria, symptom management
- 1:30-1:45** Selecting Outcomes and Writing Goals
- 1:45-2:30** EBP: behavioral therapies, strength training, mobility, postural interventions, balance and falls prevention, environmental changes
- 2:30-2:45** Break
- 2:45-4:00** Wheelchair prescription & assistive technology

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## Credits

This course meets the criteria for 13 contact hours (1.3 CEUs). This course meets the requirements of acceptable continuing education by the **NE** Board of Physical Therapy. This course satisfies CE requirements in **IA**. In **MA** and **NH** this workshop meets accepted standards for continuing competence activities for 13 contact hours (1.3 CEUs). In **CT** this workshop meets accepted standards for continuing competence. Application has been made to the **NJ** Physical Therapy Examiners. The **KS**, **MO**, **PA**, and **RI** Boards of Physical Therapy recognize other state board's approvals.

Approved provider by the **NY** State Board of Physical Therapy for 15.6 hours

Application has been made to the **FL** Physical Therapy Association for 15.5 continuing education contact hours.



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.

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This course is offered for up to 1.3 ASHA CEUs (Intermediate level, Professional area)

NBCOT Professional Development Provider – 13 PDU's

12 hours of this course qualify toward the 20 hours requirement for NDTA re-certification

*Please contact us with any special needs requests:  
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## Locations and Dates - 2020

<b>Jan 18-19</b>	Omaha, NE	CHI Health Creighton University Medical Center - Bergan Mercy
<b>March 13-14</b>	Weymouth, MA	South Shore Hospital
<b>July 17-18</b>	Somerset, NJ	Robert Wood Johnson University Hospital - Somerset
<b>Oct 3-4</b>	Miami, FL	Baptist Hospital of Miami



\$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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Limited enrollment. We encourage you to register online!

**Neurodegenerative Conditions / Hand:**

☐ Jan/NE ☐ March/MA ☐ July/NJ ☐ Oct/FL

**Course Registration Form**

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

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