

# Post-Acute Rehabilitation of the Complex Elderly Patient

## Home, SNF and Long-Term Care Settings

Robyn Ligotti PT, DPT, RAC-CT, CDP, QCP



### Faculty

Robyn Ligotti, PT, DPT, RAC-CT, CDP, QCP is the owner of Rehab Resource Solutions, LLC Consulting and is a licensed PT with over 35 years of experience with the older adult population in nursing facilities, home health, outpatient rehab, wellness and prevention and inpatient rehab. Her Certifications include: Dementia Practitioner, Resident Assessment Coordinator and Quality Assurance Performance Improvement Certification. She believes the key to achieving strong outcomes is establishing a team of professionals who use critical thinking evidence-based skills in day to day practice. She has provided education to rehab and nursing teams and other disciplines throughout her career on safe patient handling, understanding Medicare and rehab specific treatments and approaches to care. Dr. Ligotti graduated with her B.S. in PT from Russell Sage College and received her Doctor of P.T. from Sage Graduate School.

Disclosures: Financial: Robyn Ligotti receives an honorarium from ERI for this course. Non-Financial: She has no relevant non-financial relationships to disclose.

### About this Course

The focus of post-acute care has begun, and will continue, to shift towards value over volume. This does not mean that less therapy is indicated. However, what a therapist focuses on when evaluating and setting the plan of care will be even more critical in this new environment. This course will focus on providing evidence-based tests and measures to use for evaluations, review frameworks for effective care planning to reduce re-hospitalizations and provide evidence-based interventions for optimal outcomes in treating the complex older adult in the SNF and Home Health settings. Case studies for diagnoses such as Parkinson's Disease, Sarcopenia and Heart Failure will be introduced for participants to utilize critical thinking processes combined with recent research to identify best practices of care for this population. In addition, various preventative aspects a therapist can incorporate into practice will be provided.

### Objectives

- ① Identify evidence-based standardized tests when establishing plans of care for the complex elderly patient
- ① Describe the upcoming changes to both SNF and HH payment structure and the impact on therapy and outcomes
- ① Develop a working knowledge of best practices while utilizing presented frameworks/processes for care transitions to prevent rehospitalization for the complex elderly patient
- ① Utilize research to create functional therapeutic interventions (including fall prevention programs and interventions to improve balance) across post-acute settings
- ① Apply best practices in documentation of skilled services for the complex elderly patient

### Audience

Designed for PTs, PTAs, OTs, OTAs, SLPs

Help your patients achieve better outcomes.

## Schedule – Day 1

<b>7:30–8:00</b>	Registration/Continental Breakfast
<b>8:00–8:15</b>	Overview of Case studies
<b>8:15–10:30</b>	Regulatory Updates and Quality Indicators in the SNF and Home Health Settings and the Effects These Changes Will Have on Therapy
<b>10:30–10:45</b>	Break
<b>10:45–12:00</b>	Evidence-Based Outcomes: The Role of Cognition, Fall Risk and Gait Speed Play in Outcomes <ul style="list-style-type: none"> <li>▪ Cognitive screening, evaluation and interventions</li> <li>▪ Dual task training</li> <li>▪ Errorless learning</li> <li>▪ Spaced retrieval</li> </ul>
<b>12:00–1:00</b>	Lunch (on your own)
<b>1:00–3:00</b>	Clinical Problem Solving: Framework for Fall Risk Assessment
<b>3:00–3:15</b>	Break
<b>3:15–5:00</b>	LAB: Evidence-Based Tests Therapeutic Interventions: Dual Task Training, Balance, Strengthening Exercises

## Schedule – Day 2

<b>7:30–8:00</b>	Continental Breakfast
<b>8:00–9:30</b>	Strategies to Prevent Rehospitalization: How to Think Critically About Your Patients <ul style="list-style-type: none"> <li>▪ Evidence based tools connecting dysphagia, grip strength &amp; gait speed</li> </ul>
<b>9:30–10:15</b>	Finding the Skill in Maintenance
<b>10:15–10:30</b>	Break
<b>10:30–12:00</b>	Improving Patient Outcomes in Parkinson's Disease, Heart Failure and Sarcopenia/Frail Elderly: Incorporating Recent Research Findings to Reduce Hospital Stays and Improve Patient Function
<b>12:00–1:00</b>	Lunch (on your own)
<b>1:00–2:30</b>	<b>Case Analysis</b> - Putting It All Together: Apply Presented Frameworks to Cases to Improve Assessments and Intervention Planning
<b>2:30–2:45</b>	Break
<b>2:45–4:00</b>	<b>Case Analysis</b> - Putting It All Together: Documentation Skills to Reflect Skilled Care, Meet Payment Requirements, and Address Risk Management and Compliance

## Participant Requirements

Please dress in comfortable clothing for labs, plan to take shoes off and/or do floor transfers.

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## Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). Application has been made to the **NJ** Board of Physical Therapy Examiners. The **KS, MO** and **PA** Board of Physical Therapy recognizes other state board approvals. 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 by the **NY** State Board of Physical Therapy for 16.8 contact hours.

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 provider of the FL Board of Occupational Therapy-CE Broker – 16.5 hours



Education Resources, Inc is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for up to 1.4 ASHA CEUs (Intermediate Level, Professional area)

NBCOT professional development provider - 14 PDUs

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

Please contact us with any special needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 508-359-6533

## Locations and Dates - 2020

Feb 29-March 1	Kissimmee, FL	Osceola Regional Medical Center
April 25-26	Kansas City, MO	Truman Medical Center Lakewood
Sept 11-12	White Plains, NY	Burke Rehabilitation Department



\$435 fee. Group rate (3 or more) \$410 must be made together. 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!

**Post-Acute Rehabilitation/Ligotti**

☐ Feb/FL   ☐ April/MO   ☐ Sept/NY

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