

# Geriatric Neurology in the Medically Complex Client

Jennifer M. Bottomley PT, PhD, MS



## Faculty

Jennifer Bottomley, PhD, MS, PT is a dynamic instructor specializing in geriatric rehabilitation. Dr. Bottomley served on advisory boards for the Office of the Surgeon General, and Office on Women's Health, and appointed to the White House Health Care Reform Panel for Home & Long-Term Care issues in the Elderly. She was a delegate to the 2005 White House Conference on Aging and appointed to the White House Interdisciplinary Medicare Reform Advisory Board. She serves on an AARP panel addressing elder isolation and is the President of the International Physical Therapists working with Older People (IPTOP). She holds a BS in PT from the University of Wisconsin, a PhD in Gerontology (U of Massachusetts) and Health Science and Service Administration (Union Institute), and a PhD from The Union Institute in Health Service Administration, Legislation, and Policy Management with a specialty in Gerontology.

Disclosure - Financial: Jennifer Bottomley receives a speaking fee from Education Resources, Inc. and royalties from Geriatric Rehabilitation. No non-financial disclosures to report.

## About this Course

Learn evaluation and treatment protocols most appropriate for medically complex older persons with neurological dysfunction. This course will focus on clinical decision making to prioritize key exam findings and develop appropriate treatment strategies in light of complex presentations and co-morbidities. Modifying functional mobility training and therapeutic exercise will be discussed. Evidence-based information on specific neurological assessment and treatment of older clients with Parkinson's Disease, Stroke, Alzheimer's Disease, balance and gait disorders, neuro-sensory pathologies, and pain problems will be provided. An evaluative model for looking at neurological dysfunction from a complex medical perspective across the spectrum of care will be addressed. The major pathologies that will be highlighted include Parkinson's disease, Cerebral Vascular Accidents, and the neurological manifestations of Alzheimer's disease. A focus on balance and falls, functional mobility, evaluation of numerous causes of dizziness and physical changes, and treatment interventions aimed at decreasing the incidence of falls will also be included.

## Objectives

- ① Identify treatment strategies that promote optimal mobility and function.
- ② Modify functional mobility training and therapeutic exercise appropriate for the frail elderly and medically complex neurologic patient.
- ③ Identify strategies that decrease length of stay, decrease re-admission and keep patients at home promoting functional mobility and independence.
- ④ Determine appropriate assessment and intervention approaches in light of complex physiologic presentation and co-morbidities.
- ⑤ Evaluate clients with Parkinson's, Stroke, Alzheimer's Disease utilizing multiple physical and functional assessment tools and design effective treatment interventions to maximize function.
- ⑥ Develop specific approaches to assess and intervene with balance and falls in the older person using a variety of screening and evaluative tools and innovative interventions including environmental design.
- ⑦ Understand the key exam findings in light of complex neurologically involved patients which impact clinical decision making in prioritizing treatment approaches.

Help your patients achieve better outcomes.

## Schedule – Day 1

- 8:00-8:30 Registration/Continental Breakfast
- 8:30-10:30 Comparing and Contrasting Normal Aging Changes and Pathological Manifestations in the Neurosensory and Neuromuscular Systems
- 10:30-10:45 Break
- 10:45-11:30 Comparing and Contrasting Normal Aging Changes and Pathological Manifestations in the Neurosensory and Neuromuscular Systems (continued)
- 11:30-12:15 Parkinson's Disease (PD) in the Older Adult:
- Assessment tools
  - Implications for Treatment: Addressing tremor, bradykinesia, hand posture, rigidity, gait instability
- 12:15-1:15 Lunch (on your own)
- 1:15-2:30 PD in the Older Adult (continued)
- 2:30-3:15 Cerebral Vascular Accidents (CVA) in the Older Adult:
- Assessment tools
  - Implications for Treatment: Pusher Syndrome, Bobath, PNF, Exercise, Brunnstrom, Carr & Shepard, Gait training, Neuromuscular stimulation
- 3:15-3:30 Break
- 3:30-4:30 CVA in the Older Adult (continued)

## Audience

This course is relevant for PTs, PTAs, OTs, OTAs, ATCs in all practice settings.

## Schedule – Day 2

- 7:30-8:00 Continental Breakfast
- 8:00-10:00 CVA in the Older Adult (continued)
- 10:00-10:15 Break
- 10:15-12:15 Alzheimer's Disease (AD):
- Assessment tools
  - Unique Treatment: sensory integration, gait/balance, urinary incontinence, strengthening
- 12:15-1:15 Lunch (on your own)
- 1:15-2:15 AD (continued)
- 2:15-3:15 Physical and Functional Assessment of Neurologic Problems, Gait, Balance and Falls to promote independence and to decrease re-admissions and length of stay
- 3:15-3:30 Break
- 3:30-4:30 Innovative Treatment Strategies and Interventions: Addressing Gait and Balance Problems in the Elderly/Safety and Fall Prevention: Neurosensory Considerations in Environmental Design

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## Credits

This course meets the criteria for 13.5 contact hours (1.35 CEUs). The **PA, RI, and VT** Boards of Physical Therapy recognizes other states' approvals. Application has been made to the **NJ** Board of Physical Examiners. This course meets the **CO** Physical Therapy requirements for 13.5 Contact Hours (1.35 points) – Intermediate Level, CAT 1. This workshop meets accepted standards for continuing competence as outlined by the **CT** General Statutes. In **MA** and **NH** this workshop meets accepted standards for continuing competence activities for 13.5 contact hours (1.35 CEUs).

Approved provider by the **NY** Board of Physical Therapy for 16.2 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 13.5 contact hours (1.35 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 - 13.5 PDUs

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. Hours do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.



Education Resources, Inc. is approved by the Board of Certification to offer 13.5 continuing education units for Certified Athletic Trainers.

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## Locations and Dates - 2020

<b>March 28-29</b>	Denver, CO	Presbyterian St. Luke's Medical Center
<b>Oct 23-24</b>	Stamford, CT	Stamford Hospital



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

**Geriatric Neurology/Bottomley**

☐ March/CO ☐ Oct/CT

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