

# Improving Functional Performance for the Medically Complex Patient

Patrick A. Tino, DPT

## Faculty

Patrick A. Tino, PT, DPT is an engaging instructor experienced in evaluating and treating patients in clinical practice settings including acute care, outpatient sports and orthopedic, SNF, and home health. Pat's experience at a level 1 trauma and teaching hospital has provided him the opportunity to treat and learn from extremely complex medical conditions. He enjoys sharing his knowledge and experience with colleagues and has presented continuing education on total joint replacement and fracture rehab management, vestibular assessment & intervention, medical screening & differential diagnosis, as well as rehab management of the medically complex patient. Pat is a credential clinical instructor, a member of the APTA, and belongs to the orthopedic, neurologic, and acute care sections. He is a Credential Clinical Instructor.

Disclosure - Financial: Patrick Tino receives an honorarium from Education Resources. Non-Financial: He has no non-financial relationships to disclose

## About this Course

This 2-day course teaches relevant problem-solving and critical-thinking methods for evaluating and treating patients with acute and chronic disease processes. Learn best practices for treating patients with multiple co-morbidities to maximize functional outcomes. Topics covered include integrating medical record review, lab values, imaging, medications, physician and surgeon consult notes, nurse/therapist communication, as well as social worker/case manager discharge planning. Evidence-based assessment and intervention strategies for pathological conditions affecting the endocrine, cardiovascular, musculoskeletal and neurological systems will be discussed. Case analysis and hands on lab to perform outcome tests and intervention will be integral. The information learned from this course can be immediately implemented. Content is clinically relevant to several settings including as Acute, Subacute, SNF, Home Health, and Outpatient.

## Objectives

- 1. Recognize abnormal physiology across many systems such as cardiopulmonary, vascular, neurological, musculoskeletal, endocrine, Renal/Hepatic, oncology, and GI
- 2. Discuss and integrate "communication nuggets" when describing in-depth medical cases with the multidisciplinary team of physicians, surgeons, residents/fellows, nurses, case managers, and inter-disciplinary team
- 3. Interpret and practice commonly used standardized tests used to assess patients with acute and chronic disease as well as those with chronic medical conditions such as HTN, CHF, DM, COPD, etc.
- 4. Discuss the various factors and nuances of "yellow flags" and "red flags" such as low Hgb, + DVT/PE, ↑ ammonia levels, + fractures than can impact and challenge your physical handling and managing of the medically complex patient
- 5. Summarize evidence-based treatment and management strategies to achieve optimal outcomes in patients with complex medical conditions

## Audience

Physical Therapists, Physical Therapist Assistants, Occupational Therapists and Occupational Therapy Assistants. Content is relevant to several settings including Acute, Subacute, SNF, Home Health, and Outpatient settings.

## Schedule – Day 1

<b>8:00-8:30</b>	Registration/Continental Breakfast
<b>8:30-10:30</b>	Integrating relevant medical factors into your treatment planning Criteria for serious and complex medical conditions Clinically relevant lab values Medications and dosage effects on rehab
<b>10:30-10:45</b>	Break
<b>10:45-11:15</b>	Clinical practice guidelines (CPGs) and clinical prediction rules (CPRs)
<b>11:15-12:30</b>	Cardiovascular disease and comorbidities: <ul style="list-style-type: none"> <li>▪ Impact on therapy assessment/interventions</li> <li>▪ <b>LAB:</b> tests &amp; measures, vital sign monitoring, exercise progression/regression</li> <li>▪ <b>Case discussion</b> (e.g. HTN, CVA, PVD)</li> </ul>
<b>12:30-1:30</b>	Lunch (on your own)
<b>1:30-3:00</b>	Cardiopulmonary disease: <ul style="list-style-type: none"> <li>▪ Impact on therapy assessment/interventions</li> <li>▪ <b>LAB:</b> tests &amp; measures, vital sign monitoring, exercise progression/regression</li> <li>▪ <b>Case discussion</b> (e.g. COPD, Asthma, CHF, Lung Ca)</li> </ul>
<b>3:00-3:15</b>	Break
<b>3:15-5:00</b>	History and Clinical Exam Gastrointestinal disease: <ul style="list-style-type: none"> <li>▪ Impact on therapy assessment/interventions</li> <li>▪ <b>LAB:</b> tests &amp; measures, vital sign monitoring, exercise progression/regression</li> <li>▪ <b>Case discussion</b> (e.g. OIC, IBS, UC, Crohn's, GERD)</li> </ul>

## Schedule – Day 2

<b>7:30-8:00</b>	Continental Breakfast
<b>8:00-10:15</b>	Endocrine Disease: <ul style="list-style-type: none"> <li>▪ Impact on therapy assessment/intervention</li> <li>▪ <b>LAB:</b> tests &amp; measures, vital sign monitoring, exercise progression/regression</li> <li>▪ <b>Case discussion</b> (e.g. Diabetes, Hyper/Hypo Thyroid)</li> </ul>
<b>10:15-10:30</b>	Break
<b>10:30-12:00</b>	Musculoskeletal disease: <ul style="list-style-type: none"> <li>▪ Impact on therapy assessment/intervention</li> <li>▪ <b>LAB:</b> tests &amp; measures, vital sign monitoring, exercise progression/regression</li> <li>▪ <b>Case discussion</b> (e.g. OA, RA, tendinitis/tendinopathy, fibromyalgia, osteoporosis, cancer with "bone metastases")</li> </ul>
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-2:15</b>	Neurological & Neuromuscular Disease: <ul style="list-style-type: none"> <li>▪ Impact on therapy assessment/intervention</li> <li>▪ <b>LAB</b> tests &amp; measures, vital sign monitoring, exercise progression/regression</li> <li>▪ <b>Case discussion</b> (e.g. PD, MS, Post-Polio, ALS, MG)</li> </ul>
<b>2:15-3:15</b>	Track #1: Attendee's case presentation (attendees are invited to bring a challenging case they would like input on) OR Track #2: How Renal/Hepatic disease impact therapy assessment/intervention
<b>3:15-3:30</b>	Break
<b>3:30-4:00</b>	Pulling it all together

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## Credits

This course meets the criteria for 13.5 contact hours (1.35 CEUs). Application has been made to the **NJ** Board of Physical Therapy Examiners. The **MO**, **PA**, **AR**, and **KS** Boards of Physical Therapy accept other state board's 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 sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy.

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



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 13.5 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.

NBCOT professional development provider - 13.5 PDUs

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**Nov 14-15**      Doylestown, PA      Doylestown Hospital

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### Improving Functional Performance/Tino

☐ March/MO ☐ Nov/PA

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