

TBI: Tools and Strategies to Promote Recovery for the Moderately-Severely Challenged

Kimberly Miczak, PT, NCS



Faculty

Kimberly Miczak, PT, NCS has 16 years of experience working with persons with TBI in various settings including residential, inpatient, and outpatient rehabilitation. She graduated from Ithaca College in 2002, was board certified in neurologic physical therapy in 2008, and re-certified in 2018. She is employed at MossRehab Hospital where she provides clinical services in an outpatient therapy specialty clinic for individuals with TBI in addition to her role as coordinator of the Neurologic Residency Program. Her areas of clinical interest include movement disorders after acquired brain injury, maladaptive behaviors after acquired brain injury, as well as promotion of health and wellness for survivors of traumatic brain injury. She has spoken to a variety of audiences, including at national and regional conferences, on topics related to traumatic brain injury, including the use of exercise to address cognitive and behavioral dysfunction, and the implications of cognitive dysfunction to physical therapy assessment, intervention, and outcomes

Disclosure: Financial: Miczak receives speaking fees from ERI. Non-Financial: Miczak has no non-financial relationships to disclose

About

TBI results in an abrupt disruption to the functioning of the brain, with the potential to impact any or all our mental and physical functions. The complex impairments, functional limitations, and activity restrictions that the individual experiences can pose considerable challenges for clinicians from the acute through the chronic phases. This course will provide a framework and utilize video-based cases to provide optimal evaluation, assessment, and treatment strategies for individuals with moderate to severe traumatic brain injuries. Best practices and the integration of existing evidence into clinical reasoning, along with strategies for reflection to drive professional growth, will be emphasized. This will facilitate efficient and effective decision-making by the clinician to optimize outcomes for individuals with moderate to severe TBI.

Objectives

- 1 Perform a comprehensive examination of an individual with moderate or severe TBI, including assessment of physical, cognitive, behavioral, and psychosocial variables
- 2 Develop a patient-centered plan of care that prioritizes addressing impairments linked to activity and participation restrictions, considering co-morbidities, acuity of injury, resources, and personal factors
- 3 Implement evidence-based and theory-based interventions that will comprehensively address the needs of the individual patient
- 4 Utilize reflective strategies throughout the clinical reasoning process to foster professional growth and continue to drive one's own expertise
- 5 Integrate multiple sources of information to anticipate areas of deficits to help guide examination, goal setting and prognosticating
- 6 Choose applicable outcome tools to measure patient-specific deficits as part of a comprehensive examination
- 7 Identify distinct strategies used for clinical reasoning, and considerations related to their use
- 8 State one or more important considerations when planning a treatment based upon skill development

Help your patients achieve better outcomes.

This course consists of **two Live Webinar Sessions** and **two Pre-Recorded Online Sessions**.

Pre-recorded Online Sessions must be viewed prior to the start of each Live Webinar Session.

Links to each Pre-recorded Online Sessions will be added to participants' ERI accounts in January 2022

Participants will receive separate CEU Certificates for Live Webinar Sessions and Pre-recorded Online Sessions.

Pre-recorded Part 1

Preparing to see an individual with Mod-Severe TBI

Duration: 2 Hours 30 Minutes

Must be viewed prior to February 12, 2022

30 min: Professional reflection to improve practice

60 min: Functional neuroanatomy and physiology of TBI

- Primary & secondary effects
- Clinical manifestations and implications for management

30 min: Assessment tools and outcome measures

- What, when, and why?

30 min: Prognosticating

- Variables to consider related to long term outcomes
- Considerations across the continuum: Acute to Chronic

Home Activities

- Outcome Assessment Tool Activity
- Neuro Anatomy Activity
- Question/Comment Worksheet

Live Webinar Part 1 Schedule

February 12, 2022, 1:10 pm- 6:15 pm EST (US)

Examination of the Individual with Moderate-Severe TBI

1:10-1:30 Zoom Registration/Course Opens

1:30-3:00 Examination and Evaluation I

- Theory based evaluation strategies: What is Realistic and Practical?

3:00-4:30 Examination and Evaluation II

- Cognitive, communication, and perception
- Neuromuscular system

4:30-4:45 Break

4:45-5:45 Examination and Evaluation III

- Movement analysis

5:45-6:15 Video case analysis: Bringing it all together

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Pre-recorded Part 2

Guiding Treatments for Individuals with Moderate-Severe TBI

Duration: 2 Hours, 50 minutes

Must be viewed prior to February 19, 2022

170 min: Evidence based treatment versus theory-based treatment

- Motor learning and neuroplasticity
- Compensation vs. Remediation
- Treatment theory vs. Enablement theory
- Hypothesis testing

Home Activities

- TBI Tools & Strategies: Guiding Treatment Activity

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Register online www.educationresourcesinc.com

Live Webinar Part 2 - Schedule

February 19, 2022, 1:10 pm- 5:45 pm EST (US)

Therapeutic Interventions for Individuals with Moderate-Severe TBI

1:10-1:30	Zoom Registration/Course Opens
1:30-2:45	Intervention Strategies I: Body Structure/Function Considerations <ul style="list-style-type: none"> • ROM, force production, cardio/tolerance to upright, vestibular, visual • Cognitive, behavioral, perceptual factors • Considerations for medical diagnosis, environmental, personal factors
2:45-3:30	Intervention Strategies II: Activity based Treatment Strategies <ul style="list-style-type: none"> • Incorporating influences of impairments • Environmental manipulation • Structuring a treatment session • Cueing and feedback • Family integration • Video examples of functional skill training
3:30-3:45	Break
3:45-4:15	Intervention Strategies III: Participation: how do we get to it? <ul style="list-style-type: none"> • Dual tasking, problem solving, activity modification • Generalizability considerations
4:15-4:45	Problem solving for selected topics <ul style="list-style-type: none"> • Training the primary caregiver • Health and wellness considerations • Resources for patients and therapists (handout)
4:45-5:45	Putting it all together: Video case analysis for interventions

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Credits

This course meets the criteria for 8.5 Live hours (0.85 CEUs) & 5 Online contact hours (0.5 CEUs) totaling 13.5 hours (1.35 CEUs), Intermediate Level.



American
Occupational Therapy
Association
Approved Provider

Education Resources Inc. is an AOTA Approved Provider of professional development. Provider #3043. This Distance Learning-Interactive course is offered at 13.5 contact hours/1.35 CEUs. Intermediate level, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures..

This course can be used toward your NBCOT renewal requirements for 13.5 units..

Approved provider of the FL Board of Occupational Therapy-CE Broker – 10.0 live continuing education contact hours and 6 Online continuing education contact hours.

This course meets the approval of the **TX** Board of OT Examiners.

Most Physical Therapy State Boards accept webinars as a live offering. A Total of 13.5 Contact hours (1.35 CEUs), Please check with your state board to confirm.

Application has been made to the **FL** Physical Therapy Association for 10.0 live continuing education contact hours and 6 Online continuing education contact hours.

This course meets the basic criteria of the MD Board of Physical Therapy Examiners for 0.8 CEUs live and 0.5 online CEUs. Application has been made to the **NJ** Board of Physical Therapy Examiners. Application has been made to the **OK** Board of Medical Licensure and Supervision for Physical Therapy. Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 10 live contact hours and 6 online contact hours.. Approved provider by the **NY** State Board of Physical Therapy for 10 live contact hours (1.0 CEUs) and 6 Online contact hours (0.6 CEUs). Education Resources. Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA. KY and TX.** The following state boards of physical therapy accept other states' approval: **AK. AR. AZ. DC. DE. GA. HI. ID, IN, KS. MI. MO. MS. NC. OR. PA. RI. SC. UT. VA. VT. WI. WY.** The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: **AL. CO. CT. IA. MA. ME. MT. NE. ND. NH. SD. WA.**

Application has been made to the **OK** Board of Medical Licensure and Supervision for Physical Therapy. Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 10 live contact hours and 6 online contact hours.. Approved provider by the **NY** State Board of Physical Therapy for 10 live contact hours (1.0 CEUs) and 6 Online contact hours (0.6 CEUs). Education Resources. Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA. KY and TX.** The following state boards of physical therapy accept other states' approval: **AK. AR. AZ. DC. DE. GA. HI. ID, IN, KS. MI. MO. MS. NC. OR. PA. RI. SC. UT. VA. VT. WI. WY.** The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: **AL. CO. CT. IA. MA. ME. MT. NE. ND. NH. SD. WA.**

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Pre-Recorded Online Sessions

Pre-Recorded Online Session 1: Complete prior to February 12, 2022

Pre-Recorded Online Session 2: Complete prior to February 19, 2022

Live Webinar Sessions Dates and Times

February 12 and 19, 2022

1:10 pm EST • 12:10 pm CST • 11:10 am MST • 10:10 am PST (US)

Registration is for two Live Webinar Sessions and two Pre-recorded Online Sessions. Log-In Instructions, Course Materials, and access to Pre-recorded Online Sessions will be added to participants' ERI accounts in January 2022.



\$369 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

LIVE Webinar with Online Sessions: TBI/Miczak
 Two Pre-recorded Online Sessions + Two Live Webinars February 12 and 19, 2022

Course Registration Form

Name: _____

Address: _____

Email: _____

Please clearly print your email address for course confirmation

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

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Needed in the event of an emergency scheduling change

Employer: _____

Discipline: _____ Specialty: _____

How did you learn of this course? _____

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.

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