

Rehabilitation Management of the Medically Complex Patient in the Home Setting

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 DPT with over 35 years of experience. The scope of her practice has encompassed many settings including: skilled nursing facilities, home health, outpatient rehab, wellness and prevention and inpatient rehab, but always with the older adult population. She has managed multi-disciplinary teams in skilled nursing facilities, home health and outpatient rehabilitation. Her Certifications include: Dementia Practitioner, Resident Assessment Coordinator and Quality Assurance Performance Improvement Certification. She is dedicated in her belief that 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 P.T. 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

Patient diagnoses most seen in the home care setting is rapidly shifting, leading to a more frail, multi-system involved caseload. Efficient identification of critical illness-related deficits and frailty will allow a clinician to perform a more thorough evaluation, develop a more comprehensive plan of care and obtain positive patient outcomes, all of which are necessary from both a value-based payment as well as a care perspective. Knowing what to focus on when evaluating and setting the plan of care will be even more critical in this environment. This course is centered on providing evidence-based frameworks for effective care planning to reduce re-hospitalizations, as well as evidence-based interventions for optimal outcomes in treating the complex frail adult in the home health setting. Dysphagia, frailty, dehydration, and delirium-related screening will be discussed as many of the patients in home health settings often present with one or more of these comorbidities which, if left unidentified, can lead directly to poor outcomes and rehospitalizations.

Objectives

At the end of this course, participants will be able to:

- Determine appropriate screening tools for use with patients in home health setting
- Utilize best practices and presented frameworks/processes to prevent re-hospitalization for the medically complex and/or frail patient
- Recognize the clinical signs and symptoms of complex medical diagnoses
- Identify best practices for care transitions in the frail and/or medically complex patient
- Apply evidence-based motivational tools to enhance patient/caregiver education in the home setting

Suggested Audience

Home Health Physical Therapists and Physical Therapist Assistants, Home Health Occupational Therapists and Certified Occupational Assistants.

Schedule – Day 1

- 8:25–8:45** Webinar Registration/Zoom Course Opens
- 8:45 – 9:00** Overview, Review of Objectives & Case Study
- 9:00 - 10:10** The Complex Medical Patient
- Heart Failure
 - Diabetes
 - Post-ICU complications
 - Sepsis
 - Frailty
- 10:10 – 11:00** Clinical Application of Screening Tools and Strategies
- Frailty
 - Dysphagia
 - Dehydration
 - Delirium
 - Strength deficits
- 11:00 – 11:30** Special Considerations
- Lab Values
 - Vital Signs
 - i. Oxygenation/Desaturation
 - ii. Blood pressure
 - iii. Establishing target heart rate
 - Medication effect on exercise & activity

Schedule – continued

- 11:30 – 12:00** Lunch
- 12:00 – 1:15** Evidence-based Therapeutic Interventions
- Utilizing task breakdown method to improve ADL's & Mobility
 - Respiratory muscle training
 - Strengthening (force/power demands)
 - Safe use of HIIT principles in this population
- 1:15 – 2:45** Critical thinking strategies to prevent re-hospitalization
- Interprofessional collaboration
 - Patient Education tips & tools
 - Care transitions/Discharge planning
- 2:45 – 2:55** Break
- 2:55 – 3:30** Home Health Value Based Purchasing
- 3:30 – 4:00** Case Study



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Credits

This course meets the criteria for 6.5 contact hours (0.65 CEUs) Intermediate Level.



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Webinar Dates and Times

November 12, 2022

8:25 AM EST • 7:25 AM CST • 6:25 AM MST • 5:25 AM PST (US)

November 13, 2022

8:25 AM EST • 7:25 AM CST • 6:25 AM MST • 5:25 AM PST (US)

Registration is for **ONE** Session. Zoom log-in Instructions and Course Materials will be emailed/added to your ERI account 5-7 Days prior to the first date of the Webinar.



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Rehabilitation Management /Ligotti

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