

# ICU and Acute Care

## From Early Mobilization to Discharge Decisions

Chris Wells PT, PhD, CCS, ATC



### Faculty

**Chris L. Wells, PT, PhD, CCS, ATC** is a Cardiovascular and Pulmonary Clinical Specialist in the Department of Rehabilitation Services at the University of Maryland Medical Center. She delivers patient care in the intensive care setting and assists with program and staff development, clinical competencies, and oversees clinical research opportunities for therapists. Dr. Wells holds a bachelor's degree and advanced master's degree in physical therapy and was awarded a Doctor of Philosophy in Education, Department of Developmental Movement, from the University of Pittsburgh. She holds an appointment as Associate Professor, Adjunct position, at the University of Maryland School of Medicine in the Department of Physical Therapy and Rehabilitation Science where she lectures in the areas of cardiopulmonary dysfunction and rehabilitation and acute care practice. She is an active member within the Cardiopulmonary Section of the American Physical Therapy Association and serves as the Chair of the Research Committee. Dr. Wells' line of funded research is in the rehabilitation and functional outcomes for the older adult suffering critical illness and after suffering a traumatic injury.

*Disclosure: Financial: Chris Wells receives an honorarium from Education Resources, Inc. Non-Financial: Chris has no non-financial relationships to disclose*

### About this Course

This course will sharpen your skills in assessment and optimal intervention for early mobilization and mobility progression in the complex acutely ill patient. It will discuss the interpretation of vital signs beyond the basics as it relates to critical illness. Focus will be on critical decision making through case analysis to determine medical stability and exercise tolerance in complex patients. Evidence for advanced intervention will be discussed for patients who are suffering from common iatrogenic effects of hospitalization. Learn to provide best practices in acute care for complex patients through integration of lab values, tests, medical history, clinical exam, research evidence and clinical judgment.

### Objectives

- 1. Integrate the medical and environmental of the ICU to promote an effective therapy session
- 2. Apply current literature and trends to progress functional recovery for patients that suffer critical illness
- 3. Apply exercise physiology principles to prescribe an effective exercise prescription
- 4. Implement an integrative rehabilitation plan to address pulmonary dysfunction
- 5. Analyze the complexity of critical illness via a case scenario to develop an evaluation and intervention approach to provide comprehensive care

### Audience

PTs and OTs working in an acute care setting with primarily adults. The focus will be on cardiovascular and pulmonary critical illness. It is recommended that participants have a basic knowledge of lines, tubes and ventilators. If not, it is recommended you review this online course: "Lines, Tubes, Ventilators and Diagnostic Screening for Stability vs Instability: Cardiopulmonary Examination and Monitoring." Available on the Education Resources, Inc. website.

Help your patients achieve better outcomes.

## Schedule – Day 1

- 7:30-8:00** Registration/Continental Breakfast
- 8:00-9:30** Research updates: implications on the clinical decision process  
ABCDEF bundle: opportunities for interdisciplinary collaboration
- 9:30-10:30** Medical review: critically thinking through a case - yellow/red flags for early mobility
- 10:30-10:45** BREAK
- 10:45-11:45** Advanced interpretation of vital signs  
Early mobility and physiological readiness for activity, using subjective scales to aid decision-making
- 11:45-1:00** Updates in evidence regarding safety and efficacy in early mobility  
Implementing an early mobility program, managing environment and personnel to improve safety Institutional guidelines in current practice
- 1:00-2:00** LUNCH (On Your Own)
- 2:00-3:00** Applied physiology  
Physiological reserve: using exercise principles to get the most out of your patients, how to make recovery a true component of treatment, outcome measures, video case analysis
- 3:00-3:30** Updates regarding dyspnea and fatigue barrier: Red and yellow flags
- 3:30-3:45** BREAK
- 3:45-4:30** Case Analysis: clinical integration and decision-making

Please contact us with any special needs requests:  
info@educationresourcesinc.com or 508-359-6533

## Schedule – Day 2

- 7:30-8:00** Registration/Continental Breakfast
- 8:00-9:30** Application of the EKG:  
Video case: recognizing critical parts of the EKG to aid in the clinical decision-making process, identifying changes and how to manage patients accordingly
- 9:30-10:30** Using the ventilator to promote functional progress and establish goals  
The importance of professional conversations with data in hand, video case: how to interpret modes during ventilator weaning and interventions
- 10:30-10:45** BREAK
- 10:45-1:00** Pulmonary LAB - assessment tools:  
Understanding how your patient's impairments could be contributing to slow functional progress, facilitating desired breathing patterns
- 1:00-2:00** LUNCH (On Your Own)
- 2:00-2:45** Advanced ICU Device Support: VADs and ECMO including video case analysis
- 2:45-3:00** BREAK
- 3:00-4:00** Case Analysis: clinical integration and decision-making including recommendations for discharge status

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## Credits

This course meets the criteria for 13.5 contact hours (1.35 CEUs). Application has been made to the **AZ** PT Association, the **MD** Board of PT Examiners, the **TN** PT Association, and the **OK** Board of Medical Licensure and Supervision for PT. In **DC, DE, GA,** and **VA** the Boards of PT recognize other state board approvals. Department of Financial and Professional Regulation for PT. ERI is an approved agency by the PT Board of **CA.** **TX** Physical Therapy Association accredited provider.

Approved sponsor by the State of **IL** Dept. of Financial and Professional Regulation for Physical Therapy for 16 CEUs.

Approved provider by the **NY** State 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 - 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.

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

NBCOT professional development provider-13.5 PDUs.

## Locations and Dates - 2019

<b>June 1-2</b>	Denison, TX	Texoma Medical Center
<b>August 2-3</b>	Columbia, TN	Maury Regional Medical Center
<b>September 14-15</b>	Rockford, IL	Swedish American Hospital
<b>October 19-20</b>	Scottsdale, AZ	Honor Health Thompson Peak
<b>November 16-17</b>	Houston, TX	Houston Methodist Hospital
<b>December 6-7</b>	Newport News, VA	Riverside Regional Medical Center



\$435 fee. Deadline for registration is 3 weeks prior to course. Group rate (3 or more) must be mailed/faxed together \$410. 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!

ICU and Acute Care/Wells

June/TX Aug/TN Sep/IL Oct/AZ Nov/TX Dec/VA

Course Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

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. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

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