

# Improving Outcomes in Patients Post Stroke: An Evidence-Based Approach through the Continuum of Care



**Heather Hayes, DPT, PhD, CSRS, CEEAA, Board-Certified Clinical Specialist in Neurologic Physical Therapy**

## Faculty

Dr. Hayes is an Associate Professor at the University of Utah, Dept. of Physical Therapy and Athletic Training. She received her Doctor of Physical Therapy degree in 2004 from Northern Arizona University, Flagstaff, AZ. She received her PhD in Exercise and Sports Science with an emphasis on motor learning in 2014 from the University of Utah. She is a Certified Stroke Rehabilitation Specialist (CSRS). She is the Chair of the Stroke Special Interest group in the Academy of Neurologic Physical Therapy (ANPT). She is passionate about the care that stroke survivors receive and seeks to provide opportunities beyond traditional rehabilitation. She has created wellness programs and a 2-week intensive “camp” program for stroke survivors in Utah. Her current research is focused on discharge placement after an acute stroke and long-term functional ability.

Disclosures: Financial: Dr. Hayes receives a speaking fee from ERI. Non-Financial: No non-financial relationships to disclose.

## About this Live Webinar

There is an abundance of research in the management of patient’s post-stroke but many therapists struggle with how to integrate this new knowledge into practice. In this course, therapists will learn how to integrate the latest evidence and recommendations related to locomotor training, neuroplasticity, high-intensity training, dual-task training, outcome measures, prediction of gait recovery, motor learning and more! Participants will apply newly learned information using video cases across the continuum of care.

## Objectives

- Apply at least two common outcome measures across the ICF model to help track and document patient improvements.
- Select a prediction model to establish diagnosis and prognosis across the continuum of care, using the case study provided.
- Apply intensity principles to at least three different types of interventions.
- Choose the key concepts of motor learning that are critical for improving outcomes post-stroke.
- Utilize an effective long-term management strategy for individuals' post-stroke that includes secondary prevention and wellness.

## Audience

PTs and OTs.

Help your patients achieve better outcomes.

## Schedule – Day 1 5:40 pm - 10:00 pm EST (US)

- 5:40-6:00** Webinar registration/Zoom Course Opens
- 6:00-8:00** Stroke Management
- Skill acquisition post-stroke
    - Motor Learning
    - Varying feedback based on lesion
    - Role of intensity in skill acquisition
    - Neuroplasticity
  - Measuring change in post-stroke function
  - LAB: APPLICATION
    - Putting literature into patient care (evidence-based practice)
  - LAB: VIDEO CASE
- 8:00-10:00** Upper extremity (UE) Management
- Defining intensity in UE
  - Assessing the UE through the ICF model
  - LAB: APPLICATION
    - Fugl Meyer- a guide to treatment
    - Evaluation practice
  - LAB: VIDEO CASE
    - Intervention ideas: low to high level
    - Intervention practice

## Schedule – Day 2 5:40 pm - 10:00 pm EST (US)

- 5:40-6:00** Webinar Registration/Zoom Course Opens
- 6:00-9:00** Locomotor training
- Gait Assessment
  - Outcome measures
    - 10 & 6 MWT, FGA, 5X sit>stand, ABC
  - Intensity in gait training
    - High Intensity Training (HIT)
  - Prediction of gait recovery
    - Across the continuum of care
  - LAB: APPLICATION
    - interpretation of outcome assessments in gait

## Schedule – Day 2 (continued)

- LAB: VIDEO CASE
    - Intervention practice
- 9:00-10:00** Knowledge translation, implementation
- Challenges and barriers

## Schedule – Day 3 5:40 pm - 9:30 pm EST (US)

- 5:40-6:00** Webinar Registration/Zoom Course Opens
- 6:00-7:00** CASE ANALYSIS: Integration of material
- 7:00-9:30** Balance and Falls
- Balance evaluation post-stroke
  - Dual task training
  - Intervention ideas
  - LAB: APPLICATION
    - Balance assessments
  - LAB: VIDEO CASE
    - Intervention practice

## Schedule – Day 4 5:40 pm - 9:30 pm EST (US)

- 5:40-6:00** Webinar Registration/Zoom Course Opens
- 6:00-8:30** Strength/Cardiovascular training & Wellness
- Exercise Intensity for Change
  - Outcome Measures
  - Improving Function through Long-Training/management
  - Wellness post-stroke
  - LAB APPLICATION
    - Cardio assessments
  - LAB: VIDEO CASE
    - Intervention practice
- 8:30-9:30** Pulling it all together
- CASE ANALYSIS
  - Integration of material
  - Cases through the continuum of care

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## Credits

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

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## Webinar Dates and Times

**November 6, 7, 13 and 14, 2023**

5:40 pm EST • 4:40 pm CST • 3:40 pm MST • 2:40 pm PST (US)

Registration is for all sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the webinar.



\$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!

**WEBINAR: Improving Outcomes in Patients Post Stroke:  
An Evidence Based Approach Through the Continuum of Care**

**- Heather Hayes**

**☐ November 6, 7, 13 and 14, 2023**

**Course Registration Form**

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