

Managing the Complex Therapy Patient in the Time of COVID 19:

Preparing and Mobilizing Therapists in the ICU/Acute Care and Beyond

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 leads the rehabilitation team managing COVID patients and makes clinical recommendations including which outcome measures can be used to improve discharge recommendations and population descriptors, assess patient progression and document needs for supplemental O₂ while protecting staff and PPE utilization. Dr. Wells holds an 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*

WEBINAR

About this Course

Our healthcare world is in a time of uncertainty and now more than ever, therapists need to know how to assess and treat the complex critically ill patient especially those with COVID 19. This course will sharpen your skills in monitoring for stability in preparation for early mobilization and mobility progression. Interpretation of vital signs beyond the basics as it relates to critical illness will be included. 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. The latest updates and recommendations regarding COVID 19 will also be discussed. Learn to provide best practices regardless of setting for complex patients through integration of lab values, tests, medical history, clinical exam, research evidence and clinical judgment. Application to all practice settings will be discussed.

Objectives

- ① Integrate the medical and environmental of the ICU to promote an effective therapy session in all settings
- ① Apply current literature and trends to progress functional recovery for patients that suffer critical illness (including information related to COVID-19)
- ① Apply exercise physiology principles to prescribe an effective exercise prescription
- ① Implement an integrative rehabilitation plan to address pulmonary dysfunction
- ① 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 with complex patients in all practice settings.

Schedule – Day 1

10:00-11:30	<p>Practical application of research updates: Effects of Critical Illness</p> <ul style="list-style-type: none"> 🕒 How is COVID 19 changing the landscape? 🕒 ABCDEF bundle and novel changes during these difficult times - including the impact of isolation (especially during COVID 19): high risk of delirium and treatment considerations
11:30-12:30	<p>Medical review: critically thinking through a case - yellow/red flags for early mobility</p>
12:30-12:45	<p>BREAK</p>
12:45-1:45	<p>Advanced interpretation of vital signs</p> <ul style="list-style-type: none"> 🕒 Early mobility and physiological readiness for activity, using subjective scales to aid decision-making in any setting
1:45-2:30	<p>LUNCH BREAK</p>
2:30-3:45	<p>Updates in evidence regarding safety and efficacy in early mobility</p> <ul style="list-style-type: none"> 🕒 Implementing an early mobility program, managing environment and personnel to improve safety Institutional guidelines in current practice 🕒 Rehab Nursing Collaborative Model: Practicing at the top of your licenses 🕒 PPE shortages: potential effects on early mobilization, safe alternative methods
3:45-4:45	<p>Working in the ICU Environment</p> <ul style="list-style-type: none"> 🕒 Understanding ICU equipment and operations 🕒 Asking the right and critical questions 🕒 Understanding how the ICU equipment and treatments impact patients as they progress through care (i.e. rehab, home care, LTC etc).
4:45-5:00	<p>BREAK</p>
5:00- 5:30	<p>Updates regarding dyspnea and fatigue barrier: Red and yellow flags</p>
5:30-6:30	<p>Case Analysis: clinical integration and decision-making</p>

Schedule – Day 2

10:00-11:30	<p>Application of the EKG:</p> <ul style="list-style-type: none"> 🕒 Video case: recognizing critical parts of the EKG to aid in the clinical decision-making process, identifying changes and how to manage patients accordingly
11:30- 12:30	<p>Using the ventilator to promote functional progress and establish goals</p> <ul style="list-style-type: none"> 🕒 The importance of professional conversations with data in hand, video case: how to interpret modes during ventilator weaning and interventions 🕒 Discussion: should you be “proning” COVID 19 patients? 🕒 Safety issues to consider and thought in adapting your interventions
12:30-12:45	<p>BREAK</p>
12:45-2:00	<p>Applied physiology</p> <ul style="list-style-type: none"> 🕒 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 🕒 What are the outcomes we should explore and embrace? 🕒 COVID physiology (i.e. profound muscle weakness, SOB): implications for treatment in rehab, SNF, LTC and home care settings
2:00-2:45	<p>LUNCH BREAK</p>
2:45-3:45	<p>Pulmonary assessment tools:</p> <ul style="list-style-type: none"> 🕒 Understanding how your patient’s impairments could be contributing to slow functional progress, facilitating desired breathing patterns 🕒 Video: breath control and airway clearance – to do or not to do? 🕒 Recommendations for supporting O₂ use at home
3:30-3:45	<p>BREAK</p>
3:45-4:30	<p>Advanced ICU Device Support: VADs and ECMO including video case analysis</p>
4:30-5:30	<p>Case Analysis: clinical integration and decision-making including recommendations for discharge status</p>

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Credits

This course meets the criteria for 13.5 contact hours (1.35 CEUs). Intermediate level

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Approved by the **NJ** Board of Physical Therapy Examiners, Application has been made to the **TN** Physical Therapy Association and the **OH** Physical Therapy Association

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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.

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Webinar Dates and Times - 2020

Saturday May 16 Live Webinar 10:00am-6:30pm EST

Sunday May 17 Live Webinar 10:00am-5:30pm EST



\$369 fee. **LIMITED ENROLLMENT**

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WEBINAR: Managing the Complex Therapy Patient in the Time of COVID 19

May 16-17

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