

Rehabilitative Management of Patients with Neurodegenerative Disorders

Robert Hand, PT, DPT, NCS, MSCS



Faculty

Bobby (Robert) Hand is a licensed physical therapist currently serving as the clinical leader of the Parkinson's disease program at Sheltering Arms Rehabilitation in Richmond, VA. He is a board-certified clinical specialist in neurologic physical therapy and multiple sclerosis certified specialist. He is a member of the American Physical Therapy Association and International Parkinson and Movement Disorder Society. He was the recipient of the 2018 APTA Academy of Neurology Early Career Professional Award and 2018 APTA ANPT Degenerative Disease Special Interest Group Volunteer Award. Starting in 2018, he will serve as a clinical facilitator for the Parkinson's Disease Self-Efficacy Learning Forum (PDSELF). In addition to clinical roles, he has organized successful patient, caregiver, and healthcare professional education events with CurePSP.

Disclosure - Financial: Robert Hand receives an honorarium from ERI for this course. Non-Financial: He has no non-financial relationships to disclose.

About this Course

How do you define success in treatment of a progressive condition? Neurodegenerative conditions such as Parkinson's disease (PD), multiple sclerosis (MS), amyotrophic lateral sclerosis (ALS), and Huntington's disease (HD) present individuals with new, often worsening, impairments as the conditions progress. While it may come off as a daunting task, rehabilitation professionals play a crucial role in addressing the 'now' and preparing for the 'what if.' Specific motor impairments, such as freezing of gait in Parkinson's disease or spasticity in multiple sclerosis, provide unique challenges to mobility and daily activities. Not only are there physical signs we must address in therapy services, but we must address the non-motor impairments as well. Often times decreased attention, difficulty multitasking, and behavioral barriers limit our ability to maintain or improve a patient's functional status. This course aims to improve clinician skills from diagnosis through late-stage disease management. Video case studies and group discussions will be used in building your skills.

Objectives

1. Summarize fundamentals of pathology associated with PD, secondary parkinsonisms, atypical parkinsonisms, MS, ALS, and HD
2. Recognize clinical signs and symptoms of PD and parkinsonisms, MS, ALS, and HD
 - a. Classify motor and non-motor signs of PD and parkinsonisms
 - b. Differentiate various cognitive impairments and their impact on functional mobility
3. Summarize the mechanism of action, clinical candidacy, and common side effects of disease-specific medications of PD, MS, ALS, and HD
4. Identify appropriate outcome measures related to disease-specific impairments of PD, MS, ALS, and HD
5. Apply research-based interventions for PD, MS, ALS, and HD
6. Conceptualize long-term management of patients with PD, MS, ALS, and HD through all therapy services and community-based programs

Audience

PTs, PTAs, OTs, COTAs and SLPs involved in the care of patients with neurodegenerative conditions, ranging from young adults to geriatric patients

Help your patients achieve better outcomes.

Schedule – Day 1

7:30-8:00	Registration/Continental Breakfast
8:00-8:30	Pathology of PARKINSON'S DISEASE
8:30-9:15	Clinical Presentation and Diagnosis <ul style="list-style-type: none"> •Motor Signs, Non-Motor Signs, Diagnosis (*MDS Criteria, Imaging, Genetic Markers)
9:15-9:30	Break
9:30-10:45	Pharmacology and Medical Management <ul style="list-style-type: none"> •Dopaminergic therapies: mechanism of action, drug classes, etc. •Common secondary medications •Deep Brain Stimulation •Complementary Alternative Medicine •Current clinical trials (STEADY-PD, SURE-PD, NILO-PD, PASSPORT)
10:45-11:30	Selecting Outcomes and Writing Goals
11:30-12:30	Lunch (on your own)
12:30-2:30	Evidence-Based Practice Guidelines <ul style="list-style-type: none"> •Bradykinetic gait, instability, and freezing of gait (FOG) •Strength training principles •Tai Chi, yoga, and mindfulness •Volume control and swallowing •Fine motor control •Parkinson's-specific Large Amplitude Training i.e. LSVT BIG, PWR!Moves, SPEAKOut! •Community Programs & Support Group Information for Patient Dissemination
2:30-2:45	Break
2:45-4:00	Secondary and Atypical Parkinsonism <ul style="list-style-type: none"> •Secondary Parkinsonisms (NPH, Drug Induced, Vascular, Metabolic, Brain Inj/CTE) •Clinical Presentation, Diagnosis, and Treatment •Pathology, clinical presentation, diagnosis and treatment of Atypical Parkinsonisms: PSP, CBD, and MSA (Prime of Life Diseases)

Schedule – Day 2

7:30-8:00	Continental Breakfast
8:00-9:00	MULTIPLE SCLEROSIS: Diagnosis Presentation, and Medical Management <ul style="list-style-type: none"> •Motor/Non-motor signs, Disease scales Diagnostic criteria, DMTs and Secondary medications
9:00-9:15	Selecting Outcomes and Writing Goals
9:15-10:15	Evidence-based treatment principles <ul style="list-style-type: none"> •Techniques for managing fatigue •Cognitive strategies •Balance and falls prevention •Gait and strength training parameters •Complementary Alternative Medicine •Patient resources (i.e. National MS Society, MS Society of America – (cooling vests)
10:15-10:30	Break
10:30-11:00	AMYOTROPHIC LATERAL SCLEROSIS Diagnosis, Presentation, and Medical Management <ul style="list-style-type: none"> •UMN vs LMN signs •Disease scales and diagnostic criteria •Disease modifying therapies / recent research & updates •Secondary medications
11:00-11:15	Selecting Outcomes and Writing Goals
11:15-12:00	Evidence-based treatment principles <ul style="list-style-type: none"> •Energy conservation •Strength and mobility training
12:00-1:00	•Speech and swallowing Lunch (on your own)
1:00-1:30	HUNTINGTON'S DISEASE Diagnosis, Presentation, and Medical Management <ul style="list-style-type: none"> •Motor signs •Non-motor signs •Emotional/Behavioral signs •Diagnostic criteria •Symptom management
1:30-1:45	Selecting Outcomes and Writing Goals
1:45-2:30	Evidence-based treatment principles <ul style="list-style-type: none"> •Behavioral therapies and considerations, Strength training, mobility, and postural interventions, Balance and falls prevention, Environmental changes for success
2:30-2:45	Break
2:45-4:00	Wheelchair Prescription & Assistive Technology in Neurodegenerative Disease

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Credits

This course meets the criteria for 13 contact hours (1.3 CEUs). Application has been made to the **NJ** and **MD** Board of PT Examiners. In **CT** this workshop meets accepted standards for continuing competence. ERI is an approved agency by the PT Board of **CA**. The **DC, DE, PA,** and **VA** Boards of Physical Therapy accept other Boards approvals. **TX** Physical Therapy Association approved provider. This course meets the approval for Type 2 CEUs by the **TX** Board of Occupational Therapy Examiners.

Approved provider by the **NY** State Board of Physical Therapy for 15.6 hours



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 13 contact hours (1.3 CEUs) - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEU's does not imply endorsement of specific course content, products or clinical procedures by AOTA.



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This course is offered for up to 1.3 ASHA CEUs (Intermediate Level, Professional area)

This program has been submitted for approval of 13 clock hours of continuing education by the **TX** Speech-Language-hearing Association (TSHA)

NBCOT Professional Development Provider – 13 PDUs

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Locations and Dates - 2019

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July 20-21	San Leandro, CA	Kaiser San Leandro Medical Center
September 13-14	Doylestown, PA	Doylestown Hospital
November 1-2	Washington, DC	MedStar Washington Hospital Center



\$435 fee. Deadline for registration is 3 weeks prior to course. Group rate (3 or more) must 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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Neurodegenerative Conditions / Hand:

- May/TX July/CA Sept/PA Nov/DC

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