

The Frail Elderly: Realistic Strategies to Improve Function

Jennifer Bottomley, PhD, MS, PT

Faculty

Jennifer Bottomley, PhD, MS, PT is a dynamic instructor specializing in geriatric rehabilitation. Dr. Bottomley served on advisory boards for the Office of the Surgeon General, and Office on Women's Health, and appointed to the White House Health Care Reform Panel for Home & Long-Term Care issues in the Elderly. She was a delegate to the 2005 White House Conference on Aging and appointed to the White House Interdisciplinary Medicare Reform Advisory Board. She serves on an AARP panel addressing elder isolation and is the President of the International Physical Therapists working with Older People (IPTOP). She holds a BS in PT from the University of Wisconsin, a PhD in Gerontology (U of Massachusetts) and Health Science and Service Administration (Union Institute), and a PhD from The Union Institute in Health Service Administration, Legislation, and Policy Management with a specialty in Gerontology.

Disclosure - Financial: Jennifer Bottomley receives a speaking fee from ERI, and royalties from Geriatric Rehabilitation A Clinical Approach and Geriatric Rehabilitation A Textbook for the PT Assistant. Non-Financial: Jennifer has no non-financial relationships to report.

About this Course

This course will examine the frailest of frail elderly providing the course participants with the most advanced and up to date information on the evaluation and treatment of the elderly individual with multisystem involvement. Practice in integrating evaluative information in medically complicated patients towards a comprehensive intervention program will follow critical pathways of care. Recent research in strength and flexibility training using hands-on and video-guided exercise protocols will be presented. The use of complementary therapies in improving function will be presented with substantiating research provided. All care settings will be discussed from acute care, sub-acute, nursing home, outpatient, assisted living, home, senior and community centers, to fitness facilities. Critical pathways are presented for therapeutic involvement in the rehabilitation therapies across this spectrum of care and include reimbursement issues and current legislative initiatives involving health maintenance and promotion. Exercise strategies for preventing falls and improving balance will be highlighted.

Objectives

- Incorporate screening and therapeutic interventions that address prevention of frailty in the elderly in all levels of care.
- Evaluate and prescribe exercise and activities that enhance functional capabilities in the frailest of frail elderly patient.
- Describe how polypharmacy and poor nutrition impact functional outcomes in the elderly.
- Integrate outcome research studies for individual and group exercise programs.
- Describe critical pathways in the frail elderly for therapeutic involvement in the rehabilitation therapies across this spectrum of care.

Audience

Designed for PTs, PTAs, OTs, OTAs

Schedule – Day 1

- 8:00-8:30 Registration - Continental breakfast
- 8:30-10:30 Defining Frailty in the Elderly:
Pathophysiological Manifestations
Predisposing the Elderly to Frailty
- 10:30-10:45 Break
- 10:45-12:00 Medications, Nutrition and the Risk of Frailty
- 12:00-1:00 Lunch (on your own)
- 1:00-2:00 Screening of Risk Factors for Frailty
- 2:00-3:00 Critical Pathways of Interventions for Frailty: Evidence Based Practice (EBP) - a practical approach to finding, evaluating and using the evidence to plan treatment
- 3:00-3:15 Break
- 3:15-4:30 **LAB:** Case Studies in Risk Assessment and Management

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Schedule – Day 2

- 7:30-8:00 Continental Breakfast
- 8:00-10:00 Functional Evaluation and Physical Assessment in the Frail Elderly
Selecting the most appropriate assessment tools
Setting priorities for older Adults
- 10:00-10:15 Break
- 10:15-12:00 Exercise Strategies for Preventing and Managing Frailty - What evidence shows about intensity, frequency and outcomes
- 12:00-1:00 Lunch (on your own)
- 1:00-3:00 **Case Studies:** People are encouraged to bring a write-up of a difficult case study with them for evaluation, discussion, and clinical decision making in small groups.
- 3:00- 3:15 Break
- 3:15- 4:30 Setting Up and Managing Prevention & Risk Management Programs for Frailty in a PPS and Managed Care Arena
Reimbursement Issues

The focus of this course will be an interdisciplinary approach to gaining strength, flexibility, and function in the inactive and frail elderly.

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Credits

The 2-day live course meets the criteria for 14 contact hours (1.4 CEUs).
The AZ Board of Physical Therapy recognizes other state board approvals.

TX Physical Therapy Association accredited provider.

Approved provider of 16.8 contact hours by the NY State Board of Physical Therapy.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 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.

Approved by the TX Board of OT Examiners.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification.

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

Locations and Dates - 2020

Feb 8-9

Houston, TX

Houston Methodist Hospital

"Fortunate is the student who has Jennifer Bottomley for an instructor and mentor, and fortunate is the patient who has her for a physical therapist! She is what we all should aspire to be. Information is presented clearly and concisely with a dose of humor to keep it entertaining and maintain our attention span. Her love and her knowledge of her subject matter shine through, as does her compassion and empathy for those with whom she works. The information she presents is practical and doesn't require lots of time or expensive equipment." - B. Williams



\$435 fee. Group rate \$410 (registration must be made together). Deadline for registration is 3 weeks prior to course. 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.

Please make check payable and return to: Education Resources, Inc. 266 Main St., Suite 12 • Medfield, MA 02052 508-359-6533 or 800-487-6530 (outside MA) FAX 508-359-2959 • www.educationresourcesinc.com

Limited enrollment. We encourage you to register online!

Frail Elderly/Bottomley
Feb/TX

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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