

# The Complex Frail Patient: Rehab, Home, SNF and Outpatient Settings



Robyn Ligotti PT, DPT, RAC-CT, CDP, QCP

## Faculty

Robyn Ligotti, PT, DPT, RAC-CT, CDP, QCP is the owner of Rehab Resource Solutions, LLC Consulting and is a licensed PT with over 35 years of experience with the older adult population in nursing facilities, home health, outpatient rehab, wellness and prevention and inpatient rehab. Her Certifications include: Dementia Practitioner, Resident Assessment Coordinator and Quality Assurance Performance Improvement Certification. She believes the key to achieving strong outcomes is establishing a team of professionals who use critical thinking evidence-based skills in day to day practice. She has provided education to rehab and nursing teams and other disciplines throughout her career on safe patient handling, understanding Medicare and rehab specific treatments and approaches to care. Dr. Ligotti graduated with her B.S. in PT from Russell Sage College and received her Doctor of P.T. from Sage Graduate School.

Disclosures: Financial: Robyn Ligotti receives an honorarium from ERI for this course. Non-

## About this Live Webinar

Diagnoses most seen in a post-acute setting are rapidly shifting to a more frail, multi-system involved caseload, with or without the new COVID-19 diagnosis. Efficient identification of critical illness-related deficits and frailty will allow a clinician to perform a more thorough evaluation, develop a more comprehensive plan of care and obtain positive patient outcomes, all of which is necessary from both a payment and care perspective. Knowing what to focus on when evaluating and setting the plan of care will be even more critical in this current environment. This course is centered on providing evidence-based tests and measures to use for evaluations, frameworks for effective care planning to reduce re-hospitalizations and evidence-based interventions for optimal outcomes in treating the complex frail adult in the SNF and Home Health settings. Updates to post-acute care for COVID recovery will also be included. Dysphagia, dementia, and delirium-related screening, outcome testing and interventions will be discussed as many of the patients treated in the SNF and Home Health settings often present with one or more of these diagnoses.

## Objectives

- Describe the most common effects on the body after long-term ICU treatment.
- Choose 3 outcome measures specific to medically complex and frail persons in post-acute rehab.
- Determine appropriate screening tools for use with patients in post-acute settings.
- Utilize best practices and presented frameworks/processes to prevent re-hospitalization for the medically complex and/or frail patient.
- Identify best practices for care transitions in the frail or medically complex patient.

## Audience

Designed for PTs, PTAs, OTs, OTAs, COTAs, SLPs

Help your patients achieve better outcomes.

## Schedule – Day 1

5:40 pm - 9:00 pm EST (US)

- 5:40–6:00** Webinar Registration/Zoom Course Opens
- 6:00 - 7:15** The Complex Medical Patient  
 Cardio-pulmonary considerations  
 Heart Failure  
 Restrictive vs Obstructive Lung Disease  
 Acute Respiratory Failure (ARF)  
 Acute Respiratory Distress Syndrome (ARDS)  
 Covid-19  
 Effects of ICU/ventilation on recovery process including ICU Acquired Weakness (ICUAW) and Post Intensive Care Syndrome (PICS)  
 Recognizing frailty in the post-acute population
- 7:15 - 8:00** Clinical Application of Screening Tools and Strategies  
 Dysphagia  
 Frailty  
 Muscle strength
- 8:00 - 9:00** Dementia/Delirium/Depression  
 Differences between the 3D's  
 Screening strategies & tools

## Schedule – Day 2

5:40 pm - 9:00 pm EST (US)

- 5:40–6:00** Webinar Registration/Zoom Course Opens
- 6:00 – 7:45** Evidence-based Outcome Measures  
 Pertinent outcome tools for the medically complex/frail population in post-acute rehabilitation  
 Clinical decision making – identifying best outcome measure for diagnosis and comorbidities
- 7:45 – 8:15** Special Considerations  
 Oxygenation/Desaturation  
 Post-ICU exercise best practices  
 Blood pressure  
 Establishing target heart rate  
 Heart Failure education, exercise parameters & medication effect on exercise  
 Using RPE scale effectively
- 8:15 – 9:00** Clinical Implications when dementia is a comorbidity

## Schedule – Day 3

5:40 pm - 9:00 pm EST (US)

- 5:40–6:00** Webinar Registration/Zoom Course Opens
- 6:00 – 7:00** Task Breakdown  
 ADL& mobility tasks  
 PICS-specific interventions
- 7:00 – 7:30** Respiratory Muscle Training
- 7:30 – 8:00** Dual Task Training
- 8:00 – 8:30** Balance  
 Component breakdown  
 Interventions based on function
- 8:30 – 9:00** Strengthening  
 Force/Power demands  
 Applying high intensity training safely

## Schedule – Day 4

5:40 pm - 9:00 pm EST (US)

- 5:40–6:00** Webinar Registration/Zoom Course Opens
- 6:00 – 7:00** Goal Setting & Documentation  
 Use of research to set goals  
 Components to show skill in documentation
- 7:00 – 9:00** Discharge Planning Best Practices  
 Critical thinking strategies to prevent re hospitalization  
 Interprofessional collaboration  
 Patient Education Tips & Tools  
 Care transitions  
 Community resources

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The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: AL, CO, CT, IA, MA, ME, MT, NE, ND, NH, SD, WA.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 12 contact hours (1.2 CEUs) - 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. NBCOT professional development provider – 12 PDU.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker 14 hours. This course meets the approval of 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. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.



Education Resources, Inc is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

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Please contact us with any special needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 508-359-6533

## Webinar Dates and Times - 2021

May 4, 11, 18, and 25, 2021

5:40 pm EST • 4:40 pm CT • 3:40 pm MST • 2:40 pm PT (US)

Registration is for both 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!

**The Complex Frail Patient/Ligotti**  
 **May 4, 11, 18, and 25, 2021**

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