

Post Concussion Syndrome: Assessment and Treatment

Christina Finn MS, OTR/L



Faculty

Christina Finn MS, OTR/L graduated from the University of Scranton in 2004 with a master's degree in Occupational Therapy and is currently an assistant professor of occupational therapy at the New York Institute of Technology in Westbury, NY where she teaches classes in physical rehabilitation and motor learning. Prior to attaining a full-time faculty position, Christina worked at NYU Rusk for 10 years. During her time, she worked extensively with individuals with visual difficulties as a result of brain injury, concussion, and other neurological conditions. She has experience in all areas of rehabilitation across the spectrum of care, including acute care, inpatient, and outpatient rehabilitation. She has attended several vision therapy training courses and holds a certification in adult vestibular rehabilitation. Christina has presented to health care professionals on the topic of vision rehabilitation and has presented nationally on the topic of post-concussion syndrome.

Disclosure: Financial: Christina receives a speaking fee from Education Resources. Non-Financial: She has no non-financial relationships to disclose

"This course gave me more confidence in treating this population. It took the knowledge I already had as an OT and put it together in a way that addressed all the issues with these patients. I especially liked the guidelines for prepping the patient for return to school/work/play." - C. Thomason, OT

About this Course

This course will help clinicians apply the latest research on diagnosis and management of concussion and post-concussion syndrome. This course will focus on the latest relevant assessment and treatment strategies for adults and children with prolonged visual, vestibular and sensory complaints as a result of concussion. Effective treatment strategies to improve visual skills, balance and sensory integration for optimal return to all daily tasks will be highlighted. Participants will engage in clinical problem solving via group case analysis and discussion.

Objectives

- 1 Apply current research to diagnosis and treatment of concussion and post-concussion syndrome
- 2 Determine when referral is indicated to address co-morbidities
- 3 Assess visual function, balance and ability to participate in daily tasks (including cognitive)
- 4 Implement treatments to remediate oculomotor dysfunction, sensory integrative dysfunction and visual motor skills impairment
- 5 Implement training techniques and compensatory strategies including cognitive strategies to help the patient transition back to work, school and daily tasks

Audience

This course is relevant for Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Athletic Trainers and Speech Language Pathologists working with individuals of all ages including school aged children, young adults, and older adults who may have sustained a concussion as a result of fall, MVA, sports injury, or other accident.

Help your patients achieve better outcomes.

Schedule – Day 1

8:30-9:00	Registration/Continental Breakfast
9:00-9:30	The Concussion Crisis Population: athletes, students, wounded warriors, accident victims
9:30-10:30	Diagnosis Current diagnostic tools: imaging, lab profile, clinical presentation, implications for therapy intervention Symptoms: Immediate and delayed Literature review/ patient reports Visual, vestibular, cognitive, behavioral, sensory integration Correlating literature to symptomatology
10:30-10:45	Break
10:45-12:15	Management of Concussion and PCS To rest or not? Overview of medical and therapeutic management Specialized Equipment: Does it prevent concussion? Re-injury?
12:15-1:15	Lunch (on your own)
1:15-2:45	Functional changes after concussion Vision/ Impact on Visual System Balance/ Impact on vestibular system Sensory changes after concussion
2:45-3:00	Break
3:00-4:00	Changes in cognitive functioning Computerized cognitive testing
4:00-5:00	Management of concussion: What happens when symptoms do not resolve with rest alone? Services that can help manage post concussive symptoms: OT, PT, SLP, Neuropsychology, Vocational Rehabilitation Interdisciplinary team approach to decrease symptoms and optimize return to function
5:00-6:00	Case Analysis, Chart Review, Identification of Symptoms and use of screening tools

Schedule – Day 2

7:30-8:00	Continental Breakfast
8:00-8:30	Co-morbidities and the interdisciplinary team and case study
8:30-9:00	Return to Learn and Classroom Modifications
9:00-9:30	Return to Play Protocols: Updates on the Evidence
9:30-10:00	Facilitating Return to Work
10:00-10:15	Break
10:15-11:15	Assessments and screening Visual issues Vision Screening: DEM, King Devick, NPOC, Oculomotor screening Specific Vestibular and Balance and Assessments: DVA, BESS, TUG, ABC
11:15-11:45	LAB: Screening and Assessment
11:45-12:45	Lunch (on your own)
12:45-2:45	Treatment Interventions to improve visual skills for optimal functional performance Treatment to remediate oculomotor dysfunction Convergence and bilateral activities Oculomotor and reading Oculomotor smooth pursuits and balance
2:45-3:00	Break
3:00-4:00	Postural Exercises: Use of proprioception and sensory integration

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Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). This continuing Competence Activity has been approved by the NC Physical Therapy Association. The SC and PA Board of Physical Therapy recognizes other state board approvals. Application has been made to the NJ Board of Physical Therapy. This workshop meets accepted standards for continuing competence as outlined by the CT General Statutes.

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



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.



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.

This course is offered for up to 1.4 ASHA CEUs (Intermediate level, Professional area).

NBCOT professional development provider-14 PDUs

12 hours of this course qualify toward the 20 hours requirement for NDTA re-certification



Education Resources, Inc. is approved by the Board of Certification to offer 14 continuing education units for Certified Athletic Trainers

Locations and Dates – 2020

Jan 24-25	Greenwood, SC	Self Regional Healthcare Center
June 12-13	White Plains, NY	Burke Rehabilitation Hospital



\$435 fee. Group rate (3 or more) must be mailed/faxed together \$410. 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.

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Limited enrollment. We encourage you to register online!

Post Concussion Syndrome /Christina Finn

Jan/SC June/NY

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 _____

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