



The Academy of Geriatric Physical Therapy Presents the Physical Therapy and the Aging Adult Series

Management of Falls and Fall Prevention in Older Adults

Falls are a major concern for older adults! Physical therapists play a key role in fall prevention, as well as treating falls and fall-related injuries. With evidence-based practice, the functional mobility and quality of life of older adults may be improved, while decreasing the national fall-related statistics. This monograph will include the foundation of balance and falls, discuss age-related changes, provide an overview of screening tools and outcome measures, as well as interventions to address the impairments and functional limitations identified. The main objective of this monograph is for clinicians to be able to select appropriate screening tools, complete multi-factorial assessment, and prescribe interventions that set patients up for success.

Course Code:

LMS-963

Instructor(s)

Marianna Wingood, PT

<http://learningcenter.apta.org/student/MyCourse.aspx?id=cbf0ea61-51c2-44c4-9735-e169ba979685&categoryid=&programid=dcca7f06-4cd9-4530-b9d3-4ef7d2717b5d&returnUrl=Student/Catalogue/Catalogue.aspx>

Tool Kit for the Prevention of Diabetic Foot Ulcers

Diabetes mellitus (DM) is associated with a strong increase in the risk of physical disability in mobility, instrumental activities of daily living (IADL), and activities of daily living (ADL) domains. Individuals with diabetes age 60 years old or older are 2 to 3 times more likely to report an inability to walk 1/4 mile, ambulate on stairs, perform household duties, or require the use of a mobility aid when compared to aged matched persons without diabetes. Unfortunately, the frequent consequence of inadequately managed diabetic foot complications is lower extremity (LE) amputation. In fact, people with diabetes are 13 times more likely to have an amputation than people without DM. The Centers for Disease Control and Prevention reports that 45% to 85% of nontraumatic LE amputations in the United States (U.S.) attributable to diabetes could have been avoided with comprehensive diabetic foot care programs.

Course Code:

LMS-966

Instructor

Nancy K Shipe, PT, DPT

<http://learningcenter.apta.org/AdvancedSearch.aspx?KeyWord=diabetic+foot>

Assistive Devices, Adaptive Equipment, Orthotics, and Wheeled Mobility for the Older Adult

The United Nations Convention on Rights of Persons with Disabilities (UNCRPD) states, “Personal mobility and independence are to be fostered by facilitating affordable personal mobility, training in mobility skills and access to mobility aids, devices, assistive technologies and live assistance. According to the United States (US) Census, there are over 10 million Americans over the age of 65 who have difficulty with ambulation. This includes 3.3 million users of wheeled mobility devices, such as manual and power wheelchairs and electric scooters, and 6.1 million users of ambulation aids, including canes, crutches, and walkers. Use of mobility devices increases with advanced age and has been found to be associated with non-white race/ethnicity, female sex, lower education level, greater co-morbidities, and obesity. The varying degrees of disability and unique requirements of each individual leave many providers and users with the difficult task of determining the best AD to both enhance function and promote safety.

Course Code: LMS-988

Instructors

Laura Driscoll, PT, DPT; Erin Riley PT, DPT

<http://learningcenter.apta.org/student/MyCourse.aspx?id=e93c5740-4e74-4c29-87f7-60917ead1fce&categoryid=&programid=dcca7f06-4cd9-4530-b9d3-4ef7d2717b5d&returnUrl=Student/Catalogue/Catalogue.aspx>

Bariatric Obesity in the Older Adult

The obesity epidemic that has plagued United States has now become pandemic, affecting all ages, including older adults. In most practice settings, physical therapists who treat older adults will examine and treat patients with the co-morbidity of obesity. The implications of obesity on every system of the body and the functional consequences will be discussed. Weight stigmatization will be briefly reviewed as it relates to clinical practice. Case studies will be used to cover examination, and treatment modifications in various practice settings.

Course Code: LMS-968

Instructor

Jane Killough, PT, MS

<http://learningcenter.apta.org/student/MyCourse.aspx?id=c5b56ebe-6e0c-483a-a39d-7763eb1482c8&categoryid=&programid=dcca7f06-4cd9-4530-b9d3-4ef7d2717b5d&returnUrl=Student/Catalogue/Catalogue.aspx>

End of Life Ethics

Rehabilitation for patients who are approaching their end of life poses complex clinical, ethical, and legal challenges for physical therapists (PTs) and physical therapist assistants (PTAs). The most serious of these challenges may include participation in difficult end-of-life decisions related to initiating or continuing life support and withholding or withdrawing medical treatment. Although therapists are not typically the primary healthcare professionals involved in making these decisions, they are part of the professional healthcare team, and have an obligation to support the patient, family, and healthcare professionals when patients are faced with making these decisions.

Course Code:

LMS-967

Instructor

Mary Ann Wharton, PT, MS

<http://learningcenter.apta.org/student/MyCourse.aspx?id=deb946d8-e783-49ac-be0b-32311327308a&programid=dcca7f06-4cd9-4530-b9d3-4ef7d2717b5d>

Breast Cancer Related Lymphedema

Lymphedema impacts nearly 40% of women after breast cancer treatment. The condition involves limb and upper quadrant swelling which is naturally progressive over time if left untreated. The lymphatic system is unique in structure and functions from the circulatory system; the presentation of

lymphedema is different than other forms of systemic swelling. Due to those nuances, it is necessary to recognize that swelling related to lymphatic system failure requires specialized knowledge and skills in clinical management.

Course Code:

LMS-964

Instructors

Bryan Spinelli, PT, PhD; Nicole Stout, DPT, FAPTA

<http://learningcenter.apta.org/student/MyCourse.aspx?id=4cef0e4f-68c5-4543-b911-131b94654774&programid=dcca7f06-4cd9-4530-b9d3-4ef7d2717b5d>

Biopsychosocial and Environmental Aspects of Aging

Successful aging is hard to define, yet it is something that each person hopes to achieve. This monograph will explore various models and theories of health, illness, and disability as they apply to the older adult and physical therapy practice. The biopsychosocial dimensions of successful aging will be discussed with an emphasis on the role of the physical therapist to support longevity and contribute to an older adult's freedom from disability and disease. The second part of this monograph explores environmental dimensions of successful aging and the role of the physical therapist in reference to financial security, housing options, adaptive equipment/technology, leisure activities and social networks. Case studies illustrate how physical therapists have the knowledge and skills to assist patients or clients in adapting to their changing circumstances, whether that is through primary prevention and risk reduction measures, direct interventions, advocacy in public policy, or consultation.

Course Code:

LMS-965

Instructor

Mary Thompson, PT, PhD

<http://learningcenter.apta.org/AdvancedSearch.aspx?KeyWord=965>