

From Frailty to Functionality:

Evidence-based Rehab Strategies for Deconditioned Patients

Webinar • Wednesday, November 1, 2017 • 12:00—1:00 pm CST

Presented by: Ernest Roy, PT, DPT

Deconditioning is a complex process of physiological change following a period of inactivity that results in functional losses including mental status, continence and ability to accomplish activities of daily living. Although it is frequently associated with hospitalization there are NEW clinically proven strategies to combat deconditioning that are appropriate to the growing population of elderly home care patients. With proper care, we can stave off the decline in muscle mass and strength linked to falls, functional decline, increased frailty and immobility with environmental modifications and an appropriate exercise therapy program.

Objectives:

- Describe clinical aspects of frailty
- Discuss risk related to frailty such as hospitalization or nursing home placement
- Examine effects of reduced activity on elderly subjects, such as sarcopenia
- Accurately perform at least four validated field tests to assess functional aspects related to frailty or deconditioning
- Introduce **new** techniques and modification for frail and deconditioned patients
- Analyze the **latest** in physio science research
- Discuss cases to illustrate new direction of care

The webinar will delve into the operational definitions for Frailty and Deconditioning as well as examine the scope of prevalence of the problem in today’s patient populations compared to similar patients ten or 20 years ago. Although these limitations are exacerbated with physiological consequences of low activity levels and extended bed rest, new research and clinical trials have shown gains achieved and maintained by developing an evidenced-based practice for re-conditioning.

About our Speaker:

Ernest Roy, PT, DPT, Is the Home Care Therapy Team Leader for Pemi-Baker Community Health, in Plymouth, NH. He is a certified Chronic Care Management Trainer and has been certified as a Strength & Conditioning Specialist from the National Strength and Conditioning Association. Ernie has extensive experience in a variety of roles, including Acute Care, Outpatient, Home Health and Industrial Rehabilitation. He has been in practice as a Physical Therapist for 29 years.

Registration Form

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Registration Fees:

Frailty to Functionality

MAHC Members—\$159.00 per connection

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Continuing Education: The presenter and program planners have no conflict of interest regarding this webinar. To apply for Physical Therapy or Nursing contact hours (CEU), you will mail the evaluation form and completed sign-in-sheet to New Hampshire after the webinar listing the individuals at your facility participated, noting those requesting contact hours. Individuals requesting contact hours will receive a certificate of contact hours earned. All correspondence will be sent to the contact person on the registration form.