



From Frailty to Functionality:

Evidence-based Rehabilitation Strategies for Deconditioned Patients

November 1, 2017 – from 12:00 p.m. to 1:00 p.m. Central

Webinar Recording Available through January 1

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 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 and 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, gains can be achieved and maintained by developing an evidenced-based practice for re-conditioning.

Presenter: Ernest Roy, PT, CPT, is the Home Care Therapy Team Leader for Pemi-Baker Community Health, in Plymouth, NH. He is a certified Chronic Care Management Trainer and holds certification 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 Therapists for 29 years.

Registration Fee: Member rate is \$169.00 - Non-members \$269.00. The live webinar includes the opportunity to ask questions of the presenters, however there is no additional fee for the recording.

Continuing Education: The presenters and program planners have no conflict of interest regarding this webinar. To apply for contact hours, please mail an evaluation form and a completed sign-in sheet, listing the individuals at your facility that participated and noting those requesting contact hours. No commercial support has been provided for this program.

This program has been submitted to the **New Hampshire Physical Therapy Association** for CEU credit for approval. Information provided in this program should be used within the scope of practice.

From Frailty to Functionality: Evidence-Based Rehab Strategies for Deconditioned Patients

Webinar- November 1, 2017 – 12:00 pm to 1:00 pm Central

Convenience: Enjoy the convenience and cost-efficiency of a webinar – watch the speaker's slide presentation on the internet while logging in on your smart phone or through your computer. There is **no limit to the number of attendees** from your agency who may participate at your site using **one phone line and a computer with internet access**. Confirmation: Prior to the webinar, a GoToWebinar link will be e-mailed to you. You will need to register through this link to attend the webinar. You will be sent a confirmation which will include a join link to access the webinar, a dial-in number and an access code to listen in via telephone. You will also be sent any pertinent handouts, if available, an evaluation and certificate. ***The webinar will take place from 12:00 p.m. to 1:00 p.m. Recording will be made available after the program, and will be accessible for 60 days.***

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), please mail an evaluation form and completed sign-in sheet, listing the individuals at your facility that participated, noting those requesting contact hours. Individuals requesting contact hours will receive a certificate of contact hours earned. Please make sure that you enter the contact person's name in the Registration Form. All correspondence and site registration information will be sent to this person. Information provided in this program should be used within the scope of practice.

Registration: The registration deadline is October 25, 2017. Registrations may not be shared between agencies – the agency's registration covers the access of only one phone line/computer access to the webinar. Multiple site participation for your agency will require a separate registration fee for each connection. Please note: if your agency has sent in 1 registration but 3 people from your agency register through the GTW link, your agency will be invoiced for the additional 2 registrations. The handouts will be emailed to you to the email address you provide. Please feel free to provide an additional email address as a backup.

Registration Fees

	Links to Live Broadcast & Recording	
	Member of	Non-member
<i>From Frailty to Functionality</i> <i>November 1, 2017, 12:00 –1:00 pm Central</i>	\$169	\$269

Contact's Name: _____ Agency Name: _____

Agency Address _____ Agency City, State, Zip: _____

Attendee Email: _____

Phone: _____ Alternate Email: _____

Payment:

I owe the amount of \$_____ for the courses selected above.

☐ My check payable to (HCLA) is enclosed. ☐ Charge my: ☐ Visa ☐ MasterCard ☐ Amex ☐ Discover

Credit Card Number _____ Exp. Date _____ Security code _____

Name (as it appears on card) _____

Address (of cardholder) _____

Signature (required) _____

Registration must be received in writing and cannot be accepted without payment.

Mail, fax or e-mail form to: Home Care Association of Louisiana, P.O. Box 80124, Lafayette, LA 70598

Fax: 337-231-0089

Ph: 337-231-0080

E-mail information to: liz@hclanet.org