



CLASS IN MOUNTAIN HOME, ARKANSAS

Only \$149 9/28/2019 7:30AM - 3:30PM

Evidence-Based Assessment and Treatment of

Dementia

Effective Interventions to Improve Quality of Life and Achieve Functional Goals Through All Stages of Dementia

Presented by Toni Patt PT, DPT, GCS, NCS

Course Description

It is estimated that 50% of all adults aged 85 years and older have some form of dementia and each year 7.7 million new cases are diagnosed. As our population ages these numbers will continue to increase. The one-year total cost for treating Alzheimer's dementia is \$277 billion with \$102 billion paid out of pocket. Dementia is also the 6th leading cause of death in the United States. As the disease progresses it creates functional and cognitive deficits and puts caregivers under emotional and financial stress. It is essential these patients receive adequate treatment and caregivers receive proper training in management of dementia to keep these patients at home as long as possible. As unwanted behaviors develop, motor control deteriorates and the ability to interact with the environment is lost, effective treatments need to match the level of cognition. As memory and cognition decline the ability to participate in therapy declines. It is critical that therapists are equipped to treat these medically complex patients to prolong a decline in functional motor control, ADLs, and cognition.

This interactive one-day course will improve the participants' knowledge of treatment for cognition and memory. It includes a review of the stages of dementia with appropriate intervention strategies for each stage. The role of behaviors and use of redirection will be discussed with examples provided. Participants will use case studies to apply these principles to develop a plan of care for each stage of dementia. Participants will gain beneficial exercise strategies, activities and other rehab interventions to improve overall quality of life and functional goals.

About Your Instructor

Toni Patt PT, DPT, GCS, NCS has been practicing physical therapy for more than 30 years. She has worked in almost every setting and now divides her time between a skilled nursing facility and home health. Dr. Patt has devoted her extensive career to focus geriatric patients. Her current practice is nearly 100% geriatric.

She has earned APTA specialist certifications in geriatrics and neurology. She is a member of the APTA and is a member of the geriatric, neurologic and home health sections. Dr. Patt earned her Bachelor of Science in Physical Therapy from St. Louis University and her Doctorate in Physical Therapy from A.T. Still University. She spends her spare time working with her three horses: Noah, Flame and Jimmy.

Learning Objectives

1. Identify the stages of dementia and provide two treatment strategies for each.
2. Recognize cognition, declarative memory, and procedural memory and relate them to functional levels.
3. Outline the neuro-anatomical changes that occur with dementia, the different forms of dementia and correlate this information to patient presentation.
4. Describe causes of unwanted behavior such as wandering and provide three alternatives for redirection.
5. Explain the causes of decreased initiation and 2 methods of compensation.
6. Utilize the role of exercise in treatment and prevention of decline with dementia.

Course Outline

- I. Dementia's Impact on Physical and Cognitive Function**
 - » Anatomy and physiology
 - » Types of dementia (Alzheimer's, Vascular, Lewy Body)
 - » Progression of the disease
 - » Short term
 - » Declarative
 - » Procedural
- II. Recognizing and Treating Each Stage of Dementia**
 - » Descriptions of stages
 - » Expectations based on stages
 - » Treatment examples for each stage
 - » Exercise
- III. Interventions to Overcome Difficult Behaviors to Improve Compliance**
 - » Causes
 - » Redirection
 - » Anosognosia
- IV. Early Predictors and Risk Factors of Dementia**
 - » Causes
 - » Presentation
 - » Strategies
- V. Setting Realistic Goals Based on Physical and Cognitive Abilities**
 - » Identify the stage and ability to participate
 - » Complete functional assessment
 - » Identify lifestyle and personality elements
- VI. Exercise Programs, Interventions and Activities for Effective Management, Maintenance, and Rehabilitation**
 - » Exercise as a part of daily lifestyle
 - » Personality and personal history
 - » Household activities, career and hobbies
 - » Incorporation into daily routine

Case Study

Hands-On Lab

Dates/Location

Mountain Home, AR
September 28, 2019

Continental Breakfast
Lunch & Snacks included

Baxter Regional Medical Center -
Lagerborg Dining Room
624 Hospital Drive
Mountain Home, AR 72653
1-(870)-435-7500 ext.285

Course Schedule

7:30am - Registration
8:00am - Workshop Begins
3:30pm - Workshop Adjourns

To Register - Call Aleta 870.508.1766 or
www.traininginthetwinlakes.com

Continuing Education Credits

Speech-Language Pathologists & Audiologists - This program is offered for 0.6 ASHA CEUs (Intermediate level, Professional Area).



Occupational Therapists - Summit Professional Education is an AOTA Approved Provider of continuing education - provider #5873. This course is offered for 0.6 AOTA CEUs (6.0 contact hours). This course contains content classified under both Domain of OT and Occupational Therapy Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Physical Therapists - AR: This course has been approved by the Arkansas State Board of Physical Therapy for 0.6 CEUs.

These events contain intermediate level content.

SATISFACTORY COMPLETION - Participants must pay tuition fee, sign in, attend the entire seminar, complete an evaluation and sign out in order to receive a certificate of completion. Participants not fulfilling these requirements will not receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire workshop. No exceptions will be made. Partial credit is not available.

WORKSHOP HANDBOOK - Included with your registration you will receive a comprehensive manual compiled by the instructor.

DISCLOSURES - FINANCIAL: Toni Patt is compensated by Summit as an instructor and works as a Physical Therapist for Park Manor South Belt (Rehabcare) and Supplemental Healthcare. **NONFINANCIAL:** Toni Patt is a member of the APTA's Geriatric, Neurologic and Home Health Sections.

SCOPE OF PRACTICE - Workshop content is not intended for use by participants outside of the regulatory scope of practice of their license(s). You are responsible for knowing what lies within and without your professional scope of practice.

Have continuing education credit questions? Please email our CE Department at customerservice@summit-education.com for the latest approval status.