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This course is 15.0 contact hours/1.5 CEUs.
 18 contact hours, 1.8 ceu's for therapists li-
 censed in Florida.

Illinois PT Provider #216000074
 AOTA approval #4487
 FL OT approval # 50-1442
 BOC Provider #P2047

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Developing Exercise Programs to Maximize Rehabilitation Outcomes

*An Evidence-Based Course on Exercise
 Tolerance Assessment and Intervention*



Presented by
**Ellen Hillegass, EdD, PT, CCS,
 FAACVPR**

North American Seminars, Inc.
 1-800-300-5512
 Fax 1-800-310-5920
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Day One

7:30	8:00	Registration
8:00	10:00	Identifying your patient's risk factors: Coronary artery disease, pulmonary disease, atherosclerosis, stroke and DVT's <ul style="list-style-type: none"> • Incidence/prevalence of disease • Impact on rehabilitation
10:00	10:15	Break
10:15	11:00	Implementing risk factor analysis into the initial evaluation <ul style="list-style-type: none"> • Utilization of the web • Identifying the high risk patient
11:00	11:45	Principles of exercise physiology <ul style="list-style-type: none"> • Energy systems • Impact of diet on energy systems • Common diets and impact on exercise
11:45	12:45	Lunch (on your own)
12:45	1:45	Oxygen transport system <ul style="list-style-type: none"> • Normal vs. abnormal responses to activity
1:45	2:45	Heart rate/blood pressure assessment <ul style="list-style-type: none"> • Determining monitoring guidelines <ul style="list-style-type: none"> -who should be monitored -how often • Effect of medications • Assessment/documentation and interpretation of HR/BP • Case studies
2:45	3:00	Break
3:00	4:00	Other responses to activity <ul style="list-style-type: none"> • Evidence-based practice for physiological monitoring • Special considerations for the rehab population
4:00	5:30	Documentation and reimbursement guidelines for all practice settings <ul style="list-style-type: none"> • Utilization of the guide terminology • CPT coding guidelines

Day Two

8:00	10:00	Initial Assessment of Exercise Tolerance: Settings <ul style="list-style-type: none"> • Types of exercise tolerance testing • ADL assessment of testing • Safety of exercise testing • Role of fitness in therapy practice • Practical exercise testing for all practice settings
10:00	10:15	Break
10:15	12:00	Exercise Assessment of All Populations <ul style="list-style-type: none"> • CAD, hypertension • Congestive heart failure • Diabetes • Pulmonary dysfunction, SCI, asthma, etc • Obesity
12:00	1:00	Lunch (on your own)
1:00	2:45	Determining Exercise Prescription <ul style="list-style-type: none"> • Prescription • Fundamentals of exercise prescription • Problem solving • Case studies
2:45	3:00	Break
3:00	4:30	Progression of Exercise <ul style="list-style-type: none"> • Outcome measures and documentation • Problem solving and case examples



About the Educator

Ellen Hillegass, EdD, PT, CCS, FAACVPR, is a board certified cardiovascular and pulmonary clinical specialist. Ellen received her entry level training in physical therapy from the University of Pennsylvania, Masters of Medical Science in Cardiopulmonary Physiology from Emory University, and Doctorate in Exercise Physiology from the University of Georgia. She is currently president of a private consulting firm in Atlanta, Georgia, specializing in developing programs for patients with cardiac and/or pulmonary dysfunction. She is the legislative chair for the Cardiovascular and Pulmonary Section and also the co-editor of *Essentials in Cardiopulmonary Physical Therapy*, an entry-level text, and the author of the soon to be published clinical guide Rehab Notes. In addition to her involvement with the APTA, Ellen is also a past board member and officer of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and a member of the Disease Management Task Force.

Ellen has taught exercise physiology and cardiopulmonary components in several entry level physical therapy curriculums, including Georgia State University and Emory University. She is currently teaching at North Georgia College and State University. She has given presentations across the United States at state and national meetings on a wide variety of topics.

Why You Should Attend This Course

This two-day intermediate level course presents information on determining appropriate levels of exercise tolerance in order to maximize rehabilitation outcomes. Evidence based information will be provided on how to determine appropriate monitoring and therapeutic guidelines for patients with diagnoses such as diabetes, obesity, congestive heart failure, cardiac muscle dysfunction, pulmonary disease, general orthopedic, neuromuscular, elderly, and deconditioning.

Therapists in all areas of expertise must have working knowledge of underlying risk factors prior to establishing treatment programs for their patients. This information is critical for determining safe and effective exercise programs for clients of all diagnoses. Course information provides participants with information from which to build a fundamental understanding of their patient's risk factors and baseline physiological values. This baseline assessment forms the foundation of patient exercise programs that maximize rehab within the patient's specific constraints.

Specific information will be discussed on how diets and medications, in addition to underlying cardiovascular disorders, can alter the outcomes of rehabilitation programs.

In-depth discussion is placed on key factors essential when developing the initial evaluation and guidelines for safe exercise programs. Participants will be able to identify just how far they can safely "push" their patients by identifying normal and abnormal physiological response to exercise. Evidence based and clinically researched interventions will be presented to enhance the participants' ability in developing their patient specific exercise programs. Specific case studies presented throughout the two-day lecture will assist the clinician in applying the information to their actual clinical situations. This information will result in less rehabilitation set backs and more successful outcomes.

Course Objectives

Upon completion of this course participants will be able to:

- Identify patient risk factors for heart and lung disease.
- Discuss the effects of aging, inactivity and disease.
- Understand the effect of diet and exercise on risk factors for coronary artery disease.
- Understand the necessity of identifying exercise tolerance in patients of all diagnoses prior to developing a rehabilitation program.
- Describe the effect of diet on exercise performance.
- Differentiate between normal and abnormal physiological responses to exercise.
- Identify the effects of medications on resting VS and exercise responses.
- Determine appropriate clinical decisions based upon clinical assessment.
 - a. monitoring
 - b. specific exercises
- Understand how to incorporate clinical research when developing therapeutic activities that affect the cardiovascular and/or pulmonary systems.
- Incorporate specific guidelines into the initial evaluation to assist with determining appropriate risk factors.
- Develop rehabilitation programs within the safe "exercise tolerance" of your client.
- Identify how far you can safely push a client to achieve better aerobic capacity.
- Develop specific initial evaluations and exercise programs for patients with disease/dysfunction including diabetes, obesity, CHF, cardiac muscle dysfunction, pulmonary disease, general orthopedic, neuromuscular, elderly and deconditioned.
- Determine appropriate outcomes when developing a treatment plan, and provide guidelines for optimal documentation and reimbursement.

Hillegass07

Registration Form

Exercise Tolerance Assessment and Interventions

Course Tuition: \$399

Send check to: North American Seminars, Inc.

325 S. Washington Ave #85 Kent, WA 98032

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Name _____ Profession _____
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Credit Card _____
expiration date _____ e-mail _____
Location of attendance _____

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.