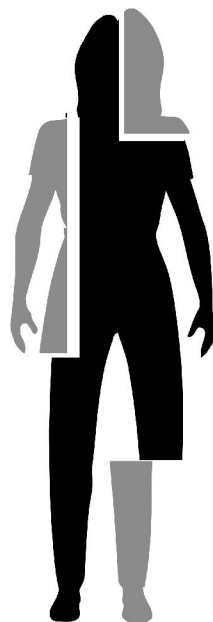


Course Dates and Locations

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Unlocking the Mystery of Effective Rehabilitation for Multiple Sclerosis



Presented by
Gregory Farmer, MS, MPT

North American Seminars, Inc.

1-800-300-5512

Fax 1-800-310-5920

www.healthclick.com

Day One

- | | | |
|-------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:30 | 8:00 | Registration |
| 8:00 | 10:00 | Multiple Sclerosis- Pathophysiology |
| | | <ul style="list-style-type: none"> • History and prevalence • Diagnosis • Disease process • Course of disease • Symptoms vs. exacerbations <ul style="list-style-type: none"> - primary symptoms - secondary symptoms - tertiary symptoms |
| 10:00 | 10:15 | Break |
| 10:15 | 10:45 | Pathophysiology continued |
| | | <ul style="list-style-type: none"> • Chronic vs. acute and pseudorelapse • Latest research |
| 10:45 | 12:00 | Evaluation |
| | | <ul style="list-style-type: none"> • Developing a comprehensive evaluation form • Interdisciplinary team • History <ul style="list-style-type: none"> - fatigue - heat sensitivity • Hypertonicity |
| 12:00 | 12:30 | Lunch (on your own) |
| 12:30 | 1:30 | Evaluation continued |
| | | <ul style="list-style-type: none"> • Ataxia • Strength, range of motion, balance • Mobility <ul style="list-style-type: none"> - gait - transfers • Specific assessment tools <ul style="list-style-type: none"> intrathecal baclofen trial expanded disability scale |
| 1:30 | 3:30 | Video Demonstrations and Case Studies |
| | | <ul style="list-style-type: none"> • Hypertonicity, spasms, clonus • Ataxia, weakness • Fatigue, heat sensitivity |
| 3:30 | 3:45 | Break |
| 3:45 | 4:30 | Group Discussions/Problem Solving |
| | | <ul style="list-style-type: none"> • Modify the evaluation form for your facility • Identify realistic treatment goals |
| 4:30 | 5:30 | Prioritizing Treatment (small group discussion) |
| | | <ul style="list-style-type: none"> • Prioritize your treatment approach |

Day Two

- | | | |
|-------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00 | 9:00 | Prioritizing Treatment -continued (small group discussion) |
| | | <ul style="list-style-type: none"> • Prioritize your treatment approach • Referral to appropriate health care providers |
| 9:00 | 11:00 | Treatment |
| | | <ul style="list-style-type: none"> • Medications <ul style="list-style-type: none"> - symptoms - immunotherapy • Acute vs. chronic patients • Developing exercise programs for strength, range of motion, balance and cardiorespiratory • Modifying exercise for fatigue, heat sensitivity, spasticity and ataxia |
| 11:00 | 11:30 | Lunch (on your own) |
| 11:30 | 12:30 | Treatment, continued |
| | | <ul style="list-style-type: none"> • Assistive devices <ul style="list-style-type: none"> - orthotics neurological vs. biomechanical - cooling devices - exercise equipment • Goal setting • Developing comprehensive treatment plans for optimal functional status |
| 12:30 | 2:45 | Comprehensive Treatment Guidelines and Resources |
| | | <ul style="list-style-type: none"> • Treatment of acute exacerbations • Symptom management • Disease modification • Rehabilitation • Education handouts for caregiver and patient • Psychosocial considerations • The patient as a good health care consumer <ul style="list-style-type: none"> - choices for symptom management - assembling a medical team |
| 2:45 | 3:00 | Questions/Review |

Call 1-800-300-5512 or Go online to:
www.healthclick.com/courses/nas20.cfm
for hotel and course location information. Future course dates & information are added weekly!



Call North American Seminars, Inc. if your facility is interested in hosting one of our courses or if you are an educator interested in presenting courses with North American Seminars, Inc. 1-800-300-5512

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About the Educator

Gregory Farmer, MS, MPT, earned a masters degree in exercise physiology in 1984 from the University of Arizona. He was a professor at Whittier College for five years teaching exercise physiology, fitness analysis and nutrition before returning for his physical therapy degree from Northern Arizona University where he graduated in 1995. Since 1989, he has been a staff member with the Jimmie Heuga Center for people with multiple sclerosis (M.S.), which provides education wellness programs and research. Each year he sees 75 to 100 patients with M.S. through the center as well as his normal case load in an outpatient practice.

Greg helped establish a comprehensive multiple sclerosis clinic at the Idaho Elks Rehabilitation Hospital for the evaluation of the patient with M.S. He has been on the clinical advisory committee for the Idaho division of the National M.S. Society. Several times a year Greg lectures for local M.S. support groups and has also lectured for the National Multiple Sclerosis Society on the topics of aquatics, yoga and fatigue. He was an expert reviewer for the clinical practice guidelines booklet on fatigue and multiple sclerosis.

BOC provider number P2047.
AOTA provider number 4487.
IL PT Provider number 216000074

NAS is an approved provider for physical therapists in the state of Illinois. IL PT Provider # 216000074. This course has been approved by the Nevada State Board of Physical Therapy Examiners to 15 units of continuing education. AOTA is an AOTA approved provider for continuing education. AOTA does not endorse any course content, products or individuals. Accredited in Kentucky, Texas, Oregon, North Carolina, Virginia, Tennessee, New Hampshire, Nevada, South Carolina, Florida, Rhode Island, Missouri and Ohio on a non-augmented basis. All courses are presented by AOTA professionals and meet the standards for continuing education requirements.

Why You Should Attend This Course

Multiple sclerosis can affect any area of the central nervous system resulting in a multitude of symptoms. This two-day course provides the therapist with a comprehensive approach to the evaluation and management of these symptoms. The course begins with an overview of the disease and the evaluation of symptoms. Hands on evaluations and video case studies of patients reinforce the course lecture. Evaluations address assessment of hypertonicity, heat sensitivity, ataxia, weakness, fatigue and the impact of these symptoms on mobility. Small group discussions of these evaluations lead into the development of a simple, yet comprehensive evaluation form that can be applied immediately in your clinic. Lecture and discussion provide treatment strategies and exercise protocols based on the latest research and incorporates the use of adaptive equipment, orthotics and cooling equipment to enhance treatment outcomes for the chronic and acute patient. The course material is based on a philosophy of educating the patient about their symptoms, which allows the patient to gain more control over their symptom management, resulting in an overall improved quality of life. Patient education materials for symptom management, as well as a list of resource material will be provided to each course participant. Upon completion of this course the therapist will be able to evaluate the chronic or acute patient with M.S. using a customized evaluation form, develop a prioritized symptom management and exercise plan, and provide education materials for symptom management to the patient or caregiver.

Course Objectives

Upon completion of this course participants will:

- Understand the disease process of multiple sclerosis and the resulting symptoms.
- Recognize the common medications used in the management of multiple sclerosis and understand their side effects.
- Evaluate the patient with either chronic or acute symptoms using an evaluation form specific to the needs of your clinic.
- Assess hypertonicity and how it may interfere with function.
- Prioritize symptoms for treatment as well as referral to interdisciplinary team members.
- Develop a comprehensive treatment plan.
- Develop appropriate exercise programs for strength, flexibility, balance and cardiorespiratory endurance.
- Provide patients and/or caregivers with education materials on symptom management.
- Be familiar with internet, local and the National M.S. Society resources.
- Understand the difference between neurological orthotics and biomechanical orthotics.
- Be familiar with orthotics, assistive devices, cooling devices and exercise equipment appropriate for the patient with M.S.

Certificates of attendance are given upon successful completion of the course.

This course is 15.0 contact hours/1.50 ceus.

Farmer 08

Registration Form

Unlocking the Mystery of Effective Rehabilitation for Multiple Sclerosis

Registration fee: \$399.00

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

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 or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. (NAS) 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.



Name _____ Profession _____

Home Business _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Credit Card _____

expiration date _____ e-mail _____

Location of attendance _____