

2012 Course Dates & Locations

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Call 1-800-300-5512 or Go online to:

www.healthclick.com/courses/nas49.cfm for registration, hotel and course location.

Certificates of attendance are provided upon successful completion of the course. **This course is 15.0 contact hours/1.5 CEUs.** This course is 18.0 contact hours/1.8 ceus for Florida, New York, Illinois, District of Columbia or North Carolina licensed therapists.

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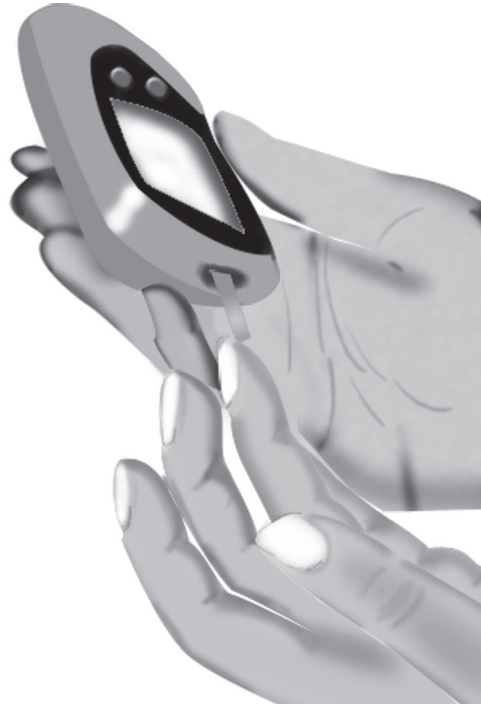
FL OT Provider # 50-1442 | BOC Provider #P2047

IL Provider #216000074 | AOTA Provider # 4487

This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. This course has been approved by the FPTA for the ceu requirements for physical therapists licensed in Florida, approval # CE110115769. NAS is approved by the IDPR for physical therapists licensed in the State of Illinois. The California Physical Therapy Board has approved North American Seminars, Inc. as an approval agency to approve providers offering continuing competency courses. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PTNAS0137. This course meets the continuing education requirements for OT license renewal in the State of California. The Nevada Board of Physical Therapy examiners has approved this course for 1.5 continuing education units. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. This course has been approved by the TPTA for ceu approval for physical therapists licensed in Texas, approval # 47251A. NAS courses are approved in North Carolina for continuing competency requirements for physical therapist license renewal. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Oklahoma, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements.

Diabetes

Clinical Exercise Testing and Prescription for Optimal Rehabilitation Outcomes



Presented by
J. David Taylor, PT, PhD, CSCS

North American Seminars, Inc.

1-800-300-5512

Fax 1-800-310-5920

www.healthclick.com

		Day One			Day Two
7:30	8:00	Registration	8:00	10:00	Evidence for Prescribing Aerobic and Resistance Training Programs
8:00	9:45	Clinically Important Outcomes for People with Diabetes			<ul style="list-style-type: none"> Defining the Dose-Response relationship of exercise training Intensity, frequency, duration and rate of progression of exercise training
		<ul style="list-style-type: none"> Mortality Physical function Glucose levels and glycosylated hemoglobin Muscle strength Exercise capacity Blood pressure Triglycerides Cholesterol Body composition 	10:00	10:15	Break
9:45	10:00	Break	10:15	12:15	Evidence for Exercise Training and Physical Activity Interventions in Diabetes Research
10:00	12:00	Clinical Practice Guidelines for Prescribing Exercise in Diabetes Care			<ul style="list-style-type: none"> Physical activity interventions Aerobic training Resistance training Combined aerobic and resistance training Modes of delivering an exercise program
		<ul style="list-style-type: none"> American Diabetes Association Guidelines American Heart Association Guidelines 	12:15	1:15	Lunch (on your own)
12:00	1:00	Lunch (on your own)	1:15	1:45	Heart Rate Response During Exercise and Recovery (Lab Session)
1:00	2:45	Valid and Reliable Exercise Testing for People with Diabetes			<ul style="list-style-type: none"> Record and graph normal and abnormal heart rate responses during exercise and recovery after exercise Use wireless heart rate monitor to assess heart rate responses during exercise and recovery
		<ul style="list-style-type: none"> Maximal graded exercise testing Submaximal graded exercise testing Muscle strength testing 	1:45	2:45	Reimbursement Strategies for Providing Exercise Training Programs for People with Diabetes
2:45	3:00	Break			<ul style="list-style-type: none"> Health insurance billing for rehabilitation services and diabetes education Feasible self-pay Affordable and profitable fitness center membership
3:00	4:00	Valid and Reliable Physical Function Tests for People with Diabetes			Small Group Discussion of Case Studies
		<ul style="list-style-type: none"> Physical performance test SF-36 Health ABC lower extremity performance battery Timed Up and Go Test 6-Minute Walk Test 	2:45	3:15	Questions and Answers
4:00	5:00	Tests for Measuring Changes in Physical Function in Response to Exercise Training (Lab Session)	3:15	3:45	
		<ul style="list-style-type: none"> Physical performance test Timed Up and Go test 6 minute walk test 			
5:00	5:30	Small Group Discussion of Case Studies			
5:30	6:00	Questions and Answers			

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

J. David Taylor, MPT, PhD, CSCS completed a Doctor of Philosophy degree in Physical Therapy at the University of Central Arkansas (UCA) and an Masters of Physical Therapy degree at Southwest Baptist University. David is recognized as a certified strength and conditioning specialist (CSCS) by the National Strength and Conditioning Association.

Dr. Taylor has been a faculty member at UCA since 2002. As an assistant professor at UCA, David teaches in the area of therapeutic exercise and conducts research in the area of exercise prescription for improving health, which includes treatment of diabetes, reducing risk factors for loss of physical function and mortality, and improving physical function. As a clinician and researcher, David conducts exercise testing, prescribes exercise and provides exercise education and counseling for people with diabetes.

Dr. Taylor has been the principal investigator for multiple research studies that have been presented at numerous national conferences and published in many top-tiered, peer-reviewed journals. His previous and current research is related to the reliability and validity of exercise tests and clinical trials of exercise training for people with diabetes.

Why You Should Attend This Course

Diabetes is a chronic, metabolic disease that can cause multiple cardiovascular, neuromuscular and musculoskeletal complications, all of which can result in physical disabilities and early death. Research studies provide supportive evidence for the use of clinical exercise testing and prescribed exercise programs to decrease risk factors for complications related to diabetes. Further, evidence indicates that clinical exercise testing and prescription is effective in improving physical function in patients with diabetes who have cardiovascular, neuromuscular and musculoskeletal disabilities. However, patients with diabetes have specific clinical exercise testing and prescription needs and therefore, must be tailored to the patient. This two-day, advanced course provides practical information pertaining to recent research findings of the use of clinical exercise testing and prescription for people with diabetes to improve functional impairments and prevent complications. The application of clinical exercise testing and prescription to treat people with diabetes who have or are at risk for various cardiovascular, orthopaedic and neurological conditions is highlighted. This course describes how the findings of recent studies can be immediately applied to clinical practice, including rehabilitation outcomes and reimbursement, and consists of a combination of dynamic lectures, lab sessions and small group discussion of case studies. At the conclusion of this course, clinicians will be provided clinical practice tools such as a checklist of contraindications for exercise in patients with diabetes, a diabetes-specific exercise evaluation form, spreadsheets for measuring outcomes of exercise and functional tests, and a collection of recent research studies on exercise for people with diabetes.

Course Objectives

Upon completion of this course, participants will be able to:

- Explain the benefits of exercise for people with diabetes in terms of metabolism, glycemic control, physical fitness, cardiovascular risks and physical function.
- Conduct an exercise evaluation of a patient with diabetes, including identification of contraindications for exercise.
- Utilize evidence-based clinical practice guidelines to safely and effectively prescribe resistance training and aerobic training for patients with diabetes and people at risk for type 2 diabetes.
- Describe examples of valid and reliable submaximal graded exercise testing protocols and repetition-maximum tests that can be used in the care of patients with diabetes.
- Develop a safe and effective exercise prescription to improve functional impairments in people with diabetes who have various cardiovascular, neuromuscular and musculoskeletal diagnoses.
- Analyze recent clinical trials of the impact of exercise training on glycemic control, physical fitness, physical function and mortality in people with diabetes.
- Understand the latest research on the different modes of delivering an exercise program for people with diabetes, specifically supervised exercise training, exercise counseling and the internet.
- Recognize how to use HbA1C as a tool to assist patients in goal-setting and explain the significance of the HbA1C test in overall evaluation of a patient's current status prior to initiation of exercise prescription and in review of a patient's progress after initiation of an exercise program.
- Identify a list of outcome assessments that can examine changes in physical function in people with diabetes as a result of exercise training and utilize spreadsheets for measuring outcomes of exercise and functional tests.
- Analyze reimbursement strategies that clinicians can utilize in providing exercise training programs for people with diabetes.

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Registration Form

Profession _____

Name _____

Home Business

Address _____

City _____ State _____ Zip _____

Credit Card _____

Exp.date _____ Home Phone _____

e-mail (required) _____

Location of attendance _____

Diabetes - Clinical Exercise and Prescription

Course Tuition: \$399



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 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.