

Course Dates & Locations

For the most current dates and location visit
www.healthclick.com/courses/nas49.cfm

Call 1-800-300-5512 or Go online to:
www.healthclick.com/courses/nas49.cfm
 for hotel, course location information and registration.

This course is 15 contact hours/1.5 ceus.
 18 contact hours/1.8 ceu/s for therapists licensed in Florida, North Carolina
 and the District of Columbia

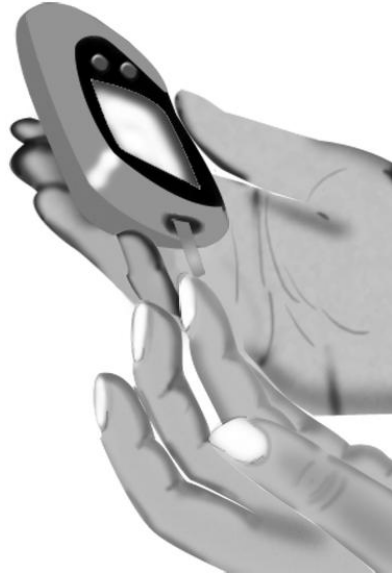
Certificates of attendance for CEU verification are provided after successful completion of the course.

CA Approval #PTNASXXXX | BOC provider #P2047
 IL Provider #216000074 | AOTA provider # 4487

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 #PTNASXXXX. 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 requirements for ceus for physical therapists set forth by the Oklahoma Board of Medical Licensure. The TPTA has approved this course for physical therapists licensed in Texas: Neuro Series # 46073A. This course meets the continuing education requirements for physical therapists in the States of Washington, Oregon, Montana, Alaska, Idaho, Utah, Rhode Island, Colorado, Massachusetts, Connecticut, New Hampshire, North Carolina, Virginia, Missouri and Vermont. NAS courses are approved in North Carolina for continuing competency requirements for physical therapist license renewal. FL OT Provider number 50 -1442. NAS is approved by the IDPR for physical therapists licensed in the State of Illinois. North American Seminars, Inc. is an AOTA provider for continuing education. AOTA provider # 4487. AOTA does not endorse specific course content, products, or clinical procedures. The Illinois, Missouri, Kentucky, Texas, Oregon, Tennessee, New Hampshire, Nevada, Maryland, South Carolina, North Carolina, Virginia, Delaware, Rhode Island and Ohio 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	
7:30 8:00	8:00 9:45
Registration Clinically Important Outcomes for People with Diabetes <ul style="list-style-type: none"> • Mortality • Physical function • Glucose levels and glycosylated Hemoglobin • Muscle strength • Exercise capacity • Blood pressure • Triglycerides • Cholesterol • Body composition 	
9:45 10:00	10:00 12:00
Break Clinical Practice Guidelines for Prescribing Exercise in Diabetes Care <ul style="list-style-type: none"> • American Diabetes Association Guidelines • American Heart Association Guidelines 	
12:00 1:00	1:00 2:45
Lunch (on your own) Valid and Reliable Exercise Testing for People with Diabetes <ul style="list-style-type: none"> • Maximal graded exercise testing • Submaximal graded exercise testing • Muscle strength testing 	
2:45 3:00	3:00 4:00
Break Valid and Reliable Physical Function Tests for People with Diabetes <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 	
4:00	5:00
Tests for Measuring Changes in Physical Function in Response to Exercise Training (Lab Session) <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	

Day Two	
8:00	10:00
Evidence for Prescribing Aerobic and Resistance Training Programs <ul style="list-style-type: none"> • Defining the Dose-Response relationship of exercise training • Intensity, frequency, duration, and rate of progression of exercise training 	
10:00 10:15	10:15 12:15
Break Evidence for Exercise Training and Physical Activity Interventions in Diabetes Research <ul style="list-style-type: none"> • Physical activity interventions • Aerobic training • Resistance training • Combined aerobic and resistance training • Modes of delivering an exercise program 	
12:15 1:15	1:15 1:45
Lunch (on your own) Heart Rate Response during Exercise and Recovery (Lab Session) <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. 	
1:45	2:45
Reimbursement Strategies for Providing Exercise Training Programs for People with Diabetes <ul style="list-style-type: none"> • Health insurance billing for rehabilitation services and diabetes education • Feasible self-pay • Affordable and profitable fitness center membership 	
2:45	3:15
Small Group Discussion of Case Studies	
3:15	3:45
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, PT, PhD, CSCS completed a Doctor of Philosophy degree in Physical Therapy at the University of Central Arkansas (UCA) and an Master 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 2-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 Microsoft Excel 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

Diabetes - Clinical Exercise and Prescription

Course Tuition: \$425

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



Name _____ Profession _____
 Home Business Address _____
 City _____ State _____ Zip _____
 Phone _____ Fax _____
 Credit Card _____ e-mail _____
 Expiration date _____
 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.