



EVIDENCE
IN MOTION

CONTINUING EDUCATION FOR HEALTHCARE PROVIDERS

Recovery of Function Following a Stroke

Course Cost: \$540 USD

Faculty: Dr. Jill Seale PT, PhD, NCS

Course Date/Location:

Check website for current offerings.

Description

This course will serve to tie together knowledge acquired in previous courses, and to introduce the most current evidence based interventions for the most common post stroke deficits in posture, balance, functional mobility, UE function, and gait. The course will focus on holistic, patient-centered treatment of the patient following stroke across the continuum of care. The concepts of neuroplasticity, motor learning, and intensity of practice will be synthesized into effective treatment plans to maximize recovery. The onsite intensive will allow participants the opportunity for hands on practice of specific skills and techniques covered in the course via peer practice, written and video cases, and live demonstration and practice with persons with stroke.

Course Onsite Schedule:

Day 1:

7:30-8:00: Registration/breakfast

8:00 – 8:30: Self-evaluation/readiness assessment

8:30-9:00: Review of online content

9:00-10:00: Components of a comprehensive post-stroke plan of care

10:00-10:15: Break

10:15-12:00: Components of a comprehensive post-stroke plan of care continued

12:00 – 12:45: Lunch

12:45-1:45 Application of Motor Learning post-stroke

1:45-2:00: Small group activity - Increasing Intensity

2:00-3:00: Application of Motor learning post-stroke continued

3:00-3:15: Break

3:15- 5:15: Posture, postural control, and balance post-stroke

5:15-5:30: Q/A, wrap-up

Day 2:

7:30-8:00: Sign-in, breakfast

8:00-8:15: Review and Re-cap from day 1

8:15-9:15 The upper extremity following stroke

9:15-10:15: Interventions and Management of the UE

10:15-10:30: Break

10:30-11:00: Interventions and Management of the UE Continued

11:00-12:00: Lecture: Gait following stroke

12:00-1:00: Lunch

1:00-3:00: Gait evaluation and treatment

3:00-3:15: Break

3:15-4:45: Pulling it all together.

4:45-5:00: Self-evaluation/Self-reflection activity

Objectives:

Upon completing this course, you'll be able to:

1. Apply the concepts of neuroplasticity, recovery versus compensation, and motor learning/motor control as it relates to the continuum of stroke rehabilitation (acute, subacute, chronic)
2. Critically appraise current evidence on best practice across the continuum of stroke rehabilitation
3. Apply current evidence to plan of care development for patients with stroke
4. Identify common postural abnormalities, musculoskeletal impairments and movement disorders following stroke and best practices for intervention.
5. Review and appraise the evidence regarding upper extremity recovery and best practice following stroke
6. Identify and demonstrate common gait deviations and causative impairments present following stroke
7. Review and appraise the evidence regarding promotion of gait recovery following stroke
8. Apply knowledge of gait impairments and deviations to create the appropriate interventions, and/or assistive device and orthotic prescription
9. Identify and practice treatment techniques, technologies, strategies and handling skills to facilitate improved posture, postural control, balance, functional mobility, UE use, and gait
10. Review and appraise current evidence regarding adjunctive therapies including, but not limited to electrical stimulation, biofeedback, gaming, taping, and locomotor retraining.
11. Review and integrate current evidence on the topics of spasticity, strengthening, medical management, cardiovascular wellness, intensity and gait biomechanics for persons with stroke.

Approach and Instructional Method

This course is delivered in a blended learning fashion, combining online and on-site learning experiences to facilitate participant learning. An interactive and media-rich online precourse is provided to participants 30 days in advance of an intensive 2-day on-site laboratory weekend. The online precourse provides an evidence-based overview of the recovery of function following stroke using a series of web-based video presentations, key evidence summaries and primary research articles. The on-site lab intensive weekend provides participants with case studies, self-assessments, real life problem solving, and group learning. The course will have a student to faculty ratio of no greater than 18:1 (16:1 in California). An online post-test and on-site skill assessment are used to reinforce course objectives and assess learning.

Target Audience: Intermediate level course open to licensed healthcare providers, including occupational therapists and physical therapists.

Credits: 24 contact hours or 2.4 CEUs (8 hrs online and 16 hours onsite)

AOTA CEU/Contact Hours: 2.4 CEUs or 24 hours

AOTA Classification Code: OT Domain: Client Factors and OT Process: Outcomes

Cancellation Policy for cancellation by the participant or by the provider available:
www.evidenceinmotion.com/ceupolicy

Special Needs Request: To view ISPI's special needs policy and request help, please go to www.evidenceinmotion.com/accommodation-procedures-disabled-participants/. You may also call 888-709-7096 or email courses@eimpt.com

Registration: Available at www.evidenceinmotion.com/educational-offerings/course/management-of-balancefalls-and-neurologic-problems-in-the-older-adult/



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