

Geriatric Study Group 2017-2018		
Study Resources	Abbriv.	
Focus on Geriatrics 2011 (Home Study)	FOCUS	
Webinar Presentations	Web	
Therapy Briefcase		
Geriatric PT- Case Study text- Staples, William 2016	Text	
Resources:		
APTA PT Now article search: http://www.ptnow.org/ArticleSearch		
Journal Articles ordering- Kori Ricker (Mercy Hospital)	rickerk@emhs.org	
PT Now- Clinical Summaries, Tests and Measures Website http://www.ptnow.org/Default.aspx		
Rehab Measures.org: http://www.rehabmeasures.org/default.aspx		
Section on Geriatrics Listserv: http://groups.yahoo.com/neo/groups/geriatricspt/info		
Home Health Section Listserv: http://groups.yahoo.com/neo/groups/hhs-members/info		
Cardiopulmonary Section Listserv: http://groups.yahoo.com/neo/groups/cardiopt/info		
W:drive- previous GCS lectures and handouts from 2012, 2015		
Important Dates:		
Begin filling out application: April 24, 2017 at : http://www.abpts.org/home.aspx		

Application Deadline:		
Geriatrics: July 31 2017		estimate date
Exam Fee Deadline:		
30-Nov-17		estimate date
EXAM Dates:		
March 3rd- March 17th, 2018		
Tasks to be completed (For Bill)		date completed
Create list (resource list, FOCUS, self assessment)--See W drive		16-Jan
Create study calendar		26-Jan
order text books		26-Jan
online courses		1_19_17
Times:		
Fridays 8:30-9:30am		
Rooms in South Portland:		
Large Commons from 2/3/2017 – 3/31/2017		
Boardroom on 4/7/17		
VNA Library 4/14/2017		
Large Commons from 4/21/2017 – 8/18/2017		
Boardroom on 8/25/17		
Large Commons from 9/1/2017 – to 3/30/2018		
All other offices, please see admin assistant for deignated rooms		
KEY:		
need to sign up for inservice		
New week/topic		

**Note: will meet 8-9:30 for longer webinars as designated below		
reading on your own/resource		
new section		
Topic by week	date assigned	person responsible
Informational Meeting	1/13/2017	Bill
Send out clarifying email of involvement to all PTs	1/13/17	
Expectations of the group		
Give out agreements		
Organizational meeting	1/20/2017	Bill
Sign/hand in agreements		
Review resources		
Calendar		
Inservice assignments		
Sign up for APTA membership		
Sign up for Find A PT		
Finalize the list of participants		
Complete Self-assessment		
Aging Quiz		
Week 1	3-Feb	Bill
Guide to PT practice		
international classification function- ICF v. Naggi model		
Into to Aging 0-32 mins (Intro to cardio and pulm changes with aging webinar- Bill Staples)		
Week 2	10-Feb	Bill
Intro to evidence based practice-Part 1		
Homework- design one PICO question and find an article/abstract to answer it		

Clinometrics- clinical decision rules		
Week 3		17-Feb Bill
Intro to evidence based practice-Part 2:		
Review of homework/search exercise		
Selected Statistical definitions and concepts		
RIC webinar on diagnostic tests		
Read case study examples- will email them		
2016 GPT article- ORs for fall risk factors		
Med Screening in geriatrics		
Week 4		24-Feb Bill
Discussion- unique role of PT/therapy in home health- screening responsibilities in other settings		
Med Screening Part 1 Seg 1, 46 mins_PT introduction		
Week 5		3-Mar Bill
Medical Screening Part 1 Seg 2 pathological origins of low back pain 66 mins		
Show AAA video		
Week 6		10-Mar Bill
Medical Screening Part 1 Seg 3, Patient health hx investigation 19 mins		
Medical Screening Part 1 Seg 4, Recognizing atypical signs 22 mins		
Medical Screening Part 1 Seg 5 Review of Systems 21 mins		
Week 7		17-Mar Bill
Medical Screening Part1 Seg 6, review of systems (CV, GI, GU) 30 mins		
Medical Screening Part 1 Seg 7 review of systems (eyes, hearing, skin CA) 32 mins		
Week 8		24-Mar Bill
Medical Screening Part 1 Seg 11 Screening for fractures 66 mins		
Video on auscultation for fx screening		

Week 9		31-Mar Bill
Medical Screening Part 1 Seg 8, review of systems (Depression) 23 mins		
Medical Screening Part 2 Patient Cases 40 mins		
Homework: do acute care case studies		
Week 10		7-Apr Bill
Review acute care case studies (JACPT p. 50)		
Lab values and rehab- new lists for INR		
DVT Clinical Decision Rule		
Week 11		14-Apr Bill
Basic Principles of Pharmacology 1, 52 mins		
Week 12		21-Apr Bill
Geriatric Pharmacology 27 mins	Beers list and updated list (additions in recent article)	
Beers list		
Agency high risk drugs		
Autonomic pharmacology		
Cardiopulmonary		
Week 13- Start at 8am		April 28 Bill
Cardiovascular and Pulmonary changes with aging --at 32min mark to end- 1 hr, 18 mins		
Week 14		5-May Bill
Introduction- verbal		
Management of patients with CV and pulm disorders- Tepper		
Part 1 __1 Aerobic V. Anaerobic metabolism__ 32 mins		

Part 1__2 Factors Affecting O2 Consumption__22 mins		
Week 15 Start at 8am		12-May Bill
Level of Overweight/Obesity, Current Fitness Levels__35 mins		
Ventilation and Gas Exchange__42 mins		
Week 16 Start at 8am		19-May Bill
Heart__32 mins		
Vascular Tree and Muscle__45 mins		
South Portland--- go to the Mon May 15th all therapy meeting, attend the study group on May 18th in the library going on simultaneously		
Week 17 Start at 8am		26-May Bill
CAD__48 mins		
CHF__22 mins		
Week 18		2-Jun Bill
PAD__32 mins		
COPD__18 mins		
Week 19		9-Jun Bill
DVT/PE __64 mins		
Week 20- Inservice- start at 8 am		16-Jun Stacy
Physical Assessment of the Cardiopulmonary Patient Part 1		
Resting vitals- appropriate response to activity		
Forearm BP		
RPE/Borg/Dyspnea scale scale/CTT- counting talk test		
Contraindications for activity/endurance testing		

Termination Points for Activity		
orthostatic exam		
Week 21- Inservice- Start at 8am	23-Jun	Ben Stout- cxl'd
Lab: Endurance testing		
30 sec chair rise		
2 min Step Test*		
6 min Walk test*		
Seated Step Test*		
Week 22- Inservice- start at 8 am	30-Jun	Stacy
Physical Assessment of the Cardiopulmonary Patient Part 2		
Lung Sounds- time for practice		
Heat Sounds- time for practice		
Beathing assessment/cough assessment		
Edema measurement		
CHF/COPD screen, telehealth		
a		
Weekend: READ ON YOUR OWN: Handout- Review Autonomic pharmacology		
Week: 23	7-Jul	Bill
Part 8_1 Cardio pharmacology part1 58 mins		
Week 24	14-Jul	Bill
Part 8_2 Cardio pharmacology part 2 50 mins		
Week 25- Start at 8am	21-Jul	Bill
Part 9_1 and 2 Respiratory pharmacology 43 mins + 27 mins		

Week 26-- Inservice- start at 8 am	28-Jul	Stacy/Charlie
Cardiopulmonary Intervention		
Exercise Prescription		
Lab: chest PT, chest wall mobilization, mucous management		
selected therapeutic devices: acapella, etc		
Week 27 Start at 8am	4-Aug	Bill
Pharmacology in Musculoskeletal disorders Part 2_ section 1 and 2: 83 mins, tx of pain and inflammation		
Diabetes		
Week 28	11-Aug	Melissa Neault
Diabetes		
dx, complications, MEDs		
Role of PT		
Musculoskeletal		
Week 29 Start at 8am	18-Aug	Bill
FOCUS: 2016 Musculoskeletal changes with aging Part 1 0-45 mins	Click on "Resources" then "Recording" at the bottom	
Week 30	8/25/2017	Michele Davis
Arthritis- RA, OA		
Current concepts in pain management (biopsychosocial model)		
Week 31	9/1/2017	Katie O'Connell

Osteoporosis		
Week 32	9/8/2017	Rachel Boutin
Selected Musculoskeletal surgeries and rehabilitation updates on: TKR, rTSR, khyphoplasty, THR		
Week 33 -- Selected Tests and Measures- Start at 8am	15-Sep	Lisa Reardon
AROM, use of inclinometer- C-spine		
Upper and Lower Quarter Screen		
Back Scratch Test		
Spinal AROM		
Thomas Test		
Chair Rise Test		
Heel Rise Test		
Week 34- Selected tests and measures- Start at 8 am	22-Sep	Angie Martin Scheibler
M. Performance		
Toe Tap test		
Modified trunk ext. test		
Core Stability Test, Sahrman		
modified Supine hip extensor test		
Grip Strength Test		
Timed Stair Climb test		
Arm Curl Test		
Week 35 Selected Tests and Measures - start at 8 am	29-Sep	Lauren Primerano
Postural tests		
Khyphosis Flexicurve measurement		
Posture, REEDCO		
Wall-occiput distance		
Rib, pelvis measure test		
Leg length assessment		

Pes Planus test		
BMI, constitutional measures...		
Week 36- inservice	6-Oct	Bill
Strength Training/stretching, current protocols/evidence		
Use of therapeutic exercise		
power training		
Interval Training (HIIT)		
Nutrition		
Week 37	13-Oct	Camille Clifford
Nutrition and hydration		
Daily requirments		
Cognition and Attention		
Week 38- live	20-Oct	Kristi, Rachel
Normal and Pathological Cognitive changes later in life		
Dementia- different types- vascular, Parkinsons		
Delerium		
Depression		
Week 39- live	27-Oct	Katie, Jana
Testing Cognition and Attention		
Mini Cog, MOCA		
Geriatric depression scale		
Week 40- live	3-Nov	Lise, Stacey
Interventions and strategies for treating patients with cognitive impairments		
Week 41 Start at 8am	11/10/17	Bill

Pharmacology: Antipsychotics; treatment of dementia: Part 7, Segment 2- 28 mins		
Pharmacology: sedative-hypnotics, antianxiety, antidepressants-- 46 mins		
Neuromuscular System		
Week 42 Start at 8am	17-Nov	Bill
Neuromuscular changes in Aging 1.5 hours		
Week 43	24-Nov	Bill
Pharmacology; skeletal m. relaxants, spasticity: Lecture 3, 47 mins		
Week 44	12/1/2017	Amanda Benner
Selected neurological diseases and impairments and application of motor learning principles		
Parkinson's Disease, CVA		
Week 45	12/8/2017	Heidi O'Sullivan
Motor learning and neuroplasticity		
Week 46	15-Dec	Mary Ellis
Balance and Falls		
STEADI		
OTAGO		
Amer Geri society fall prev recommendations		
Week 47	22-Dec	Bill
Pharmacology: Parkinsons Disease: Lecture 6 , 41 mins		

Week 48- start at 8 am		29-Dec Ben Stout
miniBest		
Activities Specific Balance Scale		
Falls Efficacy Scale		
Rhomberg		
One leg stand test and norms for age (eyes open and eyes closed)		
Functional Reach		
Four Square Step Test		
Gait Speed		
stage 4 balance test- CDC		
Week 49- start at 8 am		12-Jan Rachel McCarthy
Berg Balance Scale and age related norms and minimal change needed		
Fullerton Advanced Balance Scale		
Dynamic Gait Index and age related norms		
Physical Performance Test		
Sensory Integration Test		
TUG normal, TUG-cognitive, TUG-manual		
Tinetti		
Week 52 Start at 8am		1/19/17 Lisa
Integumentary changes with aging		
Week 53		26-Jan Lisa
Wound types: Focus on differentiation of the types		
Arterial Ulcers signs, assessment, basic wound care principles		
Venous Ulcers signs, assessment, basic wound care		
Diabetic Ulcers signs, assessment, basic wound care		
Pressure Ulcers signs, assessment, basic wound care WOCN association definitions, Braden Scale		
Vasculitic Wounds signs, assessment, basic wound care		
Basic overview of dressing types and why they are used		
Week 54		2-Feb Lisa
Extravasation sites		

abrasions and skin tears, Payne-Martin skin tear classification		
skin tear: basic dressing choice (non adherant)		
dehisced surgical wounds		
GI and GU fistulas		
Burns		
therapy modalities (e-stim, US, etc) and the graded level of evidence for them		
PT plan of care and fitting into the inderdisciplinary plan		
PAD, Lab- doppler ultrasound: ABI assessment		
tests- Berger- Allen Test, Lower limb circulation testing		
PAD protocols		
Week 50- start at 8 am	9-Feb Christen	
Age related vestibular changes v. pathological		
Anatomy and physiology		
Screening for referral- red flags,		
Vestibular exam- BPPV		
Basic exam, Dix Hallpike, screening		
Vestibular hypofunction		
Week 51- start at 8 am	16-Feb Christen	
Vestibular hypofunction Tx		
BPPV tx		
Week 55- only 30 mins	23-Feb Recording	
GI, Genito-urinary system		
GI pathologies in aging		
Selected exercises: urinary incontenance		

Week 56 Review	3/2/17	Bill
Week 57 Hospice	3/9-8:30, 3/12 3:30	Mandatory- Christen, Jess , Jana- sk
Schedule exam date		
Other topics:		
Reimbursement systems- by setting		
Hospice and Palliative Care- do outside powerpoint already done...		
oncology		
Demographics of aging- nationally and Maine- handout		
Theories of aging- handout		
Imaging/Radiology		
Selected manual therapy techniques in geriatric practice		
Senior Athlete		
Senior Fitness test/Adult APTA Fitness Test		
Wellness, PAR-Q		
Dr. Hull- Pain inservice		

Homework- read Case study text - depression and suicide case study

Web

Web

Web

Web

Web-- click "Resources" then "recording"

Web

Procedure: Discuss and proper technique... handout on instructions and clinometrics

Web

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Read FOCUS

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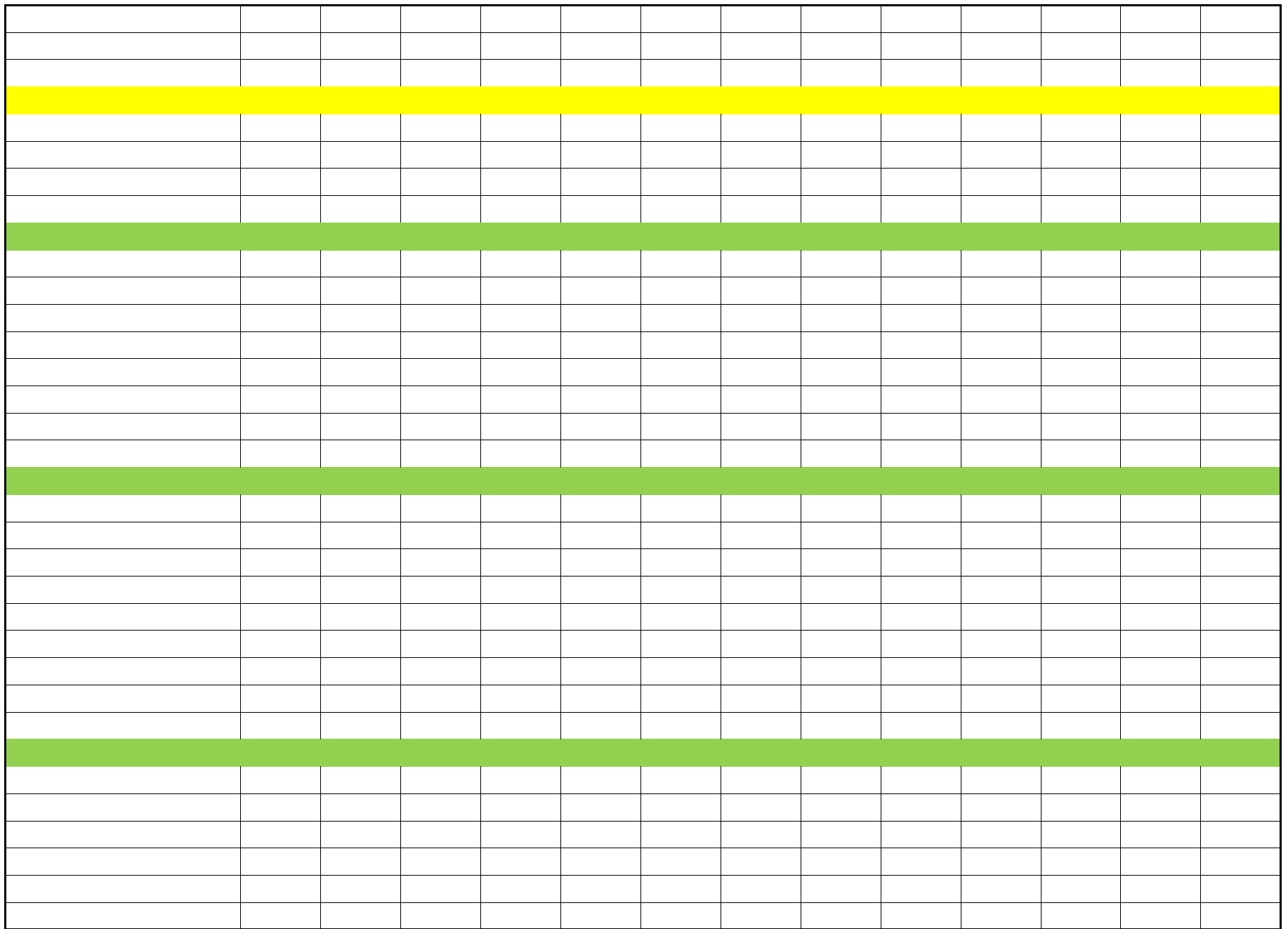
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watch on W drive

remote presentation

