

# Social Determinants of Health Impact PT Outcomes: A Continuing Education Module for the Academy of Geriatric Physical Therapy

## MODULE CHAPTERS

1. Aging Adults: Introduction to a Changing Demographic
2. Use of the ICF Framework to Support Health in Aging
3. Nutrition and the Aging Adult - Impact on Physical Therapy
4. Sleep Insufficiency and Older Adults
5. Older Adult Caregiver Issues: A Select Review of Literature
6. Depression and Anxiety
7. Unique Concerns of the LBGT Aging Population (Patients)
8. Managing Persistent Pain among Older Adults: Geriatric Physical Therapists Should be Leading the Charge

## AUTHORS

1. Jill Heitzmann, PT, DPT; Charles J. Gulas, PT, PhD
2. Kathryn Brewer, PT, DPT, MED
3. Tamaro Gravano, PT, DPT, EdD; Kenneth Miller, PT, DPT; Jill Heitzman, PT, DPT
4. David Morris, PT, PhD, FAPTA; Donald H. Lein, PT, PhD
5. Meri Goehring, PT, PhD
6. William H. Staples, PT, DPT, DHSc
7. Charles J. Gulas, PT, PhD; Jill Heitzman, PT, DPT
8. Corey B. Simon, PT, DPT, PhD

## REFERENCE LIST

References can be found at the end of each chapter in the module.

## OBJECTIVES

1. Explain changing demographics of the aging US population with im-

- lications for physical therapy and health care delivery.
2. Discuss relationships between nutrition and physical therapy outcomes.
3. Identify measures of sleep health assessment for consideration by physical therapists.
4. Explain the ramifications of available caregiver characteristics when developing a plan of care.
5. Identify signs and symptoms of depression and anxiety disorders that may affect the rehabilitation process.
6. Recognize health care disparities affecting the LBGT aging population.
7. Discuss the costs, prevalence, and physical therapy role in managing persistent pain in the geriatric population.

## TARGET AUDIENCE

Physical Therapists and Physical Therapist Assistants

## CONTACT HOURS/CONTINUING EDUCATION UNITS

Completion of this CE Module is equivalent to 4 contact hours (0.4 CEU Units).

## CONTINUING EDUCATION CERTIFICATE OF COMPLETION

A Continuing Education certificate will be provided to each participant after successful completion of the course requirements (post-test and module evaluation) and payment of a processing fee. The Academy of Geriatric Physical Therapy is a recognized component of

the American Physical Therapy Association. The Academy has not applied to any state licensure agency for prior approval of this course. The module has all the components (content, objectives, qualified instructors, reference lists, and post-test) that will allow participants to submit the certificate of completion to meet CE requirements in some states. Participants are urged to check with their State Licensure Board to see if this course counts towards continuing education credit.

## HOW TO OBTAIN CEUs

To obtain CEUs for this unit, participants must complete the ONLINE post-test AND the ONLINE evaluation form. Go to <http://geriatricspt.org/exams/>

A processing fee of \$40.00 for Academy of Geriatric Physical Therapy members and \$80.00 for non-members is required. Read the module and complete the post-test and the evaluation online and provide payment online. **Test and evaluation forms must be completed online no later than December 31, 2021.** Upon submission of materials and a passing score of 80% or higher on the post-test, the Academy will email you a continuing education certificate for .4 CEUs. Those with incomplete submissions will be notified via email and given the opportunity to re-take the exam. There is only ONE correct answer for each question. NOTE: This is to be performed ONLINE ONLY at <http://geriatricspt.org/exams/>

Join us in the nation's capital January 23-26 to connect and learn with over 12,000 caring and committed physical therapy professionals at CSM 2019. With programming designed by all 18 of APTA's specialty sections, you'll get the information and tools you need to learn and grow.

