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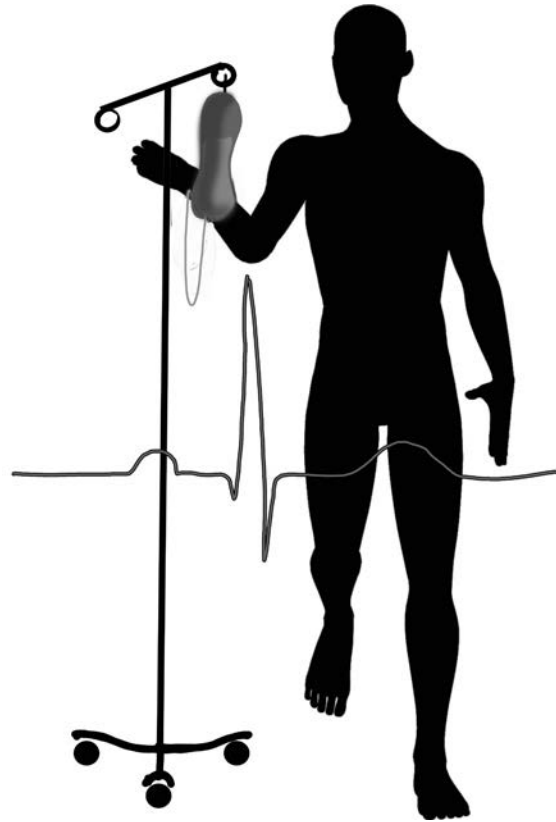
**This course is 15.5 contact hours /1.55 ceu's/15.5 ccu's**

This course is 18.6 contact hours/1.86 ceu's for therapists licensed in Illinois, New York, or the District of Columbia

**This course is applicable for PT, PTA, OT, AT's.** This course meets the continuing education requirements for physical therapists in the States of AK, AL, CA, CO CT, DE, DC, GA, ID, IN, MA, MO, MT, NH, NC, OR, PA, RI, SC, UT, VT, VA, WA, WI and WY. NAS is a provider for continuing education approved by the IDPR for physical therapists, IL provider # 216000074. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.5 hrs, 1.55 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas for 15.5 ccu's. The assignment of Texas PT CCU's does not imply endorsement of specific content, products, or clinical procedures by TPTA or TBPTA. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15.5 ccu's, 15.5 Category-1 PDA units. 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. **North American Seminars, Inc. is an AOTA provider for continuing education. Provider # 4487.** Intermediate Level Occupational Therapy Process: evaluation, intervention. AOTA approval hours-15.5. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. FL OT provider # 50-1442. **BOC Provider #P2047, call for evidence based status.** Meets the NBCOT requirements. **Don't see your state listed? Call 800-300-5512 for specific state approval numbers as they are continually updated.**

# Acute Care Rehab

## An Evidence-Based Course



Presented by  
**Sharan Zirges, PT, DPT, MSHA**

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**PT, PTA, OT and AT - Continuing Education Course**

## Why You Should Take This Course

This two-day, intermediate level course will provide the clinician with the tools necessary to make appropriate decisions in the ICU and acute care environments. The core principles are introduced so that clinician can acquire specific information on a variety of topics in order to effectively manage and progress patients with varying degrees of involvement. The fundamentals of ICU and acute care are presented in order for a clinician to feel not only comfortable in this environment but confident to treat each patient in a safe progressive manner. A variety of diagnoses will be presented and specific key areas are addressed in the management and progression of each patient. Red flags and tips on how to appropriately monitor and interpret the patients key vital signs when initiating and progressing a patient's functional movement are thoroughly addressed, as this is essential, beyond basics knowledge, for all acute care therapists.

From the most critical and complex medical status to the patient who simply needs mobilization and strengthening in order to return to full function, the acute care clinician must feel comfortable providing rehabilitative services in each environment. Specific details on how to work with tubes, lines, and other medical equipment will enhance the clinician's ability to feel confident. Tools such as the ABCDEF bundles and other evidence-based assessment and treatment tools will be reviewed and utilized in lab sessions. In addition, clinicians will also learn proper management strategies for the cardiac and pulmonary patient and hands on techniques to improve function. Case study presentations will enable the clinician to pull all of the information together to design an appropriate evaluation and progressive treatment plans.

This is an evidenced-based practical course that is designed to give the clinician the information needed to optimize treatment in the acute care environment and return your patient as close as possible to prior level of function. This course provides the clinician the information to improve their confidence and bolster their tool box of interventions for the acute care population. This course is applicable for PT, PTA, OT.

### Course Objectives

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

- Describe the effects of immobility on the human body.
- Comprehend and reference the effects of immobility on the body when developing higher level mobility goals for all patient types seen in the acute care environment.
- Formulate effective goals and treatment strategies for the behaviorally challenging acute care patient.
- Differentiate between the medically fragile and general acute care patient and demonstrate management techniques and interventions for these populations.
- Identify the differences between the cardiac and pulmonary related disease specific management strategies.
- State the critical elements of analysis and assessment when treating and progressing the cardiopulmonary patient in an acute care setting.
- Demonstrate confidence and aptitude when developing appropriate intervention strategies for cardiopulmonary critical care scenarios.
- Exhibit efficacy in intervention with ventilator dependent treatment scenarios.
- Perform proper percussion and drainage techniques while observing the risk factors for the acute care patient.
- Formulate an appropriate plan of care for a critically ill cardiac patient.
- Integrate existing treatment plans with progression into the plan of care for the neurologically complex patient in the acute care setting.
- Establish interventions for the critically ill orthopedic patient to assure management of the effects of immobility and stimulate an earlier return to prior level of function.
- Validate an understanding of the outcome tools available for assessment of the acute and critically ill patient.
- Execute an efficient use and completion of the outcome tools applicable for the acute care population.
- Exhibit an understanding of the components (including equipment), time, and players in an effective mobilization plan for the critically ill population.
- Perform a thorough vital sign screening and identify appropriate values for increasing workload safely.
- Reference the critical values and analysis required to recognize progression and regression when mobilizing the critically ill population.
- Construct relevant treatment plans and interventions for the population requiring early mobilization and the neurologically complex patient in the completion of scenario based case studies.

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## Day One

- 7:30 8:00 **Registration**  
 8:00 9:30 **Introduction to Acute Care**
- The effects of immobility
    - Respiratory, Cardiovascular and Musculoskeletal
  - Basic goals of acute care therapy across the spectrum
  - Understanding payment and productivity
- 9:30 10:30 **Acute Care Patient Management - Behavioral**
- Managing a refusing patient
  - Managing expectations of the patient and family
  - Planning and offering next steps in level of care
- 10:30 10:45 **Break**  
 10:45 11:30 **Acute Care Management -Physical**
- Patient lines and tubes, how to manage them during treatment
  - Managing and monitoring the medically fragile patient
  - Beyond basics of transfers, ambulation and basic therex
  - Mobilization of the patient after they test positive for DVT
  - Activities for the low-level functioning patient
    - Interpretation of vital signs: normal ranges: HR, BP, O2- depending on diagnosis and status, expected work load and values
    - Determining physiological tolerance
    - Exercises testing protocols-prescriptions
    - Medication red flags for therapy
- 11:30 12:30 **Disease Management in Acute Care Rehabilitation**
- COPD
  - Cardiac surgery treatment and progression
    - EKG-how to interpret for rehab-cardiac output, dysrhythmias-clinical application
  - VAD's and ECMO's ICU devices
- 12:30 1:30 **Lunch** (on your own)  
 1:30 3:30 **Disease Management in Acute Care (continued)**
- CHF • MI • Pneumonia
  - Working with ventilators and oxygen
- 3:30 3:45 **Break**

## Day One, continued

- 3:45 4:30 **Pulmonary Assessment (Lecture/Lab)**
- Auscultation/palpation
  - Postural drainage and percussion
- 4:30 6:00 **Case study and Care Plans: Discussion and Problem Solving (Lecture/Lab)**
- COPD- managing oxygen tubing-patient education
  - Patient on a ventilator - managing patient mobility with a ventilator
  - Patient with high flow oxygen
    - Managing high flow oxygen during treatment
  - Patient with MI -Tips for motivating the patient post MI
    - Tackling fears and depression

## Day Two

- 8:00 9:30 **More Disease Specific Management if Acute Care**
- Orthopedic complex patient
  - Mobilizing patient with limited weight bearing options
  - Mobilization protocols for orthpedics-the clinically most important concepts
  - Neurologically complex patient
    - CVA, when to mobilize and how to progress mobilization
    - Traumatic Brain Injury, working with the behaviorally challenging patient
  - Dementia/physiological history
    - Treating the acute care patient with onset of dementia
    - Understanding the causes for sudden onset dementia and your impact on return to function
    - Treating a patient with low motivation depression
  - ICU liberation bundle charts
    - ABCDEF bundle
- 9:30 10:30 **Outcome Tools in Acute Care (Lecture and Lab)**
- Documenting progression in the low functioning patient
  - Acute care specific tools
  - Mobility tools easy to use in acute care
  - Balance tools that are the most sensitive and easy to use in acute care
- 10:30 10:45 **Break**

## Day Two (continued)

- 10:45 1:00 **Mobility in Acute Care**
- Planning mobilization in the ICU
  - The mobilization team in ICU
  - Important considerations in mobilization in ICU
  - Equipment considerations for mobilization
  - Goals and outcome expectations for
    - Critical care patients
    - General acute care patients
- 1:00 1:30 **Lunch** (on your own)  
 1:30 2:45 **Managing the Lines, Tubes and Machines in Critical Care**
- IV line management with mobility
  - Management of bowel management systems (fecal tubes)
  - Catheters and pulmonary drainage lines
- 2:45 3:00 **Break**  
 3:00 3:45 **Complex Clinical Decisions**
- When is skilled care no longer needed?
  - What to do with patients no longer needing skilled care?
  - Timing is everything-When is the right time to mobilize?
- 3:45 4:00 **Wrap Up**

## About the Educator

**Sharan Zirges, PT, DPT, MSHA**, is a licensed clinical physical therapist with 30 years of experience in acute, geriatric, and neurological rehabilitation. Sharan has lectured, written and researched on fall prevention, fear of falling, and balance rehabilitation both nationally and internationally. Dr. Zirges has a B.S. in Rehabilitation Counseling Services and Physical Therapy. Additionally, she has a Master's in Health Administration and a DPT. Dr. Zirges has spent more than 20 years in the acute care environment and has developed therapy programs and protocols and provided continuing education for multiple health care systems. She is currently a reviewer for the Journal of Acute Care Physical Therapy and the program director for South University PTA program in Virginia Beach.

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## Acute Care Rehab



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