

Outline

ANATOMY/PHYSIOLOGY & EPIDEMIOLOGY OF CARDIOPULMONARY DISEASE

Fundamentals of cardiopulmonary anatomy and physiology
Impact of pathology and disease
Current trends, incidence rates and hospital readmissions
Gender differences in cardiac disease
Benefits of exercise/activity vs. a sedentary lifestyle

CLINICAL ASSESSMENT OF THE CARDIOPULMONARY PATIENT

Assessment of the ICU, acute care, medically complex & post-surgical physical patient
Objective tests -Borg, functional measures, walk tests, etc
Development of the treatment plan and OT & PT goal development

CARDIOVASCULAR PATHOLOGY AND ITS IMPACT ON REHABILITATION

Diagnoses- MI, Valvular Disease, Arrhythmias, Chest Trauma, Chronic HTN, CHF, Substance Abuse
Impact of diagnoses on functional mobility and independence
Diagnostics and Therapeutic Testing/
Assessment
TEE
Cardiac Cath
EKG
Pharmacology considerations
Intervention & Treatment
Following LVA
Pacemakers/AICDs
Wound Vacs
Coronary Artery Bypass Options
safe and successful transfers

PULMONARY PATHOLOGY AND ITS IMPACT ON REHABILITATION

Diagnoses- COPD, Pulmonary Edema, Respiratory Failure, Pneumothorax, Pleural Effusions, Emphysema
Pulmonary Outlook – Impact of smoking cessation, increase in vaping trends
Impact of diagnoses on functional mobility and independence

Diagnostics and Therapeutic Testing/
Assessment
6 Minute Walk Test
ABGs PFTs
YMCA 3 Minute Test
Pharmacology considerations
Intervention & Treatment
Following LVRS
Ventilator Placement
Chest Tubes
Supplementary O2 devices
Ventilator
CPAP
BiPAP
Venturi Mask

LABS AND THEIR IMPACT ON THE PATIENT

Cardiac Labs
Potassium
Hemoglobin
Sodium
Prothrombin Time
Anticoagulants
Glucose
& more

OUTCOME EXPECTATIONS, GOAL CONSIDERATIONS

Short term vs. long term goal implementation
When to bring the PT/OTR back for reassessment
How determine appropriate goal development for the future

DISCHARGE PLANNING & CONTINUED INTERVENTION

Discharge planning- Home vs intensive rehabilitation, skilled nursing, etc
Home exercise programs, energy conservation techniques, work simplification



Objectives

1. Analyze the anatomical and physiological structures of the cardiopulmonary system, and the impact pathology and disease course have on mobility, function and independence.
2. Evaluate a variety of cardiopulmonary diagnoses and the impact the diagnosis has on patient function, activity tolerance and independence.
3. Appraise the critical elements of analysis and assessment in assessing and performing early mobilization with medically fragile cardiopulmonary patients.
4. Design a comprehensive treatment plan based on thorough patient assessment for patients who present with various cardiopulmonary diagnoses.
5. Determine the types and parameters of cardiac precautions associated with post-surgical cardiac intervention.
6. Demonstrate an understanding of at least two outcome tools available for assessment of the cardiopulmonary patient.
7. Assess the relationship METs have regarding activity, ADL performance and exercise prescription and the role METs play in the determination of therapeutic intervention.
8. Distinguish between the types of common ventilator settings and the correlation between each setting and the patient's status.

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Cardiopulmonary Therapy for the Rehab Professional

Therapeutic Interventions for All Aspects of Cardiac Care from ICU to Outpatient

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Monday, April 19, 2021**

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Cardiopulmonary Therapy for the Rehab Professional

Therapeutic Interventions for All Aspects of Cardiac Care from ICU to Outpatient

- Techniques and evidence-based justification for early mobilization of the cardiopulmonary patient
- Increase your confidence in all aspects of rehabilitation within the cardiopulmonary setting – from ICU to Outpatient
- Acquire the BEST strategies for managing the medically complex patient
- Gain a thorough understanding of cardiopulmonary pathology and its impact on patient performance

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Cardiopulmonary Therapy for the Rehab Professional

Thousands of Americans suffer from cardiopulmonary related diagnoses which account for the majority of hospitalizations throughout the U.S. This comprehensive one-day course will offer valuable, cutting edge clinical information and explore the latest evidence-based interventions to improve functional mobility, strength, independence, and achieve desired outcomes in regards to the cardiopulmonary patient.

Designed for all practice levels, this interactive course will provide you with an updated knowledge base for making appropriate decisions within the cardiac ICU and acute care environments, implement assessment and treatment tools, integrate existing treatment plans with progression into the plan of care, and adjust or accommodate treatment interventions across the hospital stay through transition to discharge. This course is a must-see for anyone in healthcare who works with cardiopulmonary patients in any practice setting!

“**Learned more than I expected. Very good speaker - very knowledgeable of the topic.**”
- Physical Therapist

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3:30 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



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Meet Your Speaker

Dr. Kirsten Davin, OTDR/L, ATP, SMS, is a veteran Occupational Therapist of over 16 years with extensive experience in a variety of inpatient and acute care practice since obtaining her occupational therapy degree in 2001. She is best known for her live, national speaking tours, as she has conducted thousands of workshops and courses on the topics of splinting, seating/positioning, assistive technology, acute care assessment and intervention, and work/life balance.

Kirsten received her Doctorate in Occupational Therapy in 2007, and graduated from the University of Illinois at Chicago in 2001. She was most recently named the 2016 recipient of the VGM HME (Home Medical Equipment) Woman of the Year Award, presented at the fall MedTrade conference in Atlanta, Georgia.

Speaker Disclosure:

Financial: Kirsten Davin is president of Escape Mobility Solutions. She receives a speaking honorarium from PESI, Inc.
Non-financial: Kirsten Davin has no relevant non-financial relationship to disclose.

Target Audience

Physical Therapists • Physical Therapist Assistants • Occupational Therapists
Occupational Therapy Assistants • Respiratory Care Practitioners and Therapists
Cardiopulmonary Rehabilitation Specialists • Physician Assistants • Exercise Physiologists
Nurse Practitioners • Cardiac Nurses • Rehabilitation Nurses • Athletic Trainers


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