Session Sponsored by the Home Health Section

This session is sponsored by the Home Health Section of the American Physical Therapy Association, serving physical therapists and physical therapist assistants who practice in the home care setting.

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Up Your PT Game with the Advanced Competency in Home Health certificate program
The Home Health Section’s Advanced Competency in Home Health program synthesizes current evidence-based practice and tailors it to the unique physical therapy setting of home health. This program enables home health agencies, outpatient practices that provide home care physical therapy, and individual physical therapists to enhance efficacy and efficiency of treatment of their home health patients and clients.

Learn More About the Home Health Section – APTA
Stop by to see us in the CSM 2018 Exhibit Hall in Booth #1347.

www.homehealthsection.org

Home Health Section of the American Physical Therapy Association
Learning Objectives
You will be able to:
1. Identify and “Abolish Ageism”. - Tim Fox’s Future Obituary
2. Interpret how the Geriatric Syndromes of Frailty and Sarcopenia influence your perception of your patients and your plans of care.
3. Assess your patients for appropriateness of strength training.
4. Demonstrate, Modify, & Cue:
   a. Squat
   b. Loaded Carry
   c. Deadlift
   d. Floor Transfer

Ageism
Stereotyping or Discrimination based on age.
Coined by Dr. Robert Butler 1969

“Discrimination against our future selves.”
Ashton Applewhite, Author of This Chair Rocks
Limiting Beliefs Limit Your Patients

The problem: Many older adults have weak muscles—due to lack of activity, hospitalization, or surgery. This can cause problems with walking, balance, rising from a chair, and other everyday activities. The risk of falls increases.

The right strength training program can make you stronger and help prevent falls. A physical therapist can teach you how to use exercise machines, free weights, elastic bands, or your own body to build strength.

But the exercises may be too easy, the therapist may be afraid you'll be hurt.

Studies show that a challenging program offers the most benefits, even in nursing homes. The therapist should match the program to your abilities. If you can do a task easily, the therapist should add weight, repetitions, or new exercises.

The harms: If strength training isn’t challenging, it is a waste of time and money. You will still have problems from weak muscles. And you will still be at risk of falls.
Clinical Geriatric Syndromes are FLUID and DYNAMIC

Frailty = a person’s vulnerability to external stressors

- Involves multiple organ systems
- Creates increased risk for adverse health events
- Debate about “types” of frailty: social, cognitive, physical
  Most people believe is easy to picture …
Frailty exists across a spectrum. Which is why...?

ASSESS
Don’t ASSUME

Physician’s Process for Drug Rx
1. Define the Pt’s Problem
2. Specify the Therapeutic Objective
3. Verify the suitability of the drug
   a. Which drug is best?
   b. Contraindications?
   c. Interactions with other drugs?
4. Prescribe
   a. Frequency
   b. Intensity/Strength
   c. Time
5. Monitor Effectiveness

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Start BIG...then go SMALL

Squat
Loaded Carry
Deadlift
Floor Transfers
“What about form?”

Become a Master of Scale

What factors can we manipulate to allow our patients to perform some of these movements?

- Position
- Resistance
- Speed
- Cognition

P.R.S.Co. - PRoSecCo

References (Links at OldNOTWeak.com)


#OldNOTWeakCSM Take Aways

- Check Yo Self Before You Wreck Yo Self (& Your Patients)
  - Limiting Beliefs Limit Your Patients
- Understand CGS’s & ASSESS..Don’t Assume
  - Start BIG then go SMALL
  - Deal Hope Far & Wide
- Rx...End the Cookie Cutter Routines!
  - Measure & Progress
- Incorporate Weight Bearing, Multi-Joint Movements
  - Squat, Loaded Carry, Deadlift, Get Ups...to name a few