#### **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

#### **CLINICAL ASSESSMENT OF THE CARDIOPULMONARY PATIENT**

Assessment of the ICU, acute care, medically complex & post-surgical physical patient Objective tests -Borg, functional measures, walk

Development of the treatment plan and OT & PT goal development

#### **CARDIOVASCULAR PATHOLOGY AND ITS IMPACT ON REHABILITATION**

Diagnoses- MI, Valvular Disease, Arrythmias, Chest Trauma, Chronic HTN, CHF, Substance

Impact of diagnoses on functional mobility and independence

Diagnostics and Therapeutic Testing/

Assessment TEE

Cardiac Cath

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

> This speaker is truly an expert in her field. Learned information I never learned in school.

- Physical Therapist

## **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.

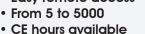


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## Cardiopulmonary Therapy for the

## Rehab Professional

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

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## 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
- **NEW!** Current COVID protocols!
- 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

**Includes Case Studies & Lab!** 

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

# 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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**8:00** Program begins **12:00-1:00** Lunch Break **3:30** Program ends

There will be two 15-min breaks (mid-moming & mid-afternoon).

Actual lunch and break start times are at the discretion of the speaker

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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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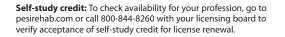
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8am Pacific time

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