

**Course Title:** Physical Therapy for Parkinson Disease: A new Clinical Practice Guideline

**Price:** \$120

**Number of CEUs:** 0.4 CEUs

**Course Instructor(s):**

- **Dr. Dennis Fell, PT, MD**, is Professor Emeritus in the University of South Alabama DPT program, teaching since 1992. He continues to teach neuroscience, and neuromuscular rehabilitation in the program and other Universities. He has served in the APTA Education Section, Academy of Pediatric Physical Therapy, and is active in the Academy of Neurologic Physical Therapy (Treasurer and Membership Chair, currently Vice- President). He has taught as Visiting International Professor in South Korea and has given lectures in ten different countries and developed and led annual international interprofessional service trips for students in the health professions. He is author/editor of a new comprehensive, evidence-based “Lifespan Neurorehabilitation” textbook, organized around the patient management model and the ICF model published by F.A.Davis in 2018. He received his University’s Excellence in Teaching Award, College Service Award, 2013 “50 Outstanding Faculty” from the University’s 50-year history and is a 2017 “APTA Lucy Blair Service Award” recipient.
- **Blair Saale, PT, DPT, NCS**, is an assistant professor in the DPT program at the University of South Alabama. Blair received her DPT degree from Belmont University and she is an ABPTS certified Neurologic Clinical Specialist. In addition to teaching in the clinical skills, pathophysiology, neuroscience, and neurology curriculum, she has experience in acute, inpatient, and outpatient neurorehabilitation. She is also a Parkinson’s Foundation PT Faculty Scholar.

**Date & Time:** Thursday, September 15, 2022; 5:45 p.m. - 9:45 p.m.

**Course Delivery Method:** In-person

**Location:** University of South Alabama Department of Physical Therapy. Room: HAHN 2048

**Course Description:** This introductory-level course is based on the new Clinical Practice Guideline (CPG) for the Physical Therapist Management of Parkinson Disease (PD) from the APTA Academy of Neurologic Physical Therapy. The CPG and course are designed to help “improve the comprehensive physical therapist management of individuals with idiopathic Parkinson disease based on the current best evidence”. Current evidence will be emphasized, especially for interventions targeting people with early to mid-stage Parkinson disease, supported by the preponderance of evidence. Outcomes that have been shown to improve in relation to a series of interventions and treatment approaches will also be discussed. This course will also include application to PD case activities for integration into clinical practice.

**Learner-based objectives:**

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

1. Describe characteristics of PD onset and common signs/symptoms, risk factors
2. Describe the recommendations in the CPG for Physical Therapy for PD (Aerobic Exercise, Resistance Training, Balance Training, Flexibility Exercises, External Cueing, Community-Based Exercise, Gait Training, Task-Specific Training, Behavior-Change Approach, Integrated Care, Telerehabilitation)
3. Apply the principles presented in the CPG to a patient case to make evidence-based recommendations for patients with PD.

**Course Schedule:** (Following registration and a light meal at 5:30)

5:45 p.m. Opening remarks, Course objectives (Fell)

6:00 p.m. PD: Patient Population, Burden of Disease, Etiology, Risk Factors (Fell)

6:30 p.m. CPG Recommendations – Part A (and 10 min break) (Saale)

7:45 p.m. CPG Recommendations – Part B (and 10 min break) (Fell)

9:00 p.m. Best-Practice Statement (Deep Brain Stimulation, Expert Care) (Saale)

9:15 p.m. Application to Case Scenarios (and 10 minutes break) (Fell and Saale)

9:45 p.m. Closing Remarks

**Course Open to:** PT, PTA

**Prerequisite course:** None

**Special Attire:** Casual business attire

**Specified Equipment/books:** None

**Maximum Registration:** 30