

Attendee Registration Brochure

2018 SPRING CONFERENCE



Saturday, April 28, 2018
Truhlsen Events Center
University of Nebraska Medical Center
Omaha, Nebraska

CEU's:

Application for continuing education credit (CEU's) has been made with the NPTA Continuing Education Committee.

Certificates of attendance will be available for all participants to be picked up in person at the conclusion of the day (must attend both courses).

Hotel Information:

The Element Hotel in Omaha is offering NPTA conference attendees the special room rate of \$99/night plus tax.

To take advantage of the special rate, please call the hotel at (402) 614-8080 and indicate that you are with the NPTA fall conference.

LINKED: Breathing & Postural Support

NECHAMA KARMAN, PT, MS, PCS

DESCRIPTION:


This course will challenge the practitioner to make a paradigm shift; acknowledging the importance of the cardiopulmonary system as an integral component of postural control for patients of all ages. The speaker will present a model of postural control (Soda Pop Can Model) that demonstrates how breathing mechanics are linked to motor & physiologic behaviors. This is the cornerstone for the speaker's multi-system clinical approach to the evaluation and treatment of trunk &/or respiratory impairments for patients with weakness or paralysis. The speaker will finish the day by presenting how to use this information clinically to develop positioning & ventilatory strategies that establish the pulmonary system as an asset rather than a liability for patients.

OBJECTIVES:

At the conclusion of the course, participants should be able to:

1. Use the Soda Pop Can Model to describe how the mechanics of breathing & postural control are inter-active & inter-dependent components of normal movement strategies.
2. Describe the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastroesophageal reflux, constipation and venous return.
3. Describe how the cardiovascular-pulmonary, neuromuscular, musculoskeletal, integument-fascial, and internal organ systems interact to simultaneously support the physiology & the physical functions of the trunk which are necessary to upright postural control (sitting, standing, walking).
4. Position patients for optimal cardiopulmonary function (physiological & biomechanical) with simple equipment such as towel rolls & pillows in recumbent & upright positions for use in & out of hospital settings.
5. Optimize the patient's motor function by integrating appropriate ventilatory strategies with all movements from low level activities such as taking a breath off of a ventilator, to rolling over in bed, or to high level skills such as running.
6. Apply theoretical concepts to multiple clinical cases throughout the day.

CEU Information: This lab course consists of 7.5 contact hours.



Nechama received her MSPT from Columbia University in 1994, her Advanced MS in orthopedic PT from Touro College in 1998, & has completed her Health Sciences PhD coursework at Seton Hall University. Nechama is an APTA board-certified pediatric clinical specialist & the chief clinical educator at Mobility Research for LiteGait nationally & internationally. In addition, she owns a private practice in NYC, focusing on complex neurological conditions & complex pelvic conditions. Nechama has been a teaching assistant for Mary's courses for over a decade & has completed a 2-year faculty apprenticeship in 2016, becoming Mary's first certified faculty member! One of Nechama's proudest "Mary Massery" moments occurred when she treated a man suffering from prostatectomy-related incontinence using Mary's approach. She taught him to transfer without incontinence for the first time in 9 months, all in under 15 minutes! She is passionate about helping other therapists learn these important concepts.

SCHEDULE:

8:00 - 8:30	Registration
8:30 - 10:30	Lecture: Breathing & posture: Part 1- Pressure control (Soda pop model)
10:30 - 10:45	Exhibitor Break
10:45 - 12:00	Lecture: Breathing & posture: Part 2 - The diaphragm
12:00 - 1:00	Lunch
1:00 - 2:00	Lecture: Breathing & posture: Part 3 - The vocal folds
2:00 - 2:30	Lecture: Normal & abnormal chest wall development & function
2:30 - 2:45	Break
2:45 - 4:00	Mini-lab: Positioning strategies: What can you do in 90 Seconds or less that has a profound & lasting effect?
4:00 - 5:30	Mini-lab: Ventilatory or movement strategies: Integrating neuromuscular, musculoskeletal, respiratory & sensory systems

Concussion Management for the Physical Therapist: From Pediatrics to the Older Adult

HEATHER KNIGHT, PT, DPT, NCS, CBIS & MIKE WALLSANDT, PT, DPT, OCS

DESCRIPTION: This course will discuss the physical therapist's role in the assessment & management of individuals recovering from neurologic injuries, sports related injuries, & other traumatic injuries which result in signs & symptoms consistent with post-concussion syndrome. This includes patients across the continuum of care & across the lifespan who may have complaints of headaches, visual deficits, balance impairments, dizziness, & motion sensitivity. An update on current evidence for the management of post-concussion syndrome will be delivered with considerations across the lifespan. A lab component including case based examples will deliver opportunities for practice of specific examination & intervention techniques. This course may also serve as an introduction to vestibular and concussion rehabilitation for practitioners considering clinical specialties in neurology or sports rehabilitation.

OBJECTIVES:

Learning objectives:

By the end of the course, participants will be able to do the following:

1. Describe the pathophysiology, common clinical presentations, & foundational concepts behind concussion management.
2. Identify risk factors for determining prognosis and outcomes following a concussion.
3. Perform common test & measures for evaluation & treatment of individuals with post-concussive syndrome.
4. Develop a plan of care & specific interventions when provided with case examples of a person recovering from a mild TBI.


SCHEDULE:

7:00 - 7:30	Registration (Truhlsen Events Center, Sorrell Building)
7:30 - 8:30	Foundational Concepts
8:30 - 10:00	Assessment
10:00 - 10:30	Exhibitor Break (Truhlsen Events Center, Sorrell Building)
10:30 - Noon	Lab on assessment techniques
Noon - 1:30	Business Meeting Luncheon
1:30 - 2:45	Managing the plan of care including intervention planning
2:45 - 3:00	Break (Truhlsen Events Center, Sorrell Building)
3:00 - 4:15	Lab with case application
4:15 - 4:45	Wrap Up

CEU Information: This lab course consists of 7 contact hours.



Heather received her Doctorate in PT from Creighton Univ. in 2008, graduated from Kaiser Permanente's Neurologic PT Residency Program in northern California in 2010, & became a Board Certified Neurologic Specialist (NCS) in 2011. She has been a Certified Brain Injury Specialist (CBIS) through the Brain Injury Association of America since 2012 with her primary practice area focusing on individuals recovering from traumatic brain injury and stroke. Dr. Knight is now an assistant professor in the Dept of PT at Creighton in Omaha, NE where she teaches in the neuromuscular rehabilitation series for adult populations & serves as the Program Coordinator for the Creighton Neurologic PT Residency Program.



Mike is a PT with Children's Hospital & Medical Center in Omaha, NE. He received his Bachelor of Science degree from Doane College in Crete, NE, & his Doctor of PT degree from the Univ. of Nebraska Medical Center. He completed an Orthopedic residency through the Univ. of Delaware and is a board-certified clinical specialist in Orthopedics. Prior to joining the Sports PT team at Children's, Mike provided JPT in a variety of outpatient orthopedic & acute care settings. His experience includes working with concussion patients across the spectrum from youth to adult and in both the inpatient & outpatient setting. With Children's he serves as the PT lead for the concussion management team. Mike also serves as a credentialed clinical instructor through the American Physical Therapy Association, & has provided instruction to physical therapy students in both the clinical and classroom settings.

REFERENCE OVERVIEW



Direct Access & Medical Screening: The Sherlock Holmes Approach

Bill Boissonnault, PT, DPT, DHSc, FAAOMPT, FAPTA

DESCRIPTION: The patient you are seeing for low back, hip or neck pain; any reason to be suspicious of occult cancer or infection, or a fracture? An important element of clinical decision making for therapists is recognizing red flag warning signs that a patient should see a medical doctor. This seminar will help prepare the therapist to assume the role of an interdependent practitioner working within a collaborative medical model. A proposed examination scheme designed to promote efficient & effective collection of patient red flag findings will provide the structure for our discussions. Professional communication with patients and medical doctors will also be a central theme throughout the seminar. A combination of lecture, small group activities/discussion, & laboratory sessions will constitute the learning experiences.

- Patient cases will be presented to apply the important medical screening principles. For example:
- 1) Susan states she is having some unusual neck pain. She has spent hours and hours working at a Potter's wheel the past 2-3 weeks. She is wondering if her neck posture during pottery-making could be causing her neck pain?
 - 2) Jeremiah describes L chest wall pain-started 6 months ago while doing some "power mowing"- "think I pulled a muscle". He has been improving slowly-noting he can swim & power pain free if he tapes his chest. He wants to know how much longer will it take for this to heal?
 - 3) Jim describes joint pain in his arms & wonders if strengthening exercises would be good for him?
 - 4) Amber states she woke up three days ago with intense burning in her L shoulder blade. She describes having a severe back injury 1 year ago-which PT helped. She is wondering if her back injury could have set her up to have this shoulder pain.

For the above, 1 patient required an urgent referral, 1 a non-urgent referral, 1 a recommendation to see a physical therapist within the next couple of days and the 4th patient no action at all! Can you match the 4 patients with the 4 outcomes? Can you think of key questions to help you identify the patients needing to see a medical doctor? During the course we will use a number of cases such as these to explore critical red flag questions, including what is the best first question for us to ask facing real-life scenarios like the above.

OBJECTIVES:

Upon completion of the seminar the participant will be able to:

- compare & contrast the therapist's role and responsibilities to that of physicians associated with the differential diagnosis/medical screening process.
- integrate the medical screening principles into an efficient & effective patient examination scheme.
- evaluate history & physical examination findings (red flags), & decide whether communication with a physician is warranted regarding a patient's health status, & indications for imaging.
- employ strategies to facilitate professional communication between therapist & physician & therapist & patient; including when, how & what to communicate as part of a patient referral.
- describe the risk factors, pathogenesis & clinical manifestations of selected medical conditions & medications representing the various body systems.
- effectively pursue additional information associated with differential diagnosis by the therapist.

Dr. Boissonnault is Executive Vice President of Professional Affairs, APTA, & Professor Emeritus, University of Wisconsin-Madison. He was a founding member of & Curriculum Director for the University of Wisconsin Hospital/Clinics & Meriter Hospital Orthopedic Physical Therapy Clinical Residency Program. Dr. Boissonnault holds multiple adjunct physical therapy faculty positions, presenting nationally & internationally & teaching differential diagnosis, diagnostic imaging, 7 communication skills.



He is editor of the textbook Primary Care for the Physical Therapist; Examination & Triage, (Elsevier Saunders 1st & 2nd edition) & past co-editor of Pathology: Implications for the Physical Therapist I (Saunders-1st & 2nd edition). He has multiple journal publications related to differential diagnosis and physical therapist practice.

Bill is past-president of the Foundation for Physical Therapy, the profession's national research fund-raising organization, & also past-president of the Orthopaedic Section of the APTA. In addition, he chaired the APTA Manipulation Legislative Task Force and the American Academy of Orthopaedic Manual Physical Therapists Practice Committee.

SCHEDULE:

7:30 am-7:45 am	Course Overview and Introduction
7:45 am-8:30 am	Screening for Skin Cancer
8:30am -10:00am	Pathological Origins of Back Pain
10:00 am-10:45 am	Exhibitor Break
10:45 am-12:00 pm	Pathological Origins of Joint Pain
12:00 pm-1:30 pm	Business Meeting/Lunch
1:30 pm-3:00 pm	Fracture Screening
3:00 pm-3:15 pm	Break
3:15 pm-4:00 pm	Screening for DVT and PE
4:00 pm-4:45 pm	Patient Case discussions
4:45pm-5:00 pm	Course wrap-up

CEU Information: This lab course consists of 7 contact hours.

Case-Based Management of Musculoskeletal Dysfunction in the Obstetric Client

Jill Schiff Boissonnault, PT, PhD, WCS

DESCRIPTION: This seminar will concentrate on presentation of case-specific pathophysiology & related evidenced-based examination & management techniques for the obstetric client with particular musculoskeletal dysfunctions. The course will cover the diagnoses of pelvic girdle pain (including pubic symphysis dysfunction & sacroiliac dysfunction) in pregnancy, HNP during pregnancy & delivery, transient osteoporosis of the hip in pregnancy, & postpartum coccydynia, as well as a look at current evidence in assessment & management of diastasis recti abdominis. The course will include lecture as well as demonstration of selected examination & manual techniques, exercise with some participant practice, demonstration of commonly used belts & supports, & small & large group discussion on client education & client self-management strategies. This course is geared at an intermediate level but most content should be understood by students & novice practitioners.

OBJECTIVES: Upon completion, participants should be able to:

1. Understand and apply to patient care the pathophysiology of various obstetric musculoskeletal disorders commonly seen in this population.
2. Appreciate current evidence for the tests, measures, and interventions applicable to these conditions.
3. Possess an awareness of selected outcome measures appropriate for these patient-diagnoses

CEU Information: This lab course consists of 7 contact hours.

Dr. Boissonnault is an associate professor at Shenandoah University, Div. of PT, where she teaches professional issues, service learning, & women's health. She teaches continuing ed seminars in women's health PT on musculoskeletal management of obstetric clients & on pelvic floor dysfunction. Jill is a past president & founder of the Intl. Organization of Physical Therapists in Women's Health, a subgroup of the WCPT. She received her bachelor of science in PT from the Univ of Illinois, her master's in orthopedic PT from Northwestern Univ, & her PhD from the Univ of Wisconsin-Madison, in curriculum & instruction with a minor in women's studies. She's held leadership positions within APTA, including treasurer of the OB/GYN Section (SoWH), VP & education director. She's received the Elizabeth Noble Award; the WPTA Mentor of the Year Award, APTA's Lucy Blair Service Award; & WCPT's International Service Award. She's authored articles and textbook chapters.



SCHEDULE:

7:30 am-7:45 am	Course Overview and Introduction
7:45 am-10:00 am	Management of Pelvic Girdle Pain (PGP) in Obstetrics
10:00 am-10:45 am	Exhibitor Break
10:45 am-12:00 pm	PGP continued, then HNP in pregnancy
12:00 pm-1:30 pm	Business Meeting/Lunch
1:30 pm-2:30 pm	Transient Osteoporosis of the Hip in Pregnancy
2:30 pm-3:00 pm	Postpartum Coccydynia
3:00 pm-3:15 pm	Break
3:15 pm-4:00 pm	Postpartum Coccydynia, continued
4:00 pm-5:00 pm	Diastasis Recti Abdominis

CONFERENCE REGISTRATION - SPRING 2018

Name: _____ APTA ID #: _____

Address: _____

City: _____ State: _____ ZIP: _____

Mobile Phone #: _____ Daytime Phone #: _____

IMPORTANT - Email: _____

(The course handout will be emailed to you.)

If you choose to donate to the **Nebraska Foundation for PT**, please add the amount to your registration fee.

\$10___ \$15___ \$20___ \$25___ \$_____

If you choose to donate to the **Nebraska PT Political Action Committee (PAC)**, please write a separate check payable to the PT PAC for the amount of your donation.

\$10___ \$15___ \$20___ \$25___ \$_____

COURSES: *Choose one only.* **Online registration is available at npta.org**

Nchama Karman, PT, MS, Pcs: LINKED: Breathing & Postural Support (7.5 contact hours)

Jill Boissonnault, PT, PhD, WCS: Case-Based Management of Musculoskeletal Dysfunction in the Obstetric Client (7 contact hours)

Bill Boissonnault, PT, PhD, WCS: Direct Access and Medical Screening: the Sherlock Holmes Approach (7 contact hours)

Heather Knight & Michael Wellsandt: Concussion Management for the Physical Therapist: From Pediatrics to the Older Adult (7 contact hours)

I am not registering for an educational course, but would like to RSVP for FREE lunch & the business-meeting. (Lunch is compliments of the NPTA.)

REGISTRATION FEES:

MEMBER

__ Physical Therapist \$99
__ PT Assistant \$99
__ PT or PTA Student \$99

NON-MEMBER

__ Physical Therapist \$238
__ PT Assistant \$203
__ PT or PTA Student \$112
__ Other \$238

Registration includes course materials available online, break refreshments & lunch at the NPTA Business Meeting/Luncheon. If you require a special meal, please email the request to Erin at info@npta.org. There will be no special discounts. Registration is available online at www.npta.org, by calling NPTA at 402.491.3660, or by mail (check or credit card). Make checks payable to NPTA and send mail-in registrations to NPTA, PO Box 24133 Omaha, NE 68124. There will be no written confirmation sent prior to the course; please call the registration number with any questions.

Credit Card Information: Discover MasterCard VISA

Card #: _____ Expiration Date: _____

Signature: _____ Date _____

Refunds and Cancellations: 100% through April 12, 60% from April 13 through April 20, 2018. No refunds after April 21, 2018. NPTA reserves the right to cancel this conference in case of insufficient registration or any situation beyond its control. If NPTA cancels this course for reasons beyond its control, NPTA will refund registration fees, less \$25 for administrative costs.