Therapist Category Day Agenda
Wednesday, June 7, 2017

Meeting Room 6

7:45 am - Welcome and Opening Remarks
8:00 am

8:00 am - State of the Category
8:30 am

8:30 am - Awards Presentation
9:15 am

9:15 am - Break
9:30 am

9:30 am - Healthcare-associated infections and prevention strategies for the rehabilitation professions
Dr. David Levine, PT, PhD, DPT, OCS, CCRP, Cert. DN
Dr. Henry G. Spratt, PhD

Multiple challenges exist for the prevention of healthcare-associated infections (HAI’s) for individuals working in the rehabilitation professions. These include an increase in emerging infections, increasing resistant organisms, frequently changing infection control procedures, and many other factors. Rehabilitation professionals such as occupational therapists, physical therapists, and speech and language pathologists need to understand their role in preventing the spread of various potentially pathogenic bacteria. This is especially important when treating individuals who have a compromised immune system, such as young infants, patients with cancer currently undergoing treatment, patients with diabetes, or burn survivors. Recent studies have provided substantial evidence on the possibility of nosocomial infection due to rehabilitation equipment such as ultrasound probes, ultrasound gel, stethoscopes, lotions used for soft tissue mobilization, exercise equipment, etc. Disinfection of the equipment, the environment, and hand hygiene, are important infection prevention strategies to interrupt the chain of transmission of infectious pathogens in rehabilitation facilities. Understanding the various disinfection protocols is critical to minimizing infection. The efficacy of new methods to disinfect clinics, including the use of UV light, need to be tested to determine if they might serve as better disinfection techniques than the use of chemicals.

At the end of this session participants will be able to:

1. Summarize the current challenges to healthcare-associated infections
2. Identify the commonly identified healthcare-associated infections impacting the rehabilitation professions
3. Formulate an individual infection control plan for your work environment
10:30 am - 11:00 am
**Geriatric Strengthening: Defying the Slippery Slope**

_CDR Artresiah Rogers, PT, DPT, GCS, USPHS, LCDR Alice Hopper, DPT, GCS, CEEAA, CSST, CWT, Cert.DN, CIDN, USPHS_

This presentation will briefly discuss the normal aging process in the geriatric population versus pathology at the cellular level and throughout multiple body systems such as the cardiac, pulmonary, skeletal and muscle fibers. Will present evidence based literature regarding the benefits of exercise to reverse the signs of aging and enhance the quality of life. In the aging process there are four categories that classify function of the aging adult: fun, function, frailty and failure. Each category has specific functional markers that can be used to design treatment plans and set goals to avoid the slippery slope of functional decline. During the session participants will learn how to properly prescribe the correct dosage for strength training at the 70-80% of a 1 RM to effectively challenge older adults and help combat such ailments as osteoporosis and sarcopenia.

At the end of this session participants will be able to:

1. Demonstrate an understanding of the normal aging process versus pathology.
2. Describe the benefits of exercise in the older adult and the best tests to measure function of aging adults.
3. Demonstrate an understanding of applying the moderate intensity level of strengthening to achieve 70-80% of 1 Repetition Maximum (RM).

11:00 am - 11:30 am
**STEADI Fall Prevention Algorithm**

_Dr Lisa Harrison, PT, DPT, Med, GCS_

One in four older adults report falling. At the current rate of population growth, this number is projected to be 49 million falls per year in 2030. CDC developed the STEADI (Stopping Elderly Accidents, Deaths, and Injuries) Initiative based on the clinical practice guidelines from the American Geriatrics Society and the British Geriatrics society recommendations. STEADI was developed for providers which include physical therapists. This STEADI training session will give you the tools to implement fall risk screening with evidenced based interventions for those at risk.

At the end of this session participants will be able to:

1. Describe a screening tool to determine a patient’s fall risk.
2. Apply the STEADI algorithm to determine a patient's fall risk level.
3. Select evidence-based interventions based on fall risk level.
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11:30 am - Concepts in Career Planning and Progression in the Therapist Category  
12:00 pm  
**CDR Alicia Souvignier, DPT, GCS, USPHS**  
**CAPT Henry McMillan, DPT, MBA**

Format will involve speaker introduction of concepts with examples and then related discussion questions will be given to each table. Three opportunities for round table sharing will be centered around the concepts of mentoring/coaching/sponsorship, value identification, and value-based goal writing. This format will encourage networking among Therapists and allow for a diversity of experiences and ideas to be shared with the group.

At the end of this session participants will be able to:

1. Recognize the difference between mentoring, sponsorship and coaching  
2. Identify strategies to help develop your career goals based on values  
3. Develop one career goal and share example of how to put goal into action

12:00 pm - Break

12:30 pm - Luncheon

2:00 pm - Hearing & Public Health in the Workplace, the Community, and the Home  
2:30 pm  
**Dr. Patti Johnstone, Ph.D. CCC-A, F-AAA**

2:30 pm - “The Life of Brian, Correction Brain”  
3:00 pm  
**CDR Dean R. Trombley, MA, CCC-SLP, USPHS**

This presentation will briefly touch on the lifecycle of the Brain. Understanding the voyage of comprehension, thought, imagination, creativity and activities of daily living from birth through death and what we can do to help promote our longevity.

At the end of this session participants will be able to:

1. Identify the basic functions of the brain (location/function)  
2. Identify harmful environmental and behavioral exposures  
3. Identify proactive steps you can take to promote longevity of brain capabilities.

3:00 pm - Break
3:15 pm - Developing Expertise

**LCDR Michael Anderson, PT, DPT, CWS, USPHS**

This presentation aims to discuss the science behind developing expertise and discuss how we can all apply what has been learned towards improving our specific areas of interest.

At the end of this session participants will be able to:

1. Identify and discuss three types of practice
2. Describe how and why expert performance of achieved
3. Describe ways to incorporate Deliberate Practice throughout our careers

3:45 pm - Spotlight on Mental Health: Illuminating the Importance of Occupation-Focused Mental and Social Well-Being

**LT Catherine Kaminski, MS, OTR/L, USPHS, CDR Christina Eaker, OTR/L, MPH, CHT, USPHS**

Since 1948, the World Health Organization defines health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmary.” Yet, a majority of health care today remains focused on curing and preventing illness, and many people consider themselves to be in good health if they are free of disease. However, as social and mental well-being are increasingly recognized as essential components of good health, those diagnosed with a mental illness often find achieving this state of well-being elusive not only due to dysfunction in thought processes, behaviors, and mood regulation, but also in combating the associated negative stigma that accompanies mental illness. Research in occupational science has long supported the idea that one’s ability to engage in everyday meaningful activities, or occupations, is inextricably linked to one’s health. Occupational engagement is in many ways the foundation that creates a sense of purpose, supports positive coping skills, and fuels the self-realization essential to achieving social and mental well-being. This presentation will define occupation-focused mental health interventions, discuss common barriers to occupational engagement within mental health, and provide evidence supporting occupation as a means to support mental and social well-being.

At the end of this session participants will be able to:

1. Define mental health and its importance as part of one’s overall health.
2. Explain the effects mental illness has on occupational engagement from an individual and society perspective
3. Clarify why occupation-focused interventions promote mental health and contribute to improved quality of life for individuals with mental illness.
Use of Electromyography and Nerve Conduction Velocity Testing in Cervical and Lumbar Radiculopathies

**LT Douglas Marsigli, PT, DPT, ECS, USPHS**

Electromyography (EMG) and nerve conduction velocity (NCV) testing is a useful diagnostic tool for any medical practitioner. Clinical electrophysiology is an excellent way to assess muscle and nerve health and can assist providers in determining the most effective plan of care for their patients with nerve injury. However, although most providers are familiar with the basic uses of this diagnostic procedure, why would EMG/NCV be utilized in patients with cervical or lumbar radiculopathies? Isn’t ordering an EMG/NCV redundant when you have access to an MRI? This presentation will explain the use of EMG/NCV, review nerve pathology, explore the research that compares MRI to EMG/NCV testing, and discuss the clinical implications of the research.

At the end of this session participants will be able to:

1. Identify the use of clinical electromyography (EMG) and nerve conduction velocity (NCV) studies.
2. Describe the classifications of nerve pathology.
3. Apply the research comparing imaging studies (MRI) and EMG/NCV in cervical and lumbar radiculopathies and discuss clinical implications of the research.

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Preparing for Your First Deployment: A Therapist Perspective

**LCDR Clara Stevens, DPT, OCS, USPHS**

The purpose of this presentation is to introduce my experience as a Physical Therapist deploying as a therapist during the 2016 Baton Rouge, Louisiana Floods. A brief history describing the purpose of rapid deployment force teams will be provided in addition to a list of notable USPHS deployments. The logistics of deploying to work at a federal medical station will be explained. I will explain the wide range of clinical duties that one may be responsible for during deployment. Lastly, I will discuss the challenges I encountered and what I learned from this deployment that will better prepare me for my next. My goal is that the information provided during this lecture will spark interest in other officers to join a rapid force deployment team.

At the end of this session participants will be able to:

1. Explain the history and purpose of USPHS deployments.
2. Identify 3 ways in which a Physical therapist can be utilized on a deployment.
3. Recognize and list items that will be necessary during deployment.