

Evaluation and Treatment of the Stroke Survivor

Course Faculty: Dr. Pradip K. Ghosh, PT, Ph.D., DMS, MS

Course Description

Stroke has recently been estimated to affect 730,000 persons per year in the United States. Although most stroke victims survive and recover to some degree, many survivors are left with significant physiological deficits that produce long-term need for assistance from caregivers and from society. This two-day course will provide a comprehensive overview of the evaluation and treatment of the stroke survivor. The concepts and principles of this basic to intermediate-level course will enhance the clinician's knowledge base and hands-on skills through lecture, small group discussion, case studies, videotape presentations and skills-practice lab sessions. Instruction will include review and analysis of relevant topics including etiology, risk factors, pathophysiology, secondary complications, cerebral blood flow and vascular syndromes. Diagnostic tests, sensory-motor deficits, medical managements, acute and post-acute rehabilitation with different interventions, and evidence-based information on stroke treatment will also be addressed. Emphasis will be placed on current research using a variety of therapeutic approaches in the rehabilitation of stroke survivors that will provide a foundation from which appropriate decision can be made with regard to patient needs. This course is designed for participants with a basic to intermediate level of experience.

Learning Objectives

Upon successful completion of this course, participants should be able to:

- * Describe at least 10 symptoms of stroke and label them to the corresponding damaged areas of brain.
- * Identify and describe at least 3 examination procedures used to evaluate patients with stroke in order to establish a diagnosis, prognosis and plan of care.
- * Identify and describe at least 5 key deficits of the patient with stroke.
- * Compare and contrast the concepts and principles of NDT, PNF and other contemporary treatment models and their application to post-stroke rehabilitation.
- * Identify and describe at least 6 intervention strategies during acute rehabilitation.
- * Demonstrate at least 3 methods for moderate and maximum assist transfers to and from multiple surfaces.
- * Identify and describe at least 4 treatment techniques to improve balance in managing the patient with stroke.
- * Develop and document a comprehensive plan of care, which includes realistic goals that are functional, measurable, and objective, using patient data presented from a clinical case study.

Contact Hours

Upon completion of this course, all participants will be given a certificate of attendance for 14.0 contact hours (approved by Physical Therapy Association of different states including, Missouri, Illinois, Texas, Ohio, Kentucky, Florida, and pending application with Arizona, New Mexico, Georgia, Wisconsin). This course has been approved by Occupational Therapy Association/Board of different states including Kentucky, Ohio, Florida, Illinois and pending applications with other states. Contact your state board for specific filing requirements.

Course Agenda

DAY ONE

7:30 a.m.

8:00 a.m.

10:45 a.m.

12:15 p.m.

1:15 p.m.

2:15 p.m.

3:30 p.m.

4:00 p.m.

5:00 p.m.

Registration

Introduction of Stroke: Risk Factors, Pathophysiology, Vascular Syndromes, Diagnostic Tests, Evaluation Process, Assessment methods.

Stroke Assessment Instruments/Goals and Outcomes

Lunch (on your own)

Application of NDT, PNF in rehabilitation

Strategies of Interventions: Motor learning, Motor Control, Positioning, Sensory Training, Tone Reduction

Video Presentation

Strategies of Intervention to reestablish Postural Control, Improve Lower and Upper Extremity Control, Functional Movements, Balance, Gait

Adjourn

DAY TWO

7:30 a.m.

9:30 a.m.

10:00 a.m.

11:00 a.m.

11:30 a.m.

12:30 p.m.

1:30 p.m.

2:00 p.m.

Strategies, contd.

Video Presentation

Research update

Lunch (on your own)

Demonstration and Practice

Case Studies: Analysis, Formulation of Realistic Goals,

Development of Plan of Care

Question/Wrap-Up

Adjourn

Target Audience:

PT, PTA, OT, COTA