

# Achieving Functional Outcomes through Measurement and Intervention

## ***Presented by:***

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SUNY Upstate Medical University

## ***With assistance from:***

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This course will discuss functional outcomes for aging adults that relate to community-based tasks. Objective functional and measurement tests at the functional and impairment level will be discussed and practiced. Using clinical case examples and the most current evidence, treatment plans will be formulated to demonstrate clinical decision making using the measurements previously learned. Common barriers to optimal outcomes such as patient apathy and reimbursement limitations will be explored.

## ***Objectives***

Following your active participation in this full-day course, you will be able to:

- Use community mobility standards to set functional outcome goals.
- Select and administer the best functional test that reflects the patient's functional goals.
- Interpret the findings of various measurement tests to formulate an evidence-based treatment plan.
- Propose selected interventions known to successfully address specific functional limitations.
- Analyze a patient's apathy or resistance to a proposed plan of care and then proposing alternatives that result in improved patient participation.
- Advocate for optimal outcomes to third-party payers and referral sources.

## ***Learning Methods***

New material will be presented in a didactic fashion with a flexible format to allow for questions and discussions. Psycho-motor skills such as performance of measurements and selected exercise interventions will be practiced in a supervised laboratory session. Demonstration of tests on selected older adults will enable participants to model clinical decision making.

# Schedule

**7:15 am**

*Registration and Continental Breakfast*

**8:00 – 8:45 am**

*Community mobility standards and patient goal setting*

**8:45 – 10:00 am**

*Functional tests (TUG, gait speed, endurance walk tests)*

**10:00 – 10:15 am**

*Break*

**10:15 – 12:00 am**

*Functional and impairment tests (stair climb, floor transfer, Berg Balance Test, sit to stand)*

**12:00 – 1:00 pm**

*Lunch*

**1:00 – 2:30 pm**

*Case introducing evidence-based exercise prescription*

**2:30 – 2:45 pm**

*Break*

**2:45 – 3:45 pm**

*Case introducing motivational issues*

**3:45 – 4:30 pm**

*Small group case discussions*

***Assessment***

***Pre and post test over objectives***

***Contact Hours : 6.5***

# Registration Form and Information

SATURDAY, SEPTEMBER 10, 2011

Name \_\_\_\_\_

Professional Liscence # \_\_\_\_\_

Agency: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (        ) \_\_\_\_\_

**Cost:**

\$100/per person

\$80/person if 2 or more from same agency

Includes continental breakfast &  
luncheon buffet.

Check or Money Order only.

Make check payable to: **Lourdes at Home**

**MAIL REGISTRATION FORM AND FEE TO:**

Lourdes at Home  
Attention: Mary Sevey  
4102 Old Vestal Road  
Vestal, New York 13850

Payment required for registration. Payment  
and registration must be received by  
September 1, 2011

For further information, please contact:  
Debbie Palmer RN or Mary Sevey PT at (607)-  
772-1598.

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