MATCHING A SEATING AND MOBILITY SYSTEM TO THE FUNCTIONAL GOALS OF THE PEDIATRIC CLIENT: FROM EVALUATION TO DELIVERY

Course Description: This instructional course will discuss the critical components of the physical therapist’s evaluation for seating and mobility, how to match evaluation results with recommendation of various seating, positioning and mobility components and discuss options for the difficult to position client. Dynamic seating will be discussed as well as appropriate candidates for power mobility and training methods.

This course is open to physical therapists and physical therapist assistants.

Objectives:
- Identify key features of frailty syndrome as currently defined.
- Define and describe the changes in skeletal muscle associated with sarcopenia.
- Discuss effective rehabilitation techniques for the frail older adult.

Speaker
Michele E. Audet, MMSc, PT, ATP is a physical therapist with 32 years of experience in the area of pediatrics. She earned her BS degree in physical therapy in 1977, from Russell Sage College in Troy, New York. After working for 3 years as a physical therapist in a special needs elementary school in New Hampshire, she moved to Atlanta, GA in 1980, to attend Emory University. She received an MMSc degree in physical therapy at Emory, with clinical specialization in pediatrics, in 1983. Since 1982 she has been working as a physical therapist at Children's Healthcare of Atlanta, in various capacities. Her work experience includes acute care, rehabilitation, outpatient therapy, NICU and school therapy. Ms. Audet has many years experience in the area of seating and mobility and in 1999 assumed responsibility for the Children’s Healthcare of Atlanta Seating and Mobility Clinic, on a full time basis. She received her ATP certification in 2001. She is presently combining her clinical work with research in the area of power mobility for pre-schoolers’ and dynamic seating.

Session Description: Frailty is often described as a state of high vulnerability for adverse health outcomes, including physical disability. This session will provide an overview of frailty and the observed changes in skeletal muscle and function that result from this common syndrome. The impact of frailty on rehabilitation, based on available literature will also be discussed.

Objectives:
- Identify key features of frailty syndrome as currently defined.
- Define and describe the changes in skeletal muscle associated with sarcopenia.
- Discuss effective rehabilitation techniques for the frail older adult.

Speaker
Cynthia J. Brown, MD, MSPH, BSPT is Assistant Professor of Medicine in the Division of Gerontology, Geriatrics, and Palliative Care at the University of Alabama At Birmingham

Care Coordination
Friday, August 21, 2:45-4:30 pm

Session Description: This session will address care coordinating by listing outcomes achieved by effective care coordination models and enumerating strategies for improved communication and discharge planning in a variety of health care settings.

Objectives
- List essential components required for coordinated care
- Assess patients’ functional and cognitive status as a key step in providing coordinated care
- Summarize examples of coordinated models of care and outcomes improved by them

Speaker
Kellie Flood, MD is Assistant Professor of Medicine in the Division of Gerontology, Geriatrics, and Palliative Care at the University of Alabama At Birmingham

HEALTH LITERACY: HELPING PATIENTS END CONFUSION

Saturday, August 22, 8-9:45 am

Session Description: Health literacy can be defined as the degree to which individuals have the capacity to obtain, process and understand basic health information and services to make appropriate health decisions. Limited health-literacy skills have been shown to be particularly prevalent among older adults and are associated with poorer health outcomes, increased liability risks for providers due to medical errors and an estimated $73 billion annual increase in costs for the health care system. This session will address the subject of low health literacy in the U.S. and how it impacts overall health. Practical examples of tools and techniques used to address this issue will be discussed as well as barriers and challenges to improving health literacy.

Objectives
- Discuss health literacy and outcomes
- Screen for low health literacy
- Recognize, find and write easy to read materials

Speaker
Gabe Rios, MLIS is Deputy Director at the Lister Hill Library of Health Sciences, University of Alabama at Birmingham
CULTURAL COMPETENCY AND OLDER ADULTS
Saturday, August 22, 9:45-11:30 am

Session Description: This session will provide an overview of factors that may impact culturally competent care for older adults. Barriers to providing culturally competent care and the impact of language, literacy, and socioeconomic status on care provision will be discussed.

Objectives:
- State and describe the rationale for providing culturally competent care
- Define the concept of cultural competence
- Describe several emerging issues in the cultural competency literature
- Discuss the need for an interdisciplinary approach to providing culturally competent care to older adults

Speaker
Martha Crowther, PhD, MPH is Associate Professor in the Department of Psychology, University of Alabama and Scientist in the Center for Aging, University of Alabama at Birmingham

GEO-PHARMACY
Saturday, August 22, 1-3 pm

Session Description: This session will discuss the issues of the use of medications in older individuals including pharmacokinetics, adherence issues, and syndromes or medication related illness. Dr. Duxbury will also discuss changes of aging physiology important in medication management.

Objectives:
- Discuss pharmacokinetics as it relates to older adults
- Identify signs and symptoms of medication mismanagement
- Discuss strategies to enhance proper adherence to use of medications for older adults

Speaker
Andrew S. Duxbury, MD is Associate Professor in the Division of Gerontology and Geriatric Medicine, University of Alabama at Birmingham

CONTINUUM OF CARE FOR INDIVIDUALS WITH DISABILITIES
Saturday 3:00 pm – 4:30 pm

Session Description: As our population is aging so is that group of individuals with life-long disabilities. This is a group that many therapists have not worked with and may be uncomfortable assessing and developing a plan of care for in their clinic. This session will present medical issues of these patients as they age and strategies to meet their treatment needs.

Objectives:
- Become aware of the increasing number of individuals with life-long disabilities
- Identify and understand the needs of teens transitioning to adulthood
- Identify and address issues created by aging and previous movement patterns
- Learn strategies for assessment and intervention with this population

Speaker
Patrice Murphy PT, MS, PCS is owner of Pediatric Therapy Services in Birmingham, AL and is past-president of the Alabama Chapter of the APTA

MANUAL THERAPY OF THE FOOT AND ANKLE
Course Description: This course is 10 hours of lecture and lab, focusing on manual assessment and treatment of the foot and ankle. It will include discussion of foot and ankle mechanics, joint mobility and ligamentous testing and manual techniques for the treatment of the foot and ankle. Treatment includes high velocity, low amplitude thrust techniques.

Objectives:
- Participant will be able to describe the functional mechanics of the foot and ankle.
- Participant will be able to perform mobility testing of the distal tibia-fibula, talocrural, subtalar and mid-tarsal joints.
- Participant will be able to perform stress tests and ligamentous tests of the distal tibia-fibula, talocrural, subtalar and mid-tarsal joints.
- Participant will be able to perform mobilization, including high velocity thrust, techniques of the talocrural, subtalar and mid-tarsal joints.
- Participant will be able to perform taping techniques for stabilization of the ankle mortise and subtalar joint.

Speaker
Jonathan Zecher graduated from UAB’s physical therapy program in 1999. He has been practicing in orthopedic manual physical therapy for 9 years. His experience includes all areas of musculoskeletal dysfunction, but he has had particular interest in manual treatment of the foot and ankle. He received his OCS in 1995 and is certified as an orthopedic manual therapist. He is currently completing his fellowship through the North American Institute of Orthopaedic Manual Therapy (NAIOMT).

LEARNING AND LIVING THE APTA BRAND
Course Description: Earlier in 2009, the APTA rolled-out an initiative to accurately and more effectively define physical therapists for and to consumers, other health care providers and other stakeholders. Before this “brand campaign” can be successful, it is imperative that PTs and PTAs fully understand and embrace the initiative. The purpose of this 2-hour session will be to describe the APTA Branding Initiative and to provide participants with tools and resources that will allow them to “live the brand.”

Objectives:
- Describe the history of the APTA branding initiative
- Discuss key elements of the APTA brand campaign
- Utilize helpful tools and resources to “live the brand.”

Speakers
Sheree York, PT, MS, PCS is Director of the Physical and Occupational Therapy Department and Early Intervention Program at Children’s Health System in Birmingham, AL. She is the current President of the APTA Section on Pediatrics and Past-President of the Alabama Chapter of the APTA. Sheree is a “Brand Champion” for the APTA and a 2009 recipient of the APTA Lucy Blair Service Award.

David M. Morris, PT, PhD is Associate Professor in the Department of Physical Therapy at the University of Alabama at Birmingham. He is current President of the Alabama Chapter of the APTA and Past-President of the APTA Aquatic Physical Therapy Section. David is a “Brand Champion” for the APTA and a 2009 recipient of the APTA Lucy Blair Service Award.

WEB 2.0 TOOLS IN CLINICAL PRACTICE AND PT EDUCATION: KEEPING CURRENT, SHARING INFORMATION AND MARKETING
Description
Want to be able to develop your own list of citations/references in your special areas of practice using free web-based citation management applications that you could update any time and access from any computer in the world? Want to communicate information with
other therapists regarding the existing literature and techniques under investigation to support your PT practice? Want to discover new online methods that will engage your students? Want to market your clinical practice and provide low-cost patient education resources? Apply cutting edge internet technology to help keep your PT practice informed and updated!

Web 2.0, a recent and free social networking internet resource which can be used by the physical therapist in clinical practice and/or education, will be discussed and demonstrated. Learn about tools that can make your PT curriculum more interactive and engaging for students and enable the practitioner to catalogue evidence-based information to more effectively identify and track new trends. Participants will explore resources such as blogs, wikis, and podcasts and their application in physical therapy, as well as experience the development of these tools. Hands-on activities will enhance the learning process during this course. An online webiography will be provided including a list of resources (with hyperlinks) so participants can further explore and develop these exciting tools after returning home.

Objectives
Upon completion of this course, you will be able to
• Describe and access Web 2.0 tools useful in clinical practice and PT education.
• Access Web 2.0 tools to design blogs, wikis and other applications to track trends in physical therapy and catalogue and communicate evidence-based information.
• Assess usefulness of currently developed Web 2.0 tools for one’s clinical or educational needs.
• Describe specific applications of Web 2.0 resources to share evidence-based PT practice.
• Determine methods of marketing using Web 2.0 tools.

Speakers
Dr. Dennis Fell is Associate Professor and Department Chair of Physical Therapy at the University of South Alabama. He is active in the Education, Neurology and Pediatric Sections of the APTA. His primary clinical interests are the examination and intervention of patients with neurologic disorders including adults and pediatrics. In this curricular content, he emphasizes application of evidence to clinical practice. He has taught numerous courses and given frequent platform presentations at APTA annual conference and combined sections meetings.

Judy Burnham is Senior Librarian and Director of Baugh Biomedical Library at the University of South Alabama. She is involved in teaching methods of information access, both print and electronic for allied health personnel, nurses and physicians. She has a number of peer reviewed publications and ongoing involvement in bibliometric research. She is a frequent presenter at the national conferences of the Medical Librarian Association and has presented previously at APTA national conference.

Ms. Burnham and Dr. Fell published the invited article: Fell D, Burnham J. (2004) Access is Key: Teaching Students and Physical Therapists to Access Evidence, Expert Opinion, and Patient Values for Evidence-based Practice; Journal of Physical Therapy Education. 18(3), 12-23. Together they were invited to teach a course at APTA 2000 (Indianapolis) and APTA 2007 (Denver) on using the Internet to find evidence-based literature.

FINANCIAL MANAGEMENT BASICS
Course description: In these times of economic hardship, effective financial management is particularly important and critical to long term success. This session will be led by financial management experts who will provide useful advice and strategies to improve your financial situation including loan management strategies, debt reduction, selecting employment benefits and long term planning for retirement. The session is designed for students and new professionals but is open to everyone.

Objectives
• Upon completion, participants will be able to:
  • Accurately assess their current financial situation using sound financial principals;
  • Devise strategies to more effectively manage revenue, expense and debt; and
  • Effectively plan for a financial future which matches individual expectations to earning potential.

Speakers
This course is offered by the Alabama Society of CPAs and may include several individuals.

JURISPRUDENCE ESSENTIALS FOR ALABAMA PHYSICAL THERAPISTS, PHYSICAL THERAPIST ASSISTANTS, AND STUDENTS.

Course Description: Jurisprudence is the science and application of law to practical situations. To assure that they are practicing in an ethical and legal manner, physical therapy clinicians must first thoroughly understand the laws, rules and regulations that govern physical therapy (PT) in their state. In today’s litigious society, many PT licensing boards are requiring new graduates to pass a jurisprudence exam for licensure (as is currently required in Alabama). Additionally, many states have jurisprudence requirements for all licensees. Alabama PT/PTA clinicians may soon be required to participate in a jurisprudence education course for re-licensure (this course would qualify for meeting that requirement if implemented). The purpose of this 3-hour course is to provide participants with a thorough understanding of the laws, rules and regulations that govern physical therapy practice in Alabama through case studies, discussions, and lecture.

This course is appropriate for PTs, PTAs, and PT or PTA students and result in .3 CEU Award

Course Objectives:
• Upon completion, participants will be able to:
• Discuss the goals, make-up and responsibilities of the Alabama Board of Physical Therapy;
• Discuss the purpose and format of the Alabama Physical Therapy Practice Act and Administrative Code;
• Effectively and efficiently answer legal and ethical questions concerning the practice of physical therapy using the Alabama Physical Therapy Practice Act and Administrative Code.

Course Instructors
Tara Pearce, PT, MHS is Assistant Professor and Academic Coordinator of Clinical Education in the Department of Physical Therapy at the University of Alabama at Birmingham. She received a MHS from the University of Indianapolis in 2004 and is currently a DHS candidate at the University of Indianapolis with expected graduation in 2009. Ms. Pearce was appointed to APTA Board of Director’s Task Force on Professionalism in 2004. She has been a Credentialed Trainer of the APTA’s Clinical Instructor Education and Credentialing Program since 2006 and has been a member of APTA’s consensus conference on clinical education since 2007.

David M. Morris, PT, PhD is Associate Professor in the Department of Physical Therapy at the University of Alabama at Birmingham where he teaches professional practice coursework to entry-level PT students. He received a MS in physical therapy education from UAB in 1990 and completed a PhD in health education/promotion from UAB in 2004. Morris is currently President of the Alabama Chapter of the American Physical Therapy Association.
# AL-APTA Fall Conference 2009

## Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Speaker/Instructor</th>
<th>Hours</th>
<th>Credit</th>
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</thead>
<tbody>
<tr>
<td>11:00 – 1:00</td>
<td>Registration</td>
<td></td>
<td></td>
<td>Open to All</td>
</tr>
<tr>
<td>1:00 – 4:30</td>
<td>State Board of Licensure</td>
<td>Michelle Audet, PT</td>
<td>3.5</td>
<td>PT/OT/PTA/OTA</td>
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<tr>
<td></td>
<td>Matching Seating/Mobility-Peds</td>
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<td>Open to All</td>
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<tr>
<td>1:00 – 2:30</td>
<td>Geriatric Symposium</td>
<td>Brown, Flood, Rios, Crowther, Duxbury, Murphy</td>
<td>3.5</td>
<td>PT/OT/PTA/OTA</td>
</tr>
<tr>
<td>2:30 – 4:30</td>
<td>Branding Physical Therapy</td>
<td>David Morris, PT, Ph.D. Sheree York, PT, MS, PCS</td>
<td>2</td>
<td>Open to All</td>
</tr>
<tr>
<td>2:30 – 3:00</td>
<td>Break with the EXHIBITORS</td>
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<tr>
<td>4:30 – 7:30</td>
<td>Reception and Awards Presentation</td>
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## Saturday

<table>
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<tr>
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<tbody>
<tr>
<td>8:00 – 8:30</td>
<td>Breakfast with the Exhibitors</td>
<td>Dr. Dennis Fell</td>
<td>3</td>
<td>Open to All</td>
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<tr>
<td>8:30 – 11:30</td>
<td>Web 2.0 Tools for PT</td>
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<td>Manual Therapy Foot/Ankle</td>
<td>Jonathan Zecher, PT</td>
<td>3.5</td>
<td>PT/OT/PTA/OTA</td>
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<tr>
<td>9:45 – 10:15</td>
<td>Break with the EXHIBITORS</td>
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<tr>
<td>11:30 – 1:00</td>
<td>Lunch and Chapter Business Meeting</td>
<td>Michele Audet, PT</td>
<td>3.5</td>
<td>PT/OT/PTA/OTA</td>
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<tr>
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<tr>
<td>1:00 – 4:30</td>
<td>Jurisprudence Essentials</td>
<td>David Morris, PT, Ph.D Tara Pearce, PT, MHS</td>
<td>3.5</td>
<td>Open to All</td>
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<tr>
<td>1:00 – 2:15</td>
<td>STUDENT SIG</td>
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<tr>
<td>2:30 – 4:30</td>
<td>Financial Management Basics</td>
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<td>2</td>
<td>Open to All</td>
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</tbody>
</table>

Pediatric, Geriatric and Foot Course = 1.0 CEU
UAB Lab, Jurisprudence = 3 Contact hours
Branding, Financial Management = 2 Contact hours

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**The Doubletree Hotel Birmingham**, perfectly located in the vibrant Southside in the heart of downtown Birmingham, is adjacent to the University of Alabama in Birmingham campus, only two blocks from UAB Medical Center, and within walking distance of the antique shops, eclectic dining, and exciting nightlife in Five Points South Historic District. Birmingham International Airport (BHM) is a quick 20 minutes to the east.

**808 SOUTH 20TH STREET • BIRMINGHAM • 1-205-933-9000**

## Directions to the Hotel

**Traveling North** on I-65: Follow I-65 North to Univ. Blvd. Exit onto Univ. Blvd. and follow to 20th St. South. Turn right onto 20th St. South. The Doubletree Hotel Birmingham is located on the corner of Univ. Blvd. and 20th St. South.

**Traveling South** on I-65: Follow I-65 South to 4th Ave. South. 4th Avenue South is a one-way street. Follow 4th Avenue South to 20th St. South and turn right onto 20th St. South. Follow 4 blks. to Univ. Blvd. The Doubletree Hotel Birmingham is located on the corner of Univ. Blvd. and 20th St. South.

**Traveling West** on I-20/30 or from the Birmingham Intl. Airport: Follow Airport Blvd. to I-20/30 West. Take I-20/39 West to the 126-A exit. Exit to the right onto Highway 31 South, which is the Red Mountain Expressway. Follow Highway 31 to the 8th Avenue South Exit. Turn right at the bottom of the exit onto Univ. Blvd. Follow one mile to 20th Street South. Turn left onto 20th St. South. The Doubletree Hotel Birmingham is located on the corner of Univ. Blvd. and 20th St. South.

**Traveling East** on I-20/39: Take I-20/39 East to I-65 South; Follow I-65 South to 4th Ave. South. 4th Ave. South is a one-way street. Follow 4th Ave. South to 20th St. South and turn right onto 20th St. South. Follow 4 blks. to Univ. Blvd. The Doubletree Hotel Birmingham is located on the corner of Univ. Blvd. and 20th St. South.
# Registration Form

Name: _______________________________________________ Designation (PT/PTA/Student): ______________________________

Mailing Address: __________________________________________ Student School: ________________________________________

City, State, Zip __________________________________________ Fax Number: _________________________________________

E-mail***: _____________________________________________ Member Number: _______________________________________

(Required for Confirmation Notification)***Conference Confirmation will only be made with those including their e-mail address.***

Please register me for the following courses (Check all that apply):

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<table>
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<tbody>
<tr>
<td><strong>A.</strong> Matching Seating/Mobility–Pediatric Clients (1.0 CEU) (Friday, Saturday)</td>
<td></td>
</tr>
<tr>
<td><strong>B.</strong> Geriatric Symposium (1.0 CEU) (Friday, Saturday)</td>
<td></td>
</tr>
<tr>
<td><strong>C.</strong> Manual Therapy for the Foot and Ankle (1.0 CEU) (Friday and Saturday)</td>
<td></td>
</tr>
<tr>
<td><strong>D.</strong> Branding Physical Therapy (2 CONTACT Hours) (Friday)</td>
<td></td>
</tr>
<tr>
<td><strong>E.</strong> AL APTA Member Business Meeting and Lunch Only (Saturday Afternoon)</td>
<td></td>
</tr>
<tr>
<td><strong>F.</strong> Jurisprudence Essentials (3 CONTACT Hours)</td>
<td></td>
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<tr>
<td><strong>F.</strong> Financial Management Basics (2 CONTACT Hours)</td>
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<tr>
<th>CHARGES</th>
<th>Member PT/PTA/Student</th>
<th>Non-Member PT/PTA/Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pediatrics, Geriatrics, Foot Courses (1.0 CEU Courses)</td>
<td>$300/$200/$100</td>
<td>$375/$275/$120</td>
</tr>
<tr>
<td>Web 2.0 Resources for PT; Jurisprudence Essentials (3 Contact Hrs)</td>
<td>$100/$65/$10 per course</td>
<td>$125/$90/$20 per course</td>
</tr>
<tr>
<td>Branding Physical Therapy; Debt Management (2 Contact Hrs)</td>
<td>$75/$50/$10 per course</td>
<td>$95/$65/$20 per course</td>
</tr>
<tr>
<td>Saturday LUNCH included in Conference Courses/Members</td>
<td>No Charge</td>
<td>$30</td>
</tr>
</tbody>
</table>

Attach a check or use MasterCard or Visa Number: ____________________________________________   Expires ______________________

REGISTRATION AFTER AUGUST 15, 2009 ADD AN ADDITIONAL $25     LATE STUDENTS ADD $5

Hotel accommodations may be made at the DoubleTree Hotel 205.933.9000
Make checks payable to: Alabama Physical Therapy Association
Mail to: APTA Conference, P.O. Box 660551, Birmingham, Alabama 35266-0551
Contact us at www.aptaalabama.org or 866.860.9277 or fax 205.978.3193 or E-mail jaypilx@bellsouth.net
Cancellation Policy: Refund equal to registration rate less $25 prior to August 15, 2009; after that, rate less $50.