

THERAPISTS ROLE IN THE TREATMENT OF CARDIOVASCULAR DISEASE AND DIABETES

Cardiovascular disease and diabetes are two prevalent conditions in today's society. It is important for physical and occupational therapists as well as all other healthcare workers to play a role in the prevention and treatment of these conditions. Although most physical and occupational therapists do not specifically treat cardiovascular disease and diabetes both professionals do play a role in the treatment of these disease processes. If a physical therapist is involved in cardiac rehabilitation they will have more of a direct role in the treatment of cardiovascular disease and possibly diabetes, however, in any setting that involves direct patient care it is important for both physical and occupational therapists to understand both of these conditions thoroughly in order to provide the best care possible. These diseases are common and it is imperative that any therapist involved in direct patient care understand these disease processes and be able to educate patients on how to properly manage their care. This course will look at the diseases themselves as well as how a physical or occupational therapist will be involved in caring for these patients.

Upon completion of this course, you will be able to learn:

Cardiovascular Disease

- Define cardiovascular disease.
- Describe anatomy of the heart.
- Describe preventative measures to protect against cardiovascular disease.
- Identify ways physical activity can affect cardiovascular disease.
- Identify risk factors associated with exercise in patients with cardiovascular disease.
- Describe the association between obesity and cardiovascular disease.
- Describe the association between chronic kidney disease and cardiovascular disease.
- Describe a physical therapists role in the treatment and management of cardiovascular disease patients.
- Describe a physical therapists role in the post-operative management of cardiac rehabilitation patients.
- Discuss the principles and guidelines of cardiac rehabilitation.
- Develop patient education topics and be able to implement patient education for patients learning ways to take care of themselves after a diagnosis of cardiovascular disease or cardiac surgery.

Diabetes

- Define diabetes including Type I versus Type II diabetes.
- Identify signs and symptoms associated with diabetes.
- Understands how diet and nutrition impacts the diabetic patient.
- Understand how physical activity and weight loss impacts the diabetic patient.
- Describe how different types of exercise including resistance training can affect the diabetic patient.
- Develop a care plan in the management of a diabetic patient.
- Describe how patient engagement in a key role in the care and treatment of diabetic patients.

Author: Lisa Augustyn, PT, DPT

Contact Hours : 5 Hours / 5 PDR

Cost: \$35 / Participant

Teaching Method : Online Independent Self-Study

Target Audience: PTs, PTAs, OTs, OTAs

Course Completion Certificate : A Printable (Pdf) Certificate By Email

Cancellation / Refund Policy: By completing your purchase from Biologix Solutions LLC through PayPal, you agree that you are purchasing digital, non-tangible product / service / training courses, and as such are not entitled to a refund once accessed. If you have any questions, please feel to contact us by phone or email before purchasing online course.