

WOUND MANAGEMENT—MULTIDISCIPLINARY APPROACH



This continuing education course has been designed for all healthcare professionals providing care to patients with, or at risk for wounds. There are numerous factors that increase one's risk of a difficult-to-treat wound. With an aging population and an expanding number of individuals with diabetes mellitus, which is associated with wounds of various types, healthcare professionals in all settings need a working knowledge of skin integrity issues, including risk factors associated with altered skin integrity, recognition of various types of wounds, preventative measures, and effective interventions. This course has been designed to provide healthcare professionals with a working comprehension of the etiology, treatment modalities, and prevention strategies currently available for the various types of wound encountered in our professional settings.

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

- Describe the aging process in terms of muscle strength, mobility, cardiovascular system, pulmonary system, height, weight and functional activity levels.
- Describe fall risks associated with aging and how to decrease the risk of falls in the elderly population.
- Describe how to prescribe an exercise program for the frail elderly.
- Define sarcopenia and understand how to develop an exercise program for those with this condition.
- Discuss the long term physical affects of exercise on the older adult population.
- Develop a strength training program that is safe and effective for older adults.
- Be able to prescribe exercise for special populations including older adults with arthritis, diabetes, hypertension, obesity, osteoporosis, peripheral arterial disease and pulmonary disease.
- Describe neuromuscular re-education for older adults.
- Describe how PNF improves balance and knee extensors strength of older fallers.
- Describe how Pilates based rehabilitation can improve functional outcomes and decrease risk of falls.
- Be able to develop a Pilates based rehabilitation exercise program for an elderly patient.
- Describe how Tai Chi can help postural control in the elderly.
- Describe how occupational therapists can help to educate and treat patients that are at risk for falling

Author: Lisa Augustyn, PT, DPT, Christine Church , M.S., OTR/L

Contact Hours: 6 Hours / 6 PDR (AOTA CEUs—0.6) | **Educational Level:** Intermediate | **Prerequisites:** None

Cost: \$40 / Participant | **Target Audience:** OTs, OTAs, PTs, PTAs and Other Healthcare Professionals

Instructional Methods: Online Independent Self-Study (Training + Post-Test). A minimum passing score of 70% is required for course completion. A Printable (Pdf) Certificate By Email.

AOTA Classification Codes: Category 2—Occupational Therapy Process

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