

October 18, 2014

Providence Alaska Medical Center
3200 Providence Drive
East Auditorium
Anchorage, AK 99508



Certificates of attendance are provided upon successful completion of the course.

This course is 8 contact hours/.8 ceu's/ccu's

This course is 9 contact hours/.9 CEU's for therapists licensed in AK, IL, FL, NY, or DC

This course is applicable for PT's, PTA's, OT's and ATC's. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. FL OT approval #50-1442. NAS courses are approved by the IDPR for physical therapists in Illinois. IL PT Provider # 216000074. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. This course can be used for continuing education competency for license renewal for OT's in the State of California. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Oklahoma, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. **BOC provider #P2047.**

Vestibular Rehab

An Algorithmic-Based
Evaluation and Treatment Approach
One-Day course



Presented by
Barry Morgan, PT

PT, PTA, OT, ATC- continuing education course
North American Seminars, Inc.

Outline

7:30	8:00	Registration	7:10	12:00	Vestibular evaluation components – demo and lab
8:00	8:10	Pre Test			<ul style="list-style-type: none">• Vestibulo-ocular reflexes• Cervical reflexes• Specialized vestibular tests• Balance function tests
8:10	9:15	Vestibular system overview	12:00	1:00	Lunch
		Anatomy	1:00	2:00	Vestibular treatment prescription lab and hands-on practice
		<ul style="list-style-type: none">• Understanding the membranous Labyrinth in normal & pathological conditions• Understanding the otoliths in normal & pathological conditions• Understanding the semicircular canals in normal & pathological conditions• Detailed descriptions of BPPV• Understanding the vestibular nerve connections to CNS in normal & pathological conditions			<ul style="list-style-type: none">• Starting point discussions• Progression / regression ideas
		Physiology	2:00	3:00	Common diagnoses and specific treatment ideas for each:
		<ul style="list-style-type: none">• Angular acceleration of the SCCs• Linear acceleration of the otoliths• Ocular stability and its importance for proper vestibular function• How all combined systems assist with postural and balance control• Mechanisms of recovery.			<ul style="list-style-type: none">• Vestibular hypofunction• Neuritis events• Meniere's• Migraine associated dizziness/ vestibular migraine• Concussion: thoughts and treatment ideas and the role of the vestibular therapist• Imbalance in all populations
9:15	10:00	Nystagmus	3:00	3:15	Break
		<ul style="list-style-type: none">• Definition• Description and nomenclature• Central vs peripheral• Demo and video examples of common types• BPPV<ul style="list-style-type: none">- Canalithiasis / cupulolithiasis- Horizontal, anterior, posterior- Video lab determining site of involvement ("read the eyes")	3:15	3:45	BPPV overview
					<ul style="list-style-type: none">• Specific diagnosis, tests demo, tests modifications, type determination
10:00	10:15	Break	3:45	4:45	BPPV tests and treatment lab
10:15	11:00	Oculomotor overview			<ul style="list-style-type: none">• Posterior canal• Horizontal canal• Anterior canal• Demo of common tests / treatment mistakes
		<ul style="list-style-type: none">• Oculomotor evaluation / lab for:• Multidirectional end gaze• Pursuits• Saccades• Video lab for oculomotor dysfunction examples• Oculomotor treatment prescription lab and hands-on practice• Treatment starting point discussions• Progressional / regressional treatment ideas	4:45	5:15	Group break out for case study and presentations
			5:15	5:30	Wrap up / questions
					<ul style="list-style-type: none">• Post test

About the Educator

Barry Morgan, PT received a BS degree in Anatomy from West Texas State University and a BS degree in Physical Therapy from the University of Texas Health Science Center at Dallas in 1986. Since 1986, he has practiced in a variety of neurologic and orthopedic settings. He is currently working as a vestibular program director and therapist at the University of Texas Medicine in San Antonio, TX and has been a national seminar educator since 2003. He is an adjunct professor at the University of Texas Health Sciences Center DPT program. He also has extensive experience in interpretation of vestibular testing, computerized balance testing, video nystagmography and oculomotor testing. Barry finished a competency based course on vestibular rehabilitation from Herdman in 2004. He is highly skilled in the evaluation and treatment of patients with vestibular disorders and concussion syndromes. He has worked closely with the US Military treating returning injured soldiers with vestibular and concussion injuries. In addition, he treats concussion injuries in the athletic population. He was involved in an NIH grant study on motion illness in 2006, and has also published research on BPPV in the Neuro-Otology Journal in 2007. Current research interests include vestibular treatment algorithms for a variety of vestibular conditions and continued BPPV research. He has presented several community education courses on balance and fall prevention and has provided free screening services for many local health fairs attempting to raise awareness for the need for proactive exercise for elderly abatement of dizziness and imbalance, and proper diagnosis of conditions involving the vestibular system.

Why You Should Attend This Course

Each year over 8 million physician and emergency room visits are attributed to complaints of dizziness and imbalance. Symptoms of vestibular disorders can vary greatly from one person to the next and the population range can vary as much as the symptoms. As our population ages many more people will be seeking medical assistance for dizziness and imbalance or injuries due to these complaints. Many people cannot explain their symptoms and their complaints can range from light-headedness to being clumsy. The ability for clinicians to perform screening tests for differential diagnosis is critical for the future health and well-being of their patients. Only 8% of suspected BBPV patients will have a proper diagnosis prior coming to a therapist. Will you be able to differentiate the symptoms and underlying causes?

This one-day intermediate course will provide the attending practitioner, intermediate level algorithmic problem solving skills needed to evaluate and treat dizziness and imbalance. A major emphasis will be placed on how to develop differential diagnosis skills when performing a comprehensive evaluation for a variety of vestibular diagnoses. Significant time will also be focusing on developing an effective adapt-able progressive plan of care with successful outcomes. A variety of current patient case studies will be thoroughly evaluated to assist with putting all the information together in a practical manner.

Integrative hands-on labs are interspersed throughout the day that will allow participants to practice and easily apply evaluation techniques and treatment strategies to their clinical repertoire. This course will prepare the clinician to evaluate and treat with minimal equipment.

This course is offered to Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, Nurses, Nurse Practitioners, and Physician Assistants who are currently working with this population. Clinicians currently working with this population are encouraged to attend this course.

Course Objectives

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

- Review the anatomy, physiology, pathophysiology of the vestibular system
- Understand how balance and movement information is processed.
- Recognize the different mechanisms available for recovery, (compensation, adaptation, substitution), and how they can be utilized to prescribe effective progressive plans.
- Recognize nystagmus types and assist in their correct diagnosis and thus treatment for central and vestibular disorders.
- Perform specific BPPV tests and treatments with proficiency demonstration.
- Perform evaluations and progressions for oculomotor, vestibular and balance function with proficiency demonstration.
- Apply information gathered from detailed history, evaluations, and tests and develop appropriate algorithmic plans of care.

Participants must have completed the self-study course on the Vestibular Rehab prior to attending this one-day hands-on course.

Registration Form

Vestibular Rehab

Registration fee: \$210.00

Tuition to: Registration, Providence Alaska Learning Institute
PO Box 196604, Anchorage, AK 99519-6604

Register online at <http://alaska.providence.org> and look for Classes & Training
make all checks payable to **PAMC**

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.

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e-mail (required)	_____		
Location of attendance	_____		