

Continuing Education Credits

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**All professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar. Registrants will not receive a certificate until payment has been received and course has been successfully completed.

**Amended certificates:** Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

**Physical Therapists:** The Illinois Chapter Continuing Education Committee has approved this course according to the Criteria for Approval of Continuing Education offerings established by the Illinois Physical Therapy Association. This course is approved for 6 Credit Hours. IPTA Approval 75-5615. This course content is not intended for use by any participants outside the scope of their license or regulation.

**Occupational Therapists, Occupational Therapy Assistants:** Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 2: Occupational Therapy Process.




**Nurses:** Cross Country Education, LLC. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



This course is offered for 6 contact hours.

Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

Speech-Language Pathologists and Audiologists:



**Cross Country Education, LLC** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for up to .6 ASHA CEUs (Intermediate level; Professional area).

**Athletic Trainers:** Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097 6 CEUs will be awarded.



**Exercise Physiologists:** The American College of Sports Medicine's Professional Education Committee certifies that Cross Country Education meets the criteria for official ACSM Approved Provider Status from (2013-December 31, 2015). Providership # 650699. This Continuing Education offering meets the criteria for 6 credit hours of ACSM Continuing Education Credit.



**Certified Strength and Conditioning Specialists/Personal Trainers:** This program is pending CEU approval by the NSCA Certification for pre-approval of 0.6 CEUs.

**Other Professions:** This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**Cancellations:** Cancellations received at least five working days before the event are refundable, minus a \$20 administrative charge.

**Guarantee:** Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, professionals, and key personnel through our seminars, conferences, and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our live seminars or webinars, or purchase an audio, video, or online product, and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another live seminar, webinar, audio, video, or online product. All returned audio and video products and materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024

**ADA:** If you require ADA accommodations, please contact rhonda.guzman@clinicalrehabservices.com at least two weeks before the seminar date so arrangements can be made.

**Course Times and Lunch:** Registration will begin at 8AM. The course will run from 8:30 AM-4:00 PM. A one hour break will be given for lunch. Lunch is on your own.

# Pharmacology Landmines in Rehabilitation

*Know the Benefits and Hidden Dangers of Your Patients' Medications*

Hosted by Cross Country Education

Date: Saturday, April 11, 2015

Time: 8:00 AM-4:00 PM

Place: DePaul University at Triangle Plaza

8770 W. Bryn Mawr Avenue • Suite 100 • Chicago, IL 60631

- **Discover** how medication side effects can adversely affect rehab outcomes and what you can do to compensate for them
- **Discuss** examinations, red flags, and therapeutic work-arounds through in-depth case studies
- **Examine** the physiology of drug absorption and utilization
- **Accurately analyze** common medications and dietary supplements and identify at least two adverse reactions for each
- Attendees also receive a quick-reference medication guide

CEU credits for:

- Physical Therapists • Occupational Therapists/Assistants • Nurses
- Speech-Language Pathologists • Athletic Trainers • Exercise Physiologists
- Certified Strength and Conditioning Specialists • and other professionals

Sponsored by:



# Pharmacology Landmines in Rehabilitation

*Know the Benefits and Hidden Dangers of Your Patients' Medications*

## Overcome Common Barriers to Optimum Rehab Outcomes

While pharmacology is a critical component in the medical model of patient management, it is also one of the weakest areas of learning in most education programs for rehabilitation professionals. Thus, rehab specialists, unfortunately, often do not have the necessary background knowledge to understand and compensate for the ways that different medications may be negatively affecting their clients' outcomes.

This essential one-day seminar will increase attendees' comfort level with working around medication effects by presenting key information on pharmacology with many case studies from different practice settings. The course will cover the more popular and commonly encountered

pharmacologics in rehab settings, including pain and cardiac medications, anti-inflammatories, muscle relaxers, and anxiolytics (antianxiety drugs), as well as vitamin and mineral supplements in relation to this topic. Side effects that can affect rehabilitation through altered coordination, balance, cognition and swallowing will be specifically discussed, along with drug interaction risks. In addition, all attendees will receive a practical, quick-reference handout on pharmacology specifically developed for rehabilitation professionals. After completing this course, attendees will see improved results in their daily practice through their recognition of patients' medication effects and ready knowledge of ways to offset them.

### Course Director

CHAD C. HENSEL, PT, DPT, MHS, CSCS, is a licensed, clinical physical therapist with over 13 years of experience in sports medicine, orthopedics, subacute, neurological and work hardening. Currently, he is one of four lead Physical Therapists at Marion Area Health Center in Marion, Ohio, and also works for SunDance Rehabilitation Corporation in Marion performing PRN evaluations and clinical management in the subacute unit. He has been on the faculty of the PTA programs at Marion Technical College and Sinclair Community College, where he taught Intro to Pharmacology, Anatomy, and Therapeutic Exercise courses. In addition, Dr. Hensel is a former instructor at Andrews University, where he taught multiple courses, including pharmacotherapeutics, medical terminology and physiology and developed pharmacology course content for the transitional doctorate program. He attended Bowling Green State University in consortium with the Medical College of Ohio for his undergraduate Physical Therapy Education, completed his Master of

Health Science degree at the University of Indianapolis and received his Physical Therapy Doctorate from the University of Indianapolis.

Dr. Hensel is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and a Certified Weight Trainer with the International Weightlifting Association. His extensive educational, clinical and teaching experiences are reflected in the innovative and insightful curriculums he offers through Cross Country Education.

#### Disclosure:

Financial—Receives a speaking honorarium from Cross Country Education  
Nonfinancial—No relevant nonfinancial relationship exists

### Who Should Attend

- Physical Therapists
- Occupational Therapists/Assistants
- Nurses
- Speech-Language Pathologists
- Athletic Trainers
- Exercise Physiologists
- Certified Strength and Conditioning Specialists

### What You Will Learn

- Recognize and define the terms frequently used in pharmacology
- Describe how common medications work in the body
- Identify medication side effects and interactions that can affect a patient's outcomes in rehabilitation
- Discuss ways that dietary supplements can interact with medications
- Identify red flags and adverse effects related to the medications a patient is taking
- Examine solutions to ensure success in rehabilitation in spite of challenges created by medication effects

### Course Content

#### INTRODUCTION

- Definitions
  - drug class
  - mechanism of action
  - absorption
  - half-life
  - approved vs. off-label use
- The FDA's role in development, safety monitoring and enforcing
- What's in a name? Etiology of drug names
- Introduction to case studies of various diagnoses

### PHYSIOLOGY

- Drug administration method review
- Pros and cons of each administration route
- Clearing meds from the system

### COMMON MEDICATIONS AND SIDE EFFECTS BY CATEGORY

- Pain medications
  - prescription and over the counter (OTC)
- Steroids
- Muscle relaxers
- Anti-Depressants
- Cardiovascular and blood pressure medications
- Respiratory medications
- Antibiotics
- Anti-Fungals and anti-virals
- Diabetes medications
- Anti-Seizure medications
- Dietary supplements and vitamins

### APPLICATION TO REHABILITATION PROGRAMS

- Assessment of medication effects
- Physical examination red flags
- Identifying adverse effects experienced
- Working around side effects

### COMPLETION OF CASE STUDIES

- Discussion of examination, red flag identifiers and resolution
  - orthopedic case
  - neurologic case
  - pediatric case
  - geriatric case
  - arthritis case
  - hypertension case
  - oncology case
  - fitness enthusiast case

## Pharmacology Landmines in Rehabilitation Registration

Registrant's Name/Title: \_\_\_\_\_

Registrant's Profession: \_\_\_\_\_ License Number: \_\_\_\_\_

Facility/Company: \_\_\_\_\_

Email Address (for confirmation): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

**One Registrant Per Registration Form. Please include all registration forms with payment.**

☐ I am an employee of Wellness Healthcare Partners or Clinical Rehab Services.

☐ Check for \$99 enclosed. Please make check payable to: **Transitional Care Management** (Sorry, we cannot accept credit cards.)

#### Please send form and payment to :

Transitional Care Management • 6400 Shafer Court • Suite 600 • Rosemont, IL 60018-4914, attn. Education Department

**Forms and payment must be postmarked by April 1, 2015.**

**Questions?** Please contact: rhonda.guzman@clinicalrehabservices.com or call 773.654.1690