



# FROM FRAILTY TO FUNCTIONALITY: EVIDENCE-BASED REHABILITATION STRATEGIES FOR DECONDITIONED PATIENTS

## Webinar

**November 1, 2017**

**1:00 - 2:00 pm EST**

*A recording of the webinar  
will be available for 60 days  
following the live event.*

### REGISTRATION FEE

(per site/phone connection)

**HCA Member \$149.00**

**Non-Member \$249.00**

*This program is offered in  
partnership with the Home Care  
Association of New Hampshire.*

Deconditioning is a complex process of physiological change following a period of inactivity that results in functional losses including mental status, continence and ability to accomplish activities of daily living. Although it is frequently associated with hospitalization there are strategies to combat deconditioning that are appropriate to the growing population of elderly home care patients. With proper care, we can stave off the decline in muscle mass and strength linked to falls, functional decline, increased frailty and immobility with environmental modifications and an appropriate exercise therapy program.

The webinar will delve into the operational definitions for Frailty and Deconditioning as well as examine the scope and prevalence of the problem in today's patient populations compared to similar patients ten or 20 years ago. Although these limitations are exacerbated with physiological consequences of low activity levels and extended bed rest, gains can be achieved and maintained by developing an evidenced-based practice for re-conditioning.

#### Learning Objectives:

- Describe clinical aspects of frailty;
- Discuss risk related to frailty such as hospitalization or nursing home placement;
- Examine effects of reduced activity on elderly subjects, such as sarcopenia;
- Accurately perform at least four validated field tests to assess functional aspects related to frailty or deconditioning;
- Introduce new techniques and modification for frail and deconditioned patients;
- Analyze the latest in physio science research; and
- Discuss cases to illustrate new direction of care.

**Presenter: Ernest Roy, PT, CPT**, is the Home Care Therapy Team Leader for Pemi-Baker Community Health, in Plymouth, NH. He is a certified Chronic Care Management Trainer and holds certification as a Strength & Conditioning Specialist from the National Strength and Conditioning Association. Ernie has extensive experience in a variety of roles, including Acute Care, Outpatient, Home Health and Industrial Rehabilitation. He has been in practice as a Physical Therapists for 29 years.





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## REGISTRATION Registrations must be received by October 25<sup>th</sup>

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Agency: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_  
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Phone: \_\_\_\_\_ Ext. \_\_\_\_\_ Fax: \_\_\_\_\_

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*Recording will be made available after the program, and will be accessible for 60 days (through Jan. 1, 2018).*

There is no limit to the number of attendees from your agency who may participate at your site using one phone line and a computer with internet access. Prior to the webinar, a GoToWebinar link will be e-mailed to you. You will need to register through this link to attend the webinar. You will be sent a confirmation which will include a join link to access the webinar, a dial-in number and an access code to listen in via telephone. You will also be sent any pertinent handouts, if available, an evaluation and certificate. Registrations may not be shared between agencies – the agency’s registration covers the access of only one phone line/computer access to the webinar. Multiple site participation for your agency will require a separate registration fee for each connection.

Please note: if your agency has sent in 1 registration but 3 people from your agency register through the GTW link, your agency will be invoiced for the additional 2 registrations. The handouts will be emailed to you to the email address you provide. Please feel free to provide an additional email address as a backup.

## PAYMENT – Please check method of payment: (Checks must be received by date of program).

MasterCard  VISA  American Express  Check\*

\*Make checks payable to: **HCA Education and Research – Mail to: 388 Broadway, 4<sup>th</sup> Floor, Albany, NY 12207**

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Cancellations received one week prior to scheduled webinar date are refundable less a 25% administrative fee. Cancellations must be received in writing via e-mail to [info@hcanys.org](mailto:info@hcanys.org). No refunds will be given once course materials and log-in information have been provided. No refunds for no shows. Substitutions are permitted.



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