

Course Title: Geriatric Rehab 105 - Impaired Aerobic Capacity/Endurance

Course Description: Geriatric Rehab 105, Impaired Aerobic Capacity/Endurance, is a 2-hour course designed for the clinician working in geriatrics in the acute care environment. This course will cover various aspects of aerobic capacity and endurance and the benefits of exercise with the elderly. Physiologic aspects of aerobic capacity and exercise will be covered including heart rate, cardiac output, arterial and venous oxygen content and more. This clinically-relevant information will provide the clinician with the proper knowledge and foundation to be better equipped to design treatment interventions and exercise programs that will help clients reach their maximum potential and functional independence.

Target Audience: OT / OTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 2 contact hour / .2 ceu

Course Prerequisites: None

Course Author / Instructor: Guccione, PT, PhD, DPT / Brown, MS, OTR/L, CHT

Learning Objectives:

- Define factors that influence aerobic capacity in older adults
- Understand physiology of aerobic capacity and exercise
- List tests and measures to assess aerobic capacity and endurance
- Understand commonly used scales including angina, dyspnea, claudication and perceived exertion scales
- Understand evaluation, diagnosis and prognosis of older adults with aerobic impairment
- List interventions used with older adults with aerobic impairment

Agenda:

Hour #1

FACTORS INFLUENCING AEROBIC CAPACITY IN THE OLDER ADULT PUBLIC
HEALTH BENEFITS OF EXERCISE AND PHYSICAL ACTIVITY
PHYSIOLOGY OF AEROBIC CAPACITY AND EXERCISE

Heart Rate Stroke Volume Cardiac Output

Arterial Oxygen Content Venous Oxygen Content

Arteriovenous Oxygen Difference

Hour #2

PHYSICAL THERAPY EXAMINATION

History

Systems Review Tests and Measures

EVALUATION, DIAGNOSIS, AND PROGNOSIS PLAN OF CARE INTERVENTIONS

Case Examples

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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