Course Title: Stroke Rehab 140

Course Subtitle: Poststroke Complications and Their Treatment

Source: Stroke Recovery and Rehabilitation, 2nd ed.

Source Description: The definitive core text in its field, Stroke Recovery and Rehabilitation is a comprehensive reference covering all aspects of stroke rehabilitation from neurophysiology of stroke through the latest treatments and interventions for functional recovery and restoration of mobility. This second edition is completely updated to reflect recent advances in scientific understanding of neural recovery and growing evidence for new clinical therapies.

The second edition provides in-depth information on the assessment and management of all acute and long-term stroke-related impairments and complications including cognitive dysfunctions, musculoskeletal pain, and psychological issues.

It examines risk factors, epidemiology, prevention, and neurophysiology as well as complementary and alternative therapies, functional assessments, care systems, ethical issues, and community and psychosocial reintegration.

With contributions from over 100 acknowledged leaders from every branch of the stroke recovery field, this edition features expanded coverage of key issues such as the role of robotics and virtual reality in rehabilitation. New chapters have been incorporated to cover fields of recent exploration including transcranial magnetic stimulation, biomarkers, and genetics of recovery as well as essentials like the use of medication and the survivor's perspective. The up-to-date presentation of scientific underpinnings and multi-specialty clinical perspectives from physical medicine and rehabilitation, neurology, physical therapy, occupational therapy, speech and language pathology, and nursing ensures that *Stroke Recovery and Rehabilitation* will continue to serve as an invaluable reference for every health care professional working to restore function and help stroke survivors achieve their maximum potential.

See course outline below for details and inclusive content in Stroke Rehab 140 course.

Target Audience: OT/OTA, PT/PTA and other healthcare professionals

Course Length: 7 hours

Course Author/Instructor: Joel Stein, MD / Brown, MS, OTR/L

Educational Level: Introductory, Intermediate, Advanced

Course Objectives:
At the end of the course, participants will be able to:

- Become familiar with secondary ways to prevent stroke by examining a variety of risk factors and listing ways that each can be managed
- Examine and analyze cardiovascular and musculoskeletal health to prevent deconditioning after stroke
- Outline 3 strategies for designing exercise programs in stroke survivors
- Summarize and describe at least 5 medical complications after stroke
- Understand the physiology of spasticity after stroke and examine 3 ways to measure it
- Describe 3 ways of managing spasticity after stroke and the characteristics of each intervention
- Outline musculoskeletal complications after stroke and examine characteristics of pain, and common shoulder conditions after stroke

Outline of Content:

Hour #1
Secondary Prevention of Ischemic Stroke
THERAPEUTIC APPROACH
Cardiogenic Cerebral Embolism
Antiplatelet Agents
Noncardioembolic Stroke or TIA
Hypercoagulable States
Sickle Cell Disease
Cerebral Venous Sinus Thrombosis
Arterial Dissections
CONVENTIONAL MODIFICABLE STROKE RISK FACTORS
Hypertension
Diabetes
Dyslipidemia
Smoking
Alcohol Intake
MODOFOABLE RISK FACTORS EXCLUSIVE TO WOMEN
SUMMARY

Hour #2
Prevention of Deconditioning After Stroke
CARDIOVASCULAR HEATH AND FITNESS AFTER STROKE
Measuring Fitness Levels After Stroke
Functional Consequences of Reduced Fitness After Stroke
Mechanisms Underlying Poststroke Deconditioning
Clinical and Metabolic Consequences of Paretic-Side Tissue-Level Changes
PHYSIOLOGICAL AND FUNCTIONAL EFFECTS OF EXERCISE AFTER STROKE
Exercise Training for Cardiovascular Fitness After Stroke

Effects of Exercise on Sensorimotor Function After Stroke
Exercise Intervention Strategies After Stroke Using Multiple Modalities
STRATEGIES FOR DESIGNING EXERCISE PROGRAMS IN STROKE SURVIVORS
Goals of Training
Medical Evaluation
Exercised Programs and Testing
Guidelines for Exercise Training and Progression
SUMMARY AND FUTURE RESEARCH

Hour #3
Medical Complications After Stroke
FREQUENCY AND TYPE OF MEDICAL COMPLICATIONS
THE DETERMINANTS OF MEDICAL COMPLICATIONS
SPECIFIC MEDICAL COMPLICATIONS
MEDICAL MANAGEMENT IN REHABILITATION
RESEARCH FRONTIERS

Hour #4
Physiology and Management of Spasticity After Stroke
ASSESSMENT AND GOAL SETTING
IMPACT ON REHABILITATION AND RECOVERY
ORAL MEDICATIONS
NERVE BLOCKS
BOTULINUM TOXINS
INTRATHECAL BACLOFEN
ROLE OF SURGICAL INTERVENTION
NONPHARMACOLOGICAL MODALITIES
LOOKING AHEAD: THE FUTURE OF SPASTIC HYPERTONIA MANAGEMENT

Hour #5
Musculoskeletal Complications After Stroke
PAIN
Shoulder Pain and Subluxation
Capsulitis and Related Conditions
Impingement and Complex Regional Pain Syndrome
Brachial Plexopathy
Bicipital Tendonitis
Spasticity and Contractures

Hour #6
Depression and Other Neuropsychiatric Complications
POSTSTROKE DEPRESSION
RISK FACTORS
POSTSTROKE APATHY
ANOSOGNOSIA FOR HEMIPLEGIA

OTHER NEUROPSYCHIATRIC COMPLICATIONS
CONCLUSION

Fatigue After Stroke
FATIGUE AFTER STROKE
MECHANISMS OF POSTSTROKE FATIGUE
SIGNIFICANCE
FATIGUE MANAGEMENT STRATEGIES
SUMMARY

Sleep Disturbances and Stroke
SLEEP-DISORDERED BREATHING AND STROKE

Hour #7
Malnutrition After Stroke
PREVALENCE
ENERGY REQUIREMENTS FOLLOWING STROKE
PROTEIN REQUIREMENTS FOLLOWING STROKE
SCREENING AND ASSESSMENT OF NUTRITIONAL STATUS
NUTRITIONAL INTERVENTION STRATEGIES
DEHYDRATION AND FLUID REQUIREMENTS
CONCLUSION

Bladder and Bowel Management After Stoke
BLADDER MANAGEMENT
BOWEL MANAGEMENT

Instructional Methods and Formats:
Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:
A minimum 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, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:
Category 1: Domain of OT
Category 2: Occupational Therapy Process
Category 3: Professional Issues

Additional Policies:
OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

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