



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Breathing Essentials 202

Course Subtitle: Function of Respiration

Course Description: Function of respiration is a 2-hour seminar which continues with the anatomical makeup of the thorax that was initiated in Breathing Essentials 201. Detailed descriptions of the muscular component of the thorax including function of these muscles will be discussed. Correct breathing mechanics and the physiology of respiration will be covered. Adverse physiology will be introduced. This thread will be continued with in Breathing Essentials 203: Altered Breathing Patterns and Their Consequences.

The importance of the diaphragm and its numerous functions will be presented. Discussion of Differential Diagnosis of the Thoracic spine will also be discussed. The videos for the Respiration Labs will present breathing observations, a review of rib biomechanics, a patient video, chest expansion measurement, breathing techniques, and numerous breathing exercises will be presented.

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

Course Length: 2 hours

Course Author/Instructor: Debra Dent, BPT, Dip Manip, PT, OCS, FCAMPT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

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

- Describe the physiology of breathing and how altered pH can affect the body.
- Describe two functions of the diaphragm.
- Identify limited chest expansion and Bradcliff angles and ski jumps.
- Identify limited lateral costal breathing and how to facilitate normal lateral costal breathing.

Outline of Content:

Hour #1

Muscles of respiration anatomy

Diaphragm, intercostals, scalenes, levator costae, transversus abdominus

Mechanics of breathing
Normal breathing-mechanical effects
Physiology of Respiration

Hour #2

Lung volumes
Lung perfusion
Blood pH, hypercapnia and hypocapnia responses
Function of the Diaphragm

Respiration and Lab Videos

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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