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AOTA Approved Provider #4023

**Course Title:** Cardiopulmonary 105

**Course Subtitle:** Clinical Body Positioning

**Course Description:** Cardiopulmonary 105, Body Positioning, is a 2 -hour course designed for the beginning to intermediate clinician in need of a review or comprehensive introduction into therapeutic body positioning. This course will focus on the physiological effects of body positioning and differentiate therapeutic body positioning from routine body positioning. The principles for prescribing certain positioning along with benefits and influence on cardiovascular and pulmonary function and the effects of oxygen transport will be reviewed.

**Target Audience:** OT/OTA

**Course Length:** 2 hours

**Course Author/Instructor:** Frownfelter, PT, DPT, MA CCS, RRT, FCCP and Dean, PhD, PT / Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

**Course Objectives:**

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

- Explain how gravity influences normal physiological function
- Describe physiological effects of various body positions
- List 5 indications for body positioning to optimize oxygen transport
- List 10 indications for frequent changing of body positions
- Describe the physiological effects of various body positions including supine, side-lying, prone and head down position
- Differentiate prescriptive from routine body positioning
- Outline the principles of monitoring oxygen transport variables before, during and after positioning a patient

**Outline of Content:**

## **Hour #1**

Introduction

Gravity and Normal Physiological Function

Prescriptive vs. Routine Body Positioning

Physiological Effects of Various Body Positions

Upright

Supine

Side-Lying

## **Hour #2**

Head Down

Prone

Physiological Effects of Frequent Changes in Body Positions

Prescription of Therapeutic Body Positions and Body Position Changes

Practical Considerations in Positioning Patients

Monitoring Responses to a Body Position or Position Changes

Summary

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://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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