

Course Title: Cardiopulmonary Rehab 108

Course Subtitle: Never Too Old for Cardiac Rehabilitation

Course Description: Prevalence of cardiovascular disease (CVD) increases with age and is endemic in the burgeoning population of older adults. Older adults with CVD are susceptible not only to high mortality but also to increased likelihood of disability, dependency, functional decline, and poor quality of life. Cardiac rehabilitation (CR) is a multidimensional and comprehensive treatment program that can potentially address many of the distinctive challenges of older adults with CVD. In this review, the wide range of potential benefits of CR for older adults with CVD is summarized.

Course Source: Clinics in Geriatric Medicine

Course Length: 1 hour

Course Authors: Multiple

Course Instructor: Joanne Brown, MS, OTR/L, CHT

Target Audience: OT/OTA's, PT/PTA's

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 growth of the aging population along with cardiovascular disease
- Describe cardiac rehabilitation and list some of the components it includes
- List 5 benefits of cardiac rehabilitation along with functional benefits often obtained
- Describe how exercise capacity, muscle and strength and improved cognition are gained with cardiac rehabilitation
- Summarize 3 barriers to cardiac rehabilitation and describe how to healthcare professional can help to overcome these barriers

Outline of Content:

Hour #1

The aging population and associated cardiovascular disease

Cardiac rehabilitation
Improving the function of older adults with cardiac rehabilitation
 Exercise Capacity
Strength and balance training
Cognition
Frailty
Sarcopenia
Quality of life
Depression
Self-efficacy
Socialization
Polypharmacy
Barriers to cardiac rehabilitation in older adults
Summary

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes text-based course.

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 top navigation bar.

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