

Course Title: Cardiopulmonary Rehab 109

Course Subtitle: Resistance Training for Older Adults in Cardiac Rehab

Course Description: Cardiac rehabilitation plays a key role in the care of older patients after a coronary event. Hospitalizations are prevented and quality of life, exercise capacity, and physical function are improved. Almost 50% of cardiac rehabilitation participants are older adults (>65 years), many of whom are frail or deconditioned. Resistance training, as a component of cardiac rehabilitation, improves muscle strength, endurance, and physical function. The purpose of this review is to describe the effects of resistance training in cardiac rehabilitation for older adults with a particular focus on physical function.

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:

- Outline 3 physiologic responses to resistance training
- List and describe the 5 domains of frailty
- Based on research, summarize the functional benefits of resistance training on older adults in cardiac rehab
- Describe 5 metabolic benefits to the older adult in cardiac rehab
- Examine 5 different types of resistance training equipment and list 2 advantages and 2 disadvantages of each

Outline of Content:

Hour #1

- Background/introduction

- Physiologic response in resistance training
- Resistance training in frail older adults
- Functional benefits of resistance training in cardiac rehabilitation patients
- Metabolic benefits of resistance training in older cardiac rehabilitation patients
 - Insulin Resistance
 - Blood Pressure
 - Effects of Resistance Training on Dyslipidemia
 - Resistance Training and Weight Management
- Effect of resistance training on aerobic capacity
- Combination of aerobic exercise and resistance training more beneficial than resistance training alone

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 left-hand navigation bar.

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