



Online Continuing Education Courses  
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**Course Title:** COTA Skills 123

**Course Subtitle:** Dysphagia and Other Eating and Nutritional Concerns with Elders

**Source:** Occupational Therapy with Elders: Strategies for the COTA, 3<sup>rd</sup> ed. by Rene Padilla, MS, OTR/L, Sue Byers-Connon, BA, COTA/L, ROH and Helene Lohman, MA, OTD, OTR/L

**Source Description:** The only comprehensive book on geriatric occupational therapy designed specifically for the COTA, Occupational Therapy with Elders: Strategies for the COTA, 3rd Edition provides in-depth coverage of each aspect of geriatric practice, from wellness and prevention to death and dying. A discussion of foundational concepts includes aging trends and strategies for elder care, and coverage of emerging areas includes low-vision rehabilitation, mobility issues including driving, and Alzheimer's disease and other forms of dementia. Expert authors René Padilla, Sue Byers-Connon, and Helene Lohman offer an unmatched discussion of diverse populations and the latest on geriatric policies and procedures in this fast-growing area of practice.

See course outline below for details and inclusive content in COTA Skills 123 course

**Target Audience:** OT/OTA and other healthcare professionals

**Course Length:** 1 hour

**Course Author/Instructor:** Rene Padilla, MS, OTR/L, Sue Byers-Connon, BA, COTA/L, ROH and Helene Lohman, MA, OTD, OTR/L  
/ Brown, MS, OTR/L, CHT

**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 conclusion of the course, participants will be able to:

- Discuss the increased incidence of swallowing, eating, and nutritional problems occurring with elders.
- Identify the basic anatomical structures related to swallowing and the swallow sequence.
- Relate the physiological changes and the onset of increased age-related medical conditions with the increased incidence of swallowing problems.
- Identify intervention strategies and precautions for improving oral intake and nutrition.

- Discuss the roles of the team members and the importance of teamwork in addressing swallowing and nutritional concerns.
- Relate ideas for managing different types of feeding problems.
- Discuss the psychological and ethical concerns that are present when swallowing problems develop.

### **Outline of Content:**

#### **Hour #1**

The Role of the Certified Occupational Therapy Assistant

Normal Swallow

Etiology of Dysphagia

Intervention Strategies

Age-Related Swallowing Changes

Assistive Devices

Direct Intervention

Dietary Concerns

Precautions

Nursing/Caregiver Instruction

Ideas for Managing a Feeding Program

#### **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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