



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** COTA Skills 128

**Course Subtitle:** Working with Elders Who Have Cardiovascular Conditions

**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 128 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:

- Identify the signs and symptoms of cardiac dysfunction.
- Describe the phases of cardiac rehabilitation.
- Recognize the role of occupational therapy in cardiac rehabilitation.
- Describe assessments, intervention techniques, and precautions used with elders who have cardiac conditions.
- Describe intervention approaches for elders with cardiac conditions in various treatment settings.

## **Outline of Content:**

### **Hour #1**

Background Information

Psychosocial Aspects of Cardiac Dysfunctions

Evaluation of Elders with Cardiac Conditions

Interventions, Goals, and Strategies

When to Stop Activity and Seek Medical Help

Energy Conservation, Work Simplification, and Other Education

Intervention with Elders with Cardiac Conditions in Other Settings

Examples of Common Medications and Potential Side Effects

Santa Clara Valley Medical Center's Metabolic Equivalents After

Myocardial Infarction and After Open Heart Surgery

The Four Functional Categories of Cardiac Disease

The Three Phases of Cardiac Rehabilitation

### **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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