



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Geriatric Rehab 105

Sub-Title: Impaired Aerobic Capacity/Endurance

Course Description: Geriatric Rehab 105, Impaired Aerobic Capacity/Endurance, is a 2-hour course designed for the clinician working in geriatrics in the acute care environment. This course will cover various aspects of aerobic capacity and endurance and the benefits of exercise with the elderly. Physiologic aspects of aerobic capacity and exercise will be covered including heart rate, cardiac output, arterial and venous oxygen content and more. This clinically-relevant information will provide the clinician with the proper knowledge and foundation to be better equipped to design treatment interventions and exercise programs that will help clients reach their maximum potential and functional independence.

Target Audience: OT/OTA

Course Length: 2 hours

Course Author/Instructor: Guccione, PT, PhD, DPT / Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

Course Objectives:

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

- Define factors that influence aerobic capacity in older adults
- Understand physiology of aerobic capacity and exercise
- List tests and measures to assess aerobic capacity and endurance
- Understand commonly used scales including angina, dyspnea, claudication and perceived exertion scales
- Understand evaluation, diagnosis and prognosis of older adults with aerobic impairment
- List interventions used with older adults with aerobic impairment

Outline of Content:

Hour #1

FACTORS INFLUENCING AEROBIC CAPACITY IN THE OLDER ADULT
PUBLIC HEALTH BENEFITS OF EXERCISE AND PHYSICAL ACTIVITY
PHYSIOLOGY OF AEROBIC CAPACITY AND EXERCISE

Heart Rate
Stroke Volume
Cardiac Output
Arterial Oxygen Content
Venous Oxygen Content
Arteriovenous Oxygen Difference

Hour #2

PHYSICAL THERAPY EXAMINATION

History
Systems Review
Tests and Measures
EVALUATION, DIAGNOSIS, AND PROGNOSIS
PLAN OF CARE INTERVENTIONS
Case Examples

Instructional Methods and Formats:

Online course available 24/7 at 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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