



Online Continuing Education Courses  
www.OnlineCE.com



AOTA Approved Provider #4023

**Course Title:** Geriatrics 214

**Course Subtitle:** Age-Related Biological System Changes and Gerontological OT - Musculoskeletal System

**Course Source:** Occupational Therapy with Aging Adults: Promoting Quality of Life Through Collaborative Practice by Karen Barney and Margaret Perkinson

**Source Description:** Look no further for the book that provides the information essential for successful practice in the rapidly growing field of gerontological occupational therapy! Occupational Therapy with Aging Adults is a new, comprehensive text edited by OT and gerontological experts Karen Frank Barney and Margaret Perkinson that takes a unique interdisciplinary and collaborative approach in covering every major aspects of geriatric gerontological occupational therapy practice. With 30 chapters written by 70 eminent leaders in gerontology and OT, this book covers the entire continuum of care for the aging population along with special considerations for this rapidly growing demographic. This innovative text also covers topical issues spanning the areas of ethical approaches to treatment; nutrition and oral health concerns; pharmacological issues; low vision interventions; assistive technology supports; and more to ensure readers are well versed in every aspect of this key practice area. Includes Intra-professional and interprofessional approach to intervention, case studies and more!

**Target Audience:** OT, OTAs

**Course Length:** 2 hours

**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 how the aging process changes each of the musculoskeletal structures as it relates to functional task performance.
- Describe common musculoskeletal disorders in the older adult, particularly osteoarthritis, rheumatoid arthritis, osteoporosis, fractures, back pain, lumbar spinal stenosis, and degenerative lumbar spondylolisthesis.
- List and explain the principles of joint protection and adjunct interventions involved in the management of rheumatoid arthritis.
- Identify the three stages of rheumatoid arthritis and treatment goals associated with each stage.

- Describe the treatment choices that occupational therapists have for clients with lumbar spinal stenosis and degenerative lumbar spondylolisthesis.
- Describe the effects of changes that occur in the mobility of older adults.
- Describe the management, considerations and precautions, and importance of exercise in occupation-based intervention.
- List and describe the factors causing falls in older adults and the effects of musculoskeletal changes.
- Describe occupation-based interventions in the management of musculoskeletal conditions.
- Discuss the psychological effects of mobility impairments in older adults.

## **Outline of Content:**

### **Hour #1**

Variations in Structure and the Normal Aging Process

Bone

Muscles

Joints

Common Musculoskeletal Disorders in Older Adults

Osteoarthritis

Rheumatoid Arthritis

Osteoporosis

Fractures

Epidemiology of Hip Fractures

Back Pain

Lumbar Spinal Stenosis

Degenerative Lumbar Spondylolisthesis

Occupational Therapy Intervention for Musculoskeletal Conditions in the Older Adult

Client and Caregiver Education

Osteoarthritis

*Maintain Joint ROM*

*Muscle Strength*

*Reduce Excessive Loading on the Involved Joints*

*Avoid Pain in Activity Performance*

*Balance Activity and Rest throughout the Day*

*Avoid Staying in One Position for Long Periods*

*Adaptations and Environmental Modifications*

*Joint Protection Education through Activity Performance*

Rheumatoid Arthritis

*Active Disease*

*Subacute Disease*

*Inactive Disease*

*Respecting Pain*

*Maintain Muscle Strength and Range of Motion*

*Avoid Positions of Deformity and Forces in Their Direction*

*Use the Largest, Strongest Joints Available for the Job*  
*Ensure Correct Patterns of Movement*  
*Avoid Staying in One Position for Long Periods*  
*Pace Activities Energy Conservation*  
*Balance Rest and Activity*  
*Modifications and Adaptations*  
*Splinting and Orthoses for Joint Protection and Pain*  
*Reduction*

## **Hour #2**

Osteoporosis and Fractures  
*Vertebral Fractures*  
*Hip Fractures*  
Back Pain  
*Lumbar Spinal Stenosis*  
*Degenerative Lumbar Spondylolisthesis*  
Occupational Performance Deficits in Older Adults  
Decline in Mobility with Aging  
Functional Performance Deficits  
Basic and Instrumental Activities of Daily Living  
Assessments of Activities of Daily Living  
Occupation-Based Intervention  
Management of Musculoskeletal Conditions  
Considerations and Precautions  
Importance of Exercise in Musculoskeletal Intervention  
Prescribing Therapeutic Activities  
Falls in Older Adults  
Effects of Musculoskeletal Changes as They Contribute to Falls  
Psychological Effects of Mobility Impairments in Older Adults  
Interprofessional Interventions  
Summary

### **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.

*OnlineCE.com is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.*