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 aspect 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 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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