Course Title: Rehab 197

Course Subtitles: Apps and Mobile Health Technology in Rehabilitation: The Good, The Bad, The Unknown

Target Audience: OT/OTA’s, PT/PTA’s

Course Length: 1 hour

Course Source: Physical Medicine and Rehabilitation Clinics, March 2019

Although there is disparity in access to mobile health (mHealth) services among people with disabilities, several smartphone and tablet-based mHealth applications are available that may affect the care of patients in rehabilitation medicine. This lesson reviews the current evidence for and breadth of application-based mHealth interventions in rehabilitation medicine, including comprehensive self-management mHealth services; weight management mHealth services; diagnosis-specific mHealth services for individuals with brain, spinal cord, musculoskeletal, or other injury types; and nonmedical services to improve community and social integration.

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Course Instructor: Joanne Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

Course Objectives:
At the end of the course, participants will be able to:

• Discuss the current evidence-base of mobile health and smart phone apps and list 5 ways that mHealth apps can aid in medical care
• Describe and discuss mobile health interventions for specific diagnoses including brain injury, spinal cord injury, musculoskeletal injury, cardiac rehab, pain management and amputee care
• Outline and describe 4 limitations regarding the use of mHealth apps in rehabilitation medicine
• Describe 2 patient-centered mobile health applications in rehabilitation medicine
• Describe 2 applications for Community and Social Integration

Outline of Content:
Hour #1
Introduction
Mobile Health Disparity Among People with Disabilities
Current Evidence-Base of Mobile Health and Smartphone Applications
Patient-Centered Mobile Health Applications in Rehabilitation Medicine
  Mobile Health for Comprehensive Self-Management
  Mobile Health for Weight Management
  Mobile Health Interventions for Specific Diagnoses
  Brain Injury
  Spinal cord injury
  Musculoskeletal injury
  Cardiac rehab
  Pain management
  Amputee care
Applications for Community and Social integration
  Community access
  Social support
Summary

Instructional Methods and Formats:
Online course available 24/7 at www.OnlineCE.com includes Audiovisual formatted course with downloadable course handout. 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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