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AOTA Approved Provider #4023

**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](http://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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