APTA New Mexico
A Chapter of the American Physical Therapy Association

2020 VIRTUAL FALL CONFERENCE

SEPTEMBER 18-20, 2020

EVENT/COURSE TITLE	FRIDAY SEPT. 18	SATURDAY SEPT. 19	SUNDAY SEPT. 20
Roundtable Discussion About COVID-19 and Best Practices APTA New Mexico Business Meeting & Awards Presentation	5:30 – 6:10 pm 6:15 – 7:30 pm		
Physical Therapy Management of Patients at Risk for and Diagnosed With Venous Thromboembolism (VTE)		8:15 – 11:45 am	
Pediatric Vestibular Disorders: Making Vestibular Function FUN!		8:00 – 11:30 am	8:00 – 11:30 am
The Evaluation, Treatment, and Progression of Patients With Mechanical Low Back Pain		8:00 – 11:30 am	8:00 – 11:30 am
Oncology Rehab: Assessing Patients Throughout Their Cancer Journey		8:15 – 11:45 am	8:15 – 11:45 am
Pediatric Vestibular SIG Meeting		12:00 – 1:00 pm	

ROUNDTABLE DISCUSSION ABOUT COVID-19 AND BEST PRACTICES FOLLOWED BY THE APTA NEW MEXICO BUSINESS MEETING

Join us for a virtual roundtable gathering to discuss our profession during COVID times. This is an opportunity for small group discussions in breakout “rooms” to share best practices, challenges, and lessons learned during these unprecedented times. APTA New Mexico would like to hear the experiences of physical therapists and physical therapist assistants in New Mexico.

The roundtable discussions will be followed by the Annual Chapter Business Meeting. The meeting will include proposed bylaw amendments, updates on Chapter and APTA activities, and an award ceremony.

PEDIATRIC VESTIBULAR SIG MEETING

Please join us for our first ever Pediatric Vestibular SIG meeting from 12:00-1:00 on Saturday, September 19^{h}. The meeting will be held over Zoom. We will use the time to get to know who we have in our community treating vestibular patients and will have one of the conference presenters from Cincinnati Children’s Hospital joining us to explain how vestibular therapy looks at her clinic. Please come with questions, ideas of what you’d like to gain from this group and any resources you’d like to share. We look forward to seeing you there!

PHYSICAL THERAPY MANAGEMENT OF PATIENTS AT RISK FOR AND DIAGNOSED WITH VENOUS THROMBOEMBOLISM (VTE)

3 Contact Hours

Speakers: Ashley Astles, PT, DPT and Michael Drusedum, PT, DPT

COURSE DESCRIPTION

Screening patients at risk for and managing patients diagnosed with a venous thromboembolism (VTE) affects physical therapists in all clinical settings. VTE is a serious medical condition caused by the formation of venous blood clots which can lead to deep vein thromboses (DVTs) and pulmonary embolisms (PEs). PEs are an acute complication of a lower extremity DVT and can be fatal if left untreated. Physical therapists must take an active approach in the early identification of VTE as well as advocating for mobilization of these patients, when medically appropriate. Numerous studies support maintaining a culture of mobility for patients at risk for and diagnosed with a VTE. Speakers will briefly describe the clinical practice algorithms in the VTE Evidence Based Clinical Practice Guideline published in PTJ in February of 2016 and discuss experiences of implementing author's recommendations into clinical practice. Speakers will also provide guidelines to support clinical decision making related to mobilizing and monitoring patients with an acute PE.

COURSE OBJECTIVES

Upon completion of this course, participants will be able to:

1. Describe the pathophysiology of venous thromboembolism (VTE).
2. Discuss the signs, symptoms, risk factors and types of VTE.
3. Explain the role of the physical therapist and physical therapist assistant in screening and early identification of VTE.
4. Familiarize therapists with the clinical practice algorithm for mobilizing patients with a known lower extremity deep vein thrombosis (DVT).
5. Describe VTE prevention and treatment, including commonly prescribed anticoagulation medications.
6. Describe interventions and monitoring of patients post VTE diagnosis.

ABOUT THE SPEAKERS

Ashley K. Astles, PT, DPT received her Bachelor's degree in Health Sciences from the University of Arizona in 2008 and a clinical Doctorate in Physical Therapy from the University of Florida in 2011. She plans to pursue a specialist certification in cardiovascular & pulmonary after completing a research initiative at UNMH.

Dr. Astles began her clinical career practicing in the acute care setting promoting recovery across a broad spectrum of diagnoses at various levels of acuity with a keen interest at improving the clinical outcomes of patients in the intensive care unit. During her employment in south Florida, she successfully implemented new protocols to standardize the delivery of care and was instrumental in the establishment of a rehabilitation department in a new medical facility within the health system. Before joining the Division of Physical Therapy as an adjunct faculty member in 2018, she arrived to Albuquerque as a traveling physical therapist at UNMH. Prior to her contract at UNMH, she spent a few years working as a traveler in various clinical settings in California and Florida.

Dr. Astles was a teaching assistant for the physical and occupational therapy programs at the University of Florida as a graduate student from 2009-2010. She was also an Assistant Professor and ACCE for the Physical Therapist Assistant Program at Indian River State College for two academic years starting in 2014, where she co-developed and implemented a new curriculum to meet the demands of today's entry level PTA clinicians.

Michael Drusedum, PT, DPT received his Bachelor's degree in Kinesiology from Temple University in 2012 and his DPT from Thomas Jefferson University in 2015. He currently works at Lovelace Medical Center and The Heart Hospital of New Mexico. Michael joined University of New Mexico as an adjunct faculty member in 2019 to teach Cardiopulmonary Physical Therapy and Acute Care Physical Therapy.

PEDIATRIC VESTIBULAR DISORDERS: MAKING VESTIBULAR FUNCTION FUN!

6 Contact Hours

Speaker: Gretchen Mueller, PT, DPT

COURSE DESCRIPTION

Over the past decade, an increased number of children have been identified as having vestibular disorders. Children may be born with or may acquire the vestibular disorder, a disruption of the cues that the peripheral vestibular system provides to the brain for maintenance of balance and gaze stabilization. Without intervention, the ability to safely participate in activities of daily living and functional play with peers is significantly limited. In order to provide these children and their families with applicable interventions that will address these limitations, we must first formally assess the child's vestibular system. This course focuses on pediatric vestibular evaluation and treatment. It will detail:

- The vestibular system's role in early development and attainment of motor milestones.
- Signs and symptoms indicating vestibular impairment amongst all age groups.
- The most common etiologies of vestibular disorders (peripheral and central).
- Screening, as well as formal assessment of, a child's vestibular function. The roles of various disciplines will also be detailed.
- Interventional strategies to improve a child's function in relation to static and dynamic postural control as well as gaze stabilization.

The main goal of this course is to provide the pediatric physical therapist with the confidence to assess a child's vestibular function and provide them with applicable interventions that will improve their ability to actively participate in activities that are important to the child and his or her family.

COURSE OBJECTIVES

Upon completion of this course, participants will be able to:

1. Identify common peripheral and central causes of pediatric vestibular disorders.
2. Describe evaluation techniques used to assess 1) oculomotor function 2) vestibular balance control 3) gait 4) dynamic vision and 5) subjective report.
3. Identify vestibular-specific interventions used to treat pediatric vestibular disorders.
4. Describe how to modify 1) vestibular evaluation techniques and 2) vestibular treatment techniques in a general pediatric setting (clinic or school).
5. Identify common audiology vestibular tests utilized to determine the physiological status of the vestibular system.

ABOUT THE SPEAKER

Gretchen Mueller received her Master in Physical Therapy degree from The Ohio State University in 2005, followed by her Doctor of Physical Therapy degree from Rocky Mountain University of Health Professions in 2011. She is an expert in pediatric vestibular rehabilitation, having completed APTA's Vestibular Rehabilitation competency course in 2011, followed by the advanced competency course in 2014. Gretchen is the PT Lead for the Cincinnati Children's Interdisciplinary Pediatric Balance Center Team, which manages the care of children with vestibular dysfunction, including those who have suffered a concussion. Gretchen has provided multiple learning opportunities through professional lectures at the national level, whose audiences have included PTs, OTs, physicians, audiologists, and athletic trainers.

THE EVALUATION, TREATMENT AND PROGRESSION OF PATIENTS WITH MECHANICAL LOW BACK PAIN

6 Contact Hours

Speakers: Deb Doerfler, PT, DPT, PhD, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy
Adam Walsh, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic and Sports Physical Therapy
Fellow of the American Academy of Orthopaedic Manual Physical Therapists

COURSE DESCRIPTION

This course will begin by refreshing the relevant lumbosacral anatomy and kinesiology for participants. With a solid anatomical and biomechanical base set, the course will overview an Osteopathic approach to the evaluation of mechanical low back pain with an eclectic evidence-based treatment model including manual therapy and therapeutic exercise from initial evaluation to prior level of function interwoven throughout. Participants will leave this course with an up-to date, evidence-based approach to immediately integrate into practice.

COURSE OBJECTIVES

Upon completion of this course, participants will be able to:

1. Describe the relevant anatomical features of the lumbosacral region.
2. Describe the relevant biomechanics of the lumbosacral region.
3. Utilize the Osteopathic classification of mechanical low back pain.
4. Utilize an algorithmic approach to the evaluation and treatment of mechanical low back pain.
5. Identify appropriate manual therapy techniques in the treatment of mechanical low back pain.
6. Describe evidence related to the treatment of mechanical low back pain.
7. Form an evidence-based Plan of Care for the treatment of mechanical low back pain.
8. Progress a Plan of Care from initial evaluation to return to function for a patient with mechanical low back pain.

ABOUT THE SPEAKERS

Deborah Doerfler, PT, DPT, PhD is an assistant professor at the University of New Mexico (UNM) in the Division of Physical Therapy. She received her BS in Physical Therapy at UNM, and her DPT and PhD in Orthopaedic and Sports Sciences at the Rocky Mountain University of Health Professions in 2009 and 2013 respectively. She is a Board-Certified Clinical Specialist in Orthopaedic Physical Therapy with over 20 years of clinical experience treating patients with orthopaedic and sport-related injuries. More recently her clinical focus shifted to the complex needs of the older adult at the UNM Senior Health Clinic. She accepted a full-time position with the UNM Physical Therapy program in 2014 and teaches Evidence-Based Physical Therapy, Musculoskeletal Interventions and Gerontology. Her research interests include examining factors associated with functional independence and fall risk in sedentary compared to active older adults. She is currently a co-investigator in a study examining the relationship between different types of sport participation and functional ability in older athletes participating in the 2020 National Senior Games. She has published research in the areas of exercise in older adults following total knee arthroplasty, and the effects of rearfoot strike pattern on patellofemoral pain in runners. She presented her research in upper extremity restraint and its effect on gait and balance in the older adult at the Combined Sections Meeting of the American Physical Therapy Association in 2018 and 2020.

Adam Walsh, PT, DPT received his bachelors in Exercise Science from Saint Louis University in 2010 and Doctorate in Physical Therapy from Saint Louis University in 2012. He was a Sports Physical Therapy Resident with St. Francis University from 2012-2013 and became a Certified Strength and Conditioning Specialist in 2013. He became a Board-Certified Sports Clinical Specialist in 2014, earned his Manual Therapy Certification through the University of St. Augustine in 2015, became a Fellow of the American Academy of Orthopedic Manual Physical Therapists in 2016, and became a Board-Certified Orthopedic Clinical Specialist in 2017.

Dr. Walsh worked clinically with Elite Therapy in both Pennsylvania and New York from 2012-2018, where he was a full-time clinician, as well as Clinical Instructor for numerous PT and PTA students. He also mentored both Sports Physical Therapy and Manual Physical Therapy residents/fellows. He began his teaching career in 2015 with Elmira College as an adjunct professor in the Biology Department. He then took the opportunity in 2017 to become Part-Time Faculty at The Pennsylvania College of Technology in their newly developed PTA Program. He has presented at various conferences at the local and national level, including the Combined Sections Meeting of the American Physical Therapy Association and the American Academy of Orthopedic Manual Physical Therapists annual meeting.

Dr. Walsh began full-time academia in 2018 at UNM, brought on to teach and assist with the Musculoskeletal portion of the curriculum. He is also part of the Academic Progress Committee.

ONCOLOGY REHAB: ASSESSING PATIENTS THROUGHOUT THEIR CANCER JOURNEY

6 Contact Hours

Speaker: Frannie Westlake, PT, DPT, Board-Certified Clinical Specialist in Neurologic and Oncologic Physical Therapy

COURSE DESCRIPTION

The course will provide an overview of what cancer is, how cancer is diagnosed/treated and what we can do as rehabilitation professionals to assess patients through their individual cancer journey. The course will use research-based assessments as well as discuss case studies to help illustrate any questions or concerns brought up during the course.

COURSE OBJECTIVES

Upon completion of this course, participations will be able to:

1. Review pathophysiology of cancer, prevalence and the effects on rehabilitation.
2. Explain how cancer is diagnosed and treated both medically and surgically.
3. Review and develop exercise prescriptions for patients with a past or current history of a cancer diagnosis.
4. Understand precautions, contraindications and red flags during rehabilitation treatments.
5. Review common myths and facts that are associated with cancer and rehabilitation.
6. Discuss case studies and treatments of during a rehabilitation session

ABOUT THE SPEAKER

Frannie received her Doctorate of Physical Therapy from the University of North Florida in Jacksonville, FL in 2012. She went on to complete her Neurological residency at University of Pittsburgh Medical Center in Pittsburgh, PA and received her NCS in 2014. She also received her board certification in Oncologic Physical Therapy in 2019. Since 2015, Frannie has worked at Oncology Rehab in Denver, CO and is the clinic director for neurological and exercise rehab program. She treats a variety of oncology, vestibular and neurological diagnoses. Her passion is working with patients who are currently undergoing chemotherapy and have complaints of chemotherapy induced peripheral neuropathy. She is also actively working on a pre-op protocol for patients who are getting ready to undergo a stem cell transplant.

Frannie actively lectures for Physiologic Oncology Rehab Institute and the American Physical Therapy Association and has published 2 journal articles in Rehabilitation Oncology. She is the current APTA Oncology Education Chair.