



High Intensity Physical Rehabilitation in Medically Complex Populations

NOTE: The individual who wants to take the course must login to ahcancaLED and register for the course under their individual login. With 48 hours, a second email will be sent from University of Colorado with your course enrollment link.

The American Health Care Association and the University of Colorado (CU) RESTORE Team are pleased to offer High Intensity Physical Rehabilitation in Medically Complex Populations.

Many older adults are at risk for functional decline due to underlying medical complexity, as well as deconditioning following a bout of inpatient care. This course will present an evidenced-based approach for the implementation of a high intensity progressive rehabilitation paradigm, offered as an evolution of current, lower intensity post-acute treatment approaches to address this constellation of needs. Rehabilitation professionals (Physical Therapist & Physical Therapist Assistant; Occupational Therapist & Occupational Therapy Assistant) will have access to an interactive multimedia learning experience including responsive, self-paced presentation of foundational concepts, simulated case scenarios, and a moderated discussion environment for learning with fellow clinicians - all informed by the latest learning science and innovative technology.

Course Goals

This course is designed to:

- Inform evidence-based decision-making driven by high intensity principles
- Provide practical tools for immediate integration of high intensity approaches into daily clinical practice
- Empower learners with the confidence to update their current practice paradigm in the post-acute setting

Course Objectives

By the end of this course, students will be able to:

- Screen all patients for safe participation in high-intensity rehabilitation

- Establish an appropriate high-intensity plan of care for eligible patients
- Execute effective and engaging rehabilitation sessions informed by high-intensity rehabilitation strategies
- Perform ongoing monitoring of patient response to activity and adapt high intensity plans of care throughout the length of stay
- Communicate and document completely and efficiently to facilitate continuity of care
- Identify current gaps in care for older adults that high intensity rehabilitation can address and advocate for its use in the skilled nursing setting

Registrants who successfully complete the 12-hour program will be provided the documentation necessary to submit to their respective state licensing boards for consideration for CE approval.

Registration Fees:

- \$495 for an employee or contracted employee registering as affiliated with an AHCA member facility
 - \$595 for all other non-member registrants
- All registration and payment questions done on ahcancaLED can be directed to educate@ahca.org.
 - For questions pertaining to course content, course accessibility, technical troubleshooting, please email canvasopen@ucdenver.edu.

ABOUT RESTORE: The RESTORE team is a collaborative group of researchers, educators, and professionals within the University of Colorado Physical Therapy Program that seeks to transform the lives of older adults by helping local clinics integrate the latest evidence-based rehabilitation strategies into routine practice.

RESTORE aims to help our clinical partners become leaders in quality care delivery by using personalized, progressive approaches to strength and balance training. At the core of this initiative is interactive, customizable online educational platform for training rehabilitation staff in rehabilitation strategies that achieve quicker, more effective, and longer lasting home discharges to drive higher quality care. This approach to rehabilitation is timely considering evolving changes in reimbursement for post-acute rehabilitation services, favoring more effective and efficient models of care delivery.