FUNCTIONAL EXPECTATIONS AFTER SPINAL CORD INJURY

Presenters: Chris Ready, PT, DPT, NCS, and Marta Kirchman, PT

ONLINE COURSE Cost: $45 TOTAL TIME: 80 minutes

COURSE DESCRIPTION: This course is designed to enhance the clinicians’ appreciation and understanding of functional expectations following spinal cord injury. Expected outcomes are demonstrated to the learner through video examples of individuals in various phases of rehabilitation and those living in the community as they perform mobility, self-care and home management skills.

OBJECTIVES: At the completion of the course, participants will be able to:
1. Identify innervated muscles based on level of injury.
2. Predict key functional expectations for individuals with spinal cord injury.
3. Identify common equipment needs associated with level of injury.

LEARNING OUTCOME: With a better understanding of expected outcomes based on level of injury, medical providers will improve treatment planning, goal setting, predicting length of stay and assisting with equipment procurement.

TOPICS INCLUDE: Spinal cord levels of injury, muscle innervation, mobility skills, activities of daily living, home management, durable medical equipment, functional outcomes.

AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>15 Minutes</td>
<td>Factors that Influence Outcomes</td>
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<tr>
<td>65 Minutes</td>
<td>Levels of Injury – Comparison of Expected Outcomes (C1-4, C5, C6, C7-8 and Paraplegia)</td>
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Chris Ready, PT, DPT, NCS, is a physical therapist at Shepherd Center and has been treating patients with spinal cord injury for more than five years. He works in Shepherd Center’s Spinal Cord Injury Rehabilitation Program and often serves as a mentor for physical therapy residents, students and staff. He received his doctor of physical therapy from Georgia State University and bachelor of science in kinesiology from Georgia Southern University. Chris holds a neurologic clinical specialist certification in physical therapy.

Marta Kirchman, PT, has been a physical therapist at Shepherd Center for more than 13 years. She works with a variety of neurological disorders throughout the continuum of care. She has served as a mentor for therapists, provided training for new employees and led education for spinal cord injuries. Marta also delivers lectures to physical therapy students regarding mobility, expected outcomes and wheelchair skills. She received her master of physiotherapy from Eugeniusz Piasecki University School of Physical Education in Poznan, Poland.

DISCLOSURES: Chris Ready, PT, DPT, NCS, has disclosed no relevant financial or non-financial conflicts of interest related to this course content.

Marta Kirchman, PT, has disclosed no relevant financial or non-financial conflicts of interest related to this course content.

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For more information regarding continuing education hours and contact hours, please see the next page.
Shepherd Center is an AOTA Approved Provider of professional development. Course approval ID# 0000001782. This Distance Learning-Independent activity is offered at 0.125 CEUs Intermediate level, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.

Shepherd Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. (This program is approved for 1.25 Contact Hours.)

An application has been submitted to the American Physical Therapy Association of Georgia and is pending approval for PTs and PTAs.

This program has been submitted to the Commission for Case Manager Certification for approval to provide board-certified case managers with 1.25 clock hour(s).

This program has been submitted to The NASW for approval to provide board-certified social workers with 1.25 clock hour(s).

NCTRC CE pre-approval pending; all sessions may not have been approved by NCTRC.

**TARGET AUDIENCE:** This activity has been designed to meet the educational needs of case managers, nurses, occupational therapists/assistants, physical therapists/assistants, social workers and speech language pathologists involved in the care of patients with spinal cord injury.

**LEVEL:** Intermediate

**PROFICIENCY STATEMENT:** To obtain continuing education credits for this course, you must register, login, attend the entire course and complete all required course evaluations/surveys.

**CANCELLATION POLICY:** Requests for refunds must be submitted in writing to Shepherd Center at education@shepherd.org within 30 days of purchase. Requests will be processed minus a $25 processing fee. Courses will not be eligible for refund if the course has been completed and continuing education hours have been claimed.

**ASSISTANCE:** If you require assistance, please contact Diane Johnston at education@shepherd.org.