Mary Free Bed
Rehabilitation Hospital

HERMAN&WALLACE
pelvic rehabilitation institute

NEUROLOGIC CONDITIONS AND PELVIC FLOOR REHABILITATION

Friday, Sept. 14-
Sunday, Sept. 16, 2018

LOCATION

Mary Free Bed
Professional Office Building
Meijer Conference Center
350 Lafayette Ave. SE
Grand Rapids, MI 49503

COURSE DESCRIPTION

This three-day, intermediate course is intended for the pelvic rehabilitation therapist evaluating and treating neurologically complex patients. Conditions to be discussed in depth include multiple sclerosis, spinal cord injury and Parkinson's disease. General neurologic evaluation and treatment considerations also will be covered. This will be useful for a multitude of neurologic conditions to help optimize patients' quality of life and help in promoting your neurologic specialty services. This course was co-written and developed by:

Stephanie Bobinger, PT, DPT, WCS, program director for the Women's Health PT Residency Program at the Ohio State University Wexner Medical Center and new member for Specialization of Content Experts for Women's Health.

Erica Vitek, MOT, OTR, BCB-PMD, PRPC, program director for Parkinson's disease rehabilitation at the Aurora Sinai Medical Center in Milwaukee, Wisconsin, LSVT BIG certification course faculty member for the LSVT Global (providing exercise rehabilitation education for clinicians treating people with Parkinson's disease), and partner, author and presenter with the Wisconsin Parkinson Association.

The first day will introduce neuroanatomy and pathophysiology of the central and peripheral nervous system and related pelvic structures to provide a base knowledge for in-depth neuro discussion over the three-day course. An overview of neurogenic bladder, neurogenic bowel and neurogenic sexual health considerations also will provide clinic reasoning resources when discussing evaluation and treatment of specific neurologic conditions. The remaining coursework will provide in-depth knowledge and understanding of characteristic pelvic health conditions and therapeutic and medical pelvic health interventions for multiple sclerosis, spinal cord injury and Parkinson's disease.

Lab work will include neurological pelvic examination, identification of red flags, neurologic facilitation techniques for emptying/storage disorders and difficult conversation. This will address the challenges we face clinically when addressing restoration versus compensation with this challenging population. The final day will include an hour of "ask the experts," where participants may problem solve with instructors about their own complex neurologic patients.

SPECIAL CONSIDERATIONS

PLEASE NOTE: This course includes internal assessment and exam techniques, which will be practiced in partnered pairs in lab time. Herman & Wallace strives to foster an environment that is safe and supportive. Survivors of past trauma should be aware that performing or experiencing internal exam may be triggering, and that many, regardless of their histories, feel strong emotions when practicing these techniques. In order to foster an environment that is non-triggering and safe for all participants, we recommend all participants consider the emotional impact they may experience during the course, and consider consulting a trauma counselor or therapist prior to attending.

PREREQUISITES

Pelvic Floor Level 1, through H&W or Pelvic PT 1 through APTA is required. It also is highly recommended that participants have past experience with assessing and treating patients with bowel dysfunction. Exceptions to this policy may be granted on a case-by-case basis. To inquire about such exceptions, please contact H&W.

AUDIENCE

This continuing education seminar is targeted to physical therapists, occupational therapists, physical therapist assistants, occupational therapist assistants, registered nurses, nurse midwives and other rehabilitation professionals. Content is not intended for use outside the scope of practice of the learner's license or regulations. Physical therapy continuing education courses should not be taken by individuals who are not licensed or otherwise regulated, except, as they are involved in a specific plan of care.

OBJECTIVES

Upon completion of this continuing education seminar, participants will be able to:

1. List key parts of the central and peripheral nervous systems
2. Identify brain regions and regulation of neurologic and pelvic function
3. Understand spinal cord segments, communication tracts, reflexes, plexuses and contributions to pelvic function
4. List neurotransmitters and their contributions to brain functionality and pelvic functions
5. Understand the parasympathetic, sympathetic and autonomic nervous system contributions to pelvic function
6. Describe pelvic visceral function and nervous system control
7. Understand the pelvic genitalia, innervation and hormonal influence on pelvic function
8. Identify neurologic pathways related to pelvic function
9. Determine strategies for therapeutic evaluation and interventions for urologic complications of neurogenic bladder, for gastrointestinal complications in neurogenic bowel and neurogenic sexual health considerations when neurologic interruptions impact sexual function
10. Through clinical reasoning, determine when to refer or consult for further neurologic medical assessment
11. Develop advanced bladder or bowel training programs for complex overactive bladder, urinary retention, catheter weaning, constipation and incontinence
12. Discern when pelvic floor rehabilitation may be appropriate in people with neurological conditions such as multiple sclerosis, spinal cord injury and Parkinson's disease
13. Identify evidence-based rehabilitation evaluation and treatment interventions for people with neurological conditions such as multiple sclerosis, spinal cord injury and Parkinson's disease
14. Understand when to appropriately consider recovery versus compensatory techniques

INSTRUCTORS

Stephanie Bobinger, PT, DPT, WCS

Stephanie started her occupational journey studying exercise science education at Ohio State University where she was a dissector and anatomy teacher's assistant for three years. She then became a graduate research assistant, earning her doctorate degree in physical therapy in 2012 from Ohio State University. She has practiced in neurological rehabilitation at the Rehabilitation Institute of Chicago (now the Shirley Ryan Ability Lab) where she participated in research committees (The BRAIN) and was involved in promoting the integration of pelvic floor rehabilitation in the inpatient setting.

With growing interests to research and serve neurological populations with abdominal-pelvic health considerations, Stephanie joined the Men and Women's Health team at the Ohio State University Wexner Medical Center (OSUWMC) in 2013. Through program development and extensive continuing education, she has since become a board-certified women's health specialist (WCS), an educator for various DPT programs, a clinical mentor, a faculty member for the Multiple Sclerosis Committee and a member of the Specialty Academy of Content Experts for the APTA Section on Women's Health. To advocate pelvic health services, she has presented for various central-Ohio community groups and international groups, such as the International Lamaze Association (2016) and the International DONA Association (2017). Stephanie also serves as the program director developing a women's health physical therapy residency program at OSUWMC to support the didactic and clinical foundational mentorship for future leaders in men's and women's health.

Erica Vitek, MOT, OTR, BCB-PMD, PRPC

Erica graduated with her master's degree in Occupational Therapy from Concordia University, Wisconsin, in 2002, and works for Aurora Health Care at Aurora Sinai Medical Center in downtown Milwaukee, Wisconsin. Erica specializes in female, male and pediatric evaluation and treatment of the pelvic floor and related bladder, bowel and sexual health issues. She is Board Certified in Biofeedback for Pelvic Muscle Dysfunction (BCB-PMD) and is a Certified Pelvic Rehabilitation Practitioner (PRPC) through Herman & Wallace Pelvic Rehabilitation Institute.

Erica has attended extensive post-graduate rehabilitation education in the area of Parkinson's disease and exercise. She is certified in LSVT (Lee Silverman) BIG and is a trained Parkinson's Wellness Recovery provider, focused on intensive, amplitude and neuroplasticity-based exercise programs for people with Parkinson's disease. Erica is an LSVT Global faculty member. She instructs both the LSVT BIG training and certification course throughout the nation and online webinars. Erica partners with the Wisconsin Parkinson Association as a support group and event presenter as well as author in their publication, "The Network." Erica has taken special interest in the unique pelvic floor, bladder, bowel and sexual health issues experienced by individuals diagnosed with Parkinson's disease.

SCHEDULE

Day One: Sept. 14

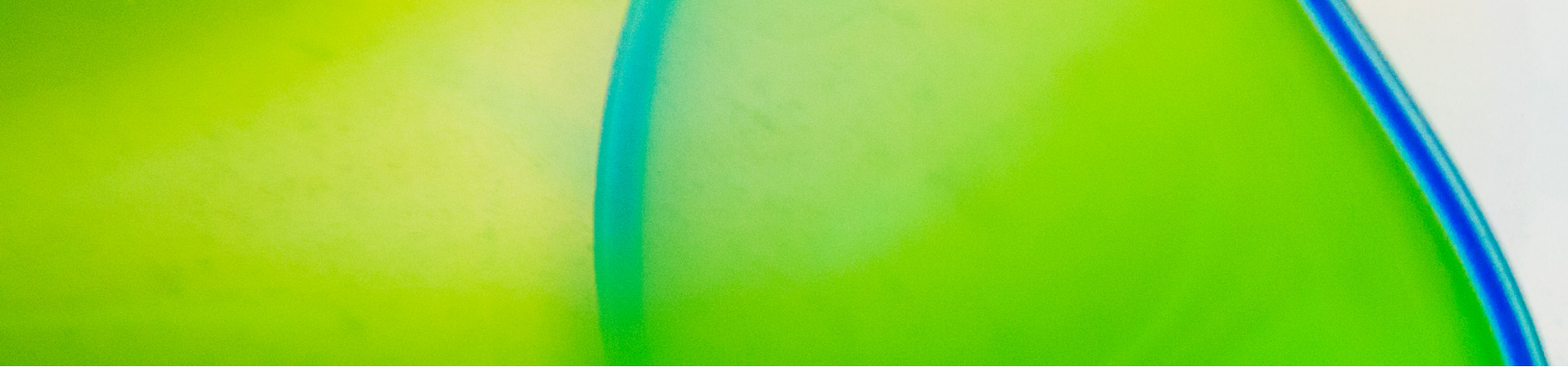
7:30 a.m.	Registration/Continental Breakfast
8 a.m.	Introductions, Review of Course Goals/Objectives
8:15 a.m.	Central and Peripheral Nervous System and Related Pelvic Structures
9 a.m.	Pelvic Neuro Pathophysiology
9:45 a.m.	Break
10 a.m.	The Neurogenic Bladder Overview
11 a.m.	The Neurogenic Bowel Overview
Noon	Lunch
1 p.m.	Neurogenic Sexual Health Overview
2 p.m.	Multiple Sclerosis: Categories of Disease and Disability
3 p.m	Break
3:15 p.m.	Multiple Sclerosis: Characteristic Pelvic Health Conditions; Therapeutic and Medical Interventions
4:45 p.m.	Case-Based Discussion
5 p.m.	Questions and Wrap-up
5:15 p.m.	Adjourn

Day Two: Sept. 15

7:30 a.m.	Check-In/ Continental Breakfast
8 a.m.	Questions
8:15 a.m.	Lab: Neurological Examination, Identification of Red Flags
9:15 a.m.	Spinal Cord Injury: Levels of Injury and Neuroplasticity Concepts
10:15 a.m.	Break
10:30 a.m.	Spinal Cord Injury: Characteristic Pelvic Health Conditions, Therapeutic and Medical Interventions
Noon	Lunch
1 p.m.	Neuro Grab Bag: Cauda Equine, Pelvic Plexus Injury, CVA
2:15 p.m.	Evidence-Based Interventions
3:15 p.m.	Break
3:30 p.m.	Lab: Positioning, Tone, Facilitation Techniques for Emptying/Storage
4:30 p.m.	Medical Interventions Overview; Collaborative Care
5 p.m.	Questions, Wrap-up
5:15 p.m.	Adjourn

Day Three: Sept. 16

7:30 a.m.	Check-In/Continental Breakfast
8 a.m.	Questions
8:15 a.m.	Parkinson's Disease: Basal Ganglia and Dopamine
9:15 a.m.	Parkinson's Disease: Pharmacology, Medical/Disease Management, DBS
10:15 a.m.	Break
10:30 a.m.	Parkinson's Disease: Sensory Perceptual and Cognitive Impairment
11:30 a.m.	Lab: Difficult Conversations
Noon	Lunch
12:45 p.m.	Parkinson's Disease: Characteristic Pelvic Health Conditions
2 p.m.	Ask the Experts, Wrap-up
3 p.m.	Adjourn



CONTINUING EDUCATION CREDITS/UNITS

Mary Free Bed Rehabilitation Hospital will seek MPTA Credit for the course through the Michigan Physical Therapy Association for physical therapy education in Michigan.

A general certificate of attendance will be provided for OT and OTA.

REGISTRATION INFORMATION

Price: $695 (Early Registration Price of $675)
Discounts are available. Please check the website below for details.

Experience Level: Intermediate

Contact Hours: 21

Please follow the link below to register.
(Registration is only available through this link)

https://hermanwallace.com/continuing-education-courses/neurologic-conditions-and-pelvic-floor-rehab/grand-rapids-mi-september-14-16-2018

Questions: Contact the Medical Education Department at 888.492.9934 or medical.education@maryfreebed.com

AIRPORT AND HOTEL INFORMATION

The closet airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapids, MI 49512. www.flygrandrapids.org

There are many lodging options in and around the Grand Rapids area including but not limited to:

AMWAY GRAND PLAZA HOTEL
187 Monroe Ave. NW, Grand Rapids, MI 49503
616.774.2000
0.9 miles west of Mary Free Bed

HOLIDAY INN
310 Pearl St. NW, Grand Rapids, MI 49504
616.235.7611
Downtown Grand Rapids at 131 and Pearl Street
One mile northwest of Mary Free Bed

DOWNTOWN COURTYARD BY MARRIOTT
11 Monroe NW, Grand Rapids, MI 49503
616.242.6000 or 800.321.2211
Downtown Grand Rapids at Fulton and Monroe
One mile west of Mary Free Bed

HOMEWOOD SUITES BY HILTON
161 Ottawa Ave. NW, Grand Rapids, MI 49503
616.451.2300
One mile northwest of Mary Free Bed

HAMPTON INN & SUITES - DOWNTOWN
433 Dudley Pl. NE, Grand Rapids, MI 49503
616.456.2000
One mile north of Mary Free Bed

HOLIDAY INN EXPRESS HOTEL & SUITES
6569 Clay Avenue SW, Grand Rapids, MI 49548
616.871.9700
South of downtown Grand Rapids at 131 and 68th Street
Nine miles south of Mary Free Bed

SPRINGHILL SUITES BY MARRIOTT
450 Center Dr., Grand Rapids, MI 49544
616.785.1600 or 888.287.9400
springhillsuites.marriott.com
1-96 and Alpine Avenue
Five miles north of downtown Grand Rapids

STAYBRIDGE SUITES BY HOLIDAY INN
3000 Lake Eastbrook Blvd. SE, Kentwood, MI 49512
616.464.3200
29th Street and Lake Eastbrook Boulevard
Eight miles east of Mary Free Bed

SLEEP INN & SUITES
4824 29th St. SE, Grand Rapids, MI 49512
616.975.9000
29th Street and East Paris Avenue
Eight miles east of Mary Free Bed

If you require special arrangements to fully participate in this workshop, please call 616.840.8292