



Texas Children's Hospital

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Aquatic Therapy Options for Cerebral Palsy, Developmental Disabilities & the Medically Fragile

Presented by:
Kiki Dickinson, MPT

October 6-7, 2018



Texas Children's Hospital
www.texaschildrens.org/pmr

Texas Children's Health Center
Texas Children's West Campus
Texas Children's Woodlands Campus

Course Location:
The Blue Lagune Therapy
1115 Ave D
Katy, Texas 77494

Course Description

Designed to demonstrate the advanced skills necessary to bring aquatics to the child, adolescent and adult with cerebral palsy, developmental delay, Osteogenesis Imperfecta, muscular dystrophy or other medically fragile or profoundly involved conditions.

Includes findings from published literature to help convince skittish medical personnel (and parents) of the benefits of aquatics. Shows therapists the "nuts and bolts" of teaching techniques to parents and caregivers. Offers insight into "where to go next" for the therapist who has tried everything he or she knows and has run out of ideas. Provides tips on working with the medically fragile infants, children and adults with medical devices (ventilator tubes, IVs, g-tubes, and oxygen) in and around water. Includes information on reimbursement for aquatic therapy, both at the infant, child and adult level.

Objectives:

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

1. Identify 3-4 indications and medical prerequisites for selecting infants, children, adolescents and adults for aquatic therapy. Defend the use of therapy/ community pools as an appropriate setting for Birth-3 therapy interventions. (lecture)

2. Recognize 2-3 potential risks or adverse events which might occur with the use of aquatic therapy with the medically fragile or profoundly involved patient and propose methods of preventing adverse events (lecture)

3. Justify 1-2 potential benefits of aquatic therapy for each developmental realm: Feeding, Movement, Socialization, Sensation (lecture)

4. Synthesize a 3-minute verbal "case" for providing aquatic services for children with cerebral palsy, muscular dystrophy, Osteogenesis Imperfecta, developmental disabilities and more. Be able to identify, locate, and critique research to bolster your case. (lecture)

5. Choose proper equipment, determine appropriate water temperature, and incorporate procedures for working with children with the above conditions (lecture/land lab).

6. Demonstrate the appropriate methods of documentation and insurance billing for aquatic therapy services (lecture)

7. Propose a sample home program for parents/ caregivers who wish to incorporate sensory tasks in the shower, bathtub or community pool. Collaborate with parents regarding where they can obtain additional training materials (lecture)

8. Demonstrate 1-2 aquatic therapeutic movements, tasks, or exercises designed to:

- increase strength
- improve ROM
- improve oral motor skills
- normalize sensory input (vestibular, visual, auditory, tactile, proprioceptive)
- normalize tone
- improve head and trunk righting
- encourage play, verbalization and social interaction
- improve posture, weight-bearing, balance, gait and proprioception
- normalize transitional movements (lab)

9. Progress a specific aquatic task from a lower level of function towards increased independence (lab)

10. With a partner, design and implement a 15-minute aquatic treatment plan (including equipment selection) for 1-2 of the following diagnoses: (lab)

- Cerebral Palsy
- Developmental Delay
- Osteogenesis Imperfecta
- Muscular Dystrophy
- Others who are medically fragile or severely and profoundly involved

DAY ONE

8:00-8:30 Registration
8:30-12:00 Lecture: Identify 3-4 indications and medical prerequisites for selecting infants, children, adolescents and adults for aquatic therapy. Defend the use of therapy/community pools as an appropriate setting for Birth-3 therapy interventions; . Recognize 2-3 potential risks or adverse events which might occur with the use of aquatic therapy with the medically fragile or profoundly involved patient and propose methods of preventing adverse events; . Justify 1-2 potential benefits of aquatic therapy for each developmental realm: Feeding, Movement, Socialization, Sensation
12:00-1:00 Lunch (provided) / Change for pool A fifteen minute break will be given in am and pm
1:15-5:15 Pool lab: Demonstrate1-2 aquatic therapeutic movements, tasks, or exercises designed to: • increase strength • improve ROM • improve oral motor skills • normalize sensory input (vestibular, visual, auditory, tactile, proprioceptive) • normalize tone
5:15-5:30 Wrap-up

DAY TWO

8:00-10:45 Lecture:Synthesize a 3-minute verbal “case” for providing aquatic services for children with cerebral palsy, muscular dystrophy, Osteogenesis Imperfecta, developmental disabilities and more. Be able to identify, locate, and critique research to bolster your case; Choose proper equipment, determine appropriate water temperature, and incorporate procedures for working with children with the above conditions. Progress a specific aquatic task from a lower level of function towards increased independence
10:45-12:00 Panel discussion and land lab:Demonstrate the appropriate methods of documentation and insurance billing for aquatic therapy services; Propose a sample home program for parents/ caregivers who wish to incorporate sensory tasks in the shower, bathtub or community pool. Collaborate with others to create a list regarding where parents can obtain additional training materials
1:15-2:45 Pool lab: Demonstrate1-2 aquatic therapeutic movements, tasks, or exercises designed to: • improve head and trunk righting • encourage play, verbalization and social interaction • improve posture, weight-bearing, balance, gait and proprioception • normalize transitional movements
2:45-5:15 Pool lab:With a partner, design and implement a 15-minute aquatic treatment plan (including equipment selection) for 1-2 of the following diagnoses: (lab) • Cerebral Palsy • Developmental Delay • Osteogenesis Imperfecta • Muscular Dystrophy • Others who are medically fragile or severely and profoundly involved
5:15-5:30 Wrap-up

About the Instructor

Kathleen (Kiki) Dickinson, MPT graduated from the College of St. Catherine with a master’s degree in physical therapy. She has worked as a Pediatric Physical Therapist since 1995. Over the last several years her clinic has expanded and developed aquatic therapy programs for adult neuro and ortho populations with an emphasis on individuals with chronic pain and more medically complicated clients.

Kiki works at St. Croix Therapy (Therapeutic Services for Children and Adults) in Hudson, Wisconsin and has 17 years of experience developing and implementing therapy programs for a diverse pediatric population which includes working with children of all ages including the birth-to-three population.

For over seven years, Kiki has devoted one day per week in the SNF/TCU setting working with the geriatric and general debilitation population. Her caseload featured a high concentration of patients with psychological issues, including schizophrenia, and a full unit of patients on ventilators. Kiki has over 15 years of on call experience in a high-level acute care setting, with both pediatric and adult patients (University of Minnesota Hospital).

Kiki is certified in the Universal Exercise Unit/Therasuit Method and Craniosacral Therapy. She has been an adjunct professor at St. Catherine’s University for over ten years and teaches Pediatric Coursework for their Physical Therapy Assistant Program.

Kiki helped develop ATU’s novel “Aquatic Therapy for the Speech Therapist” class in 2010. This first-of-its-kind class combined a positioning lab (taught by PT) with a speech & language skills (taught by a SLP). It appears to be the first class to be granted ASHA CEU credits. Kiki teaches custom seminars across the USA for Aquatic Therapy University with an emphasis on the neuro pediatric and adult populations.

REGISTRATION FORM – Please include check or credit card # with registration form and mail or fax to: Texas Children’s Hospital Physical Medicine & Rehab, 1919 S. Braeswood M06274, Houston, Texas 77030 Attn: Mitzi Wiggin.

Course Fee	Course Location	Hotel Accommodations	Website Registration
\$450.00	The Blue Lagune Therapy 1115 Ave D Katy, Texas 77494	List provided on request	www.texaschildrens.org/pmr

PLEASE PRINT 16 contact hours or 16.0 CCU's have been applied for this course through TPTA and TOTTA. Texas Children's Hospital is an Approved Provider for the Texas Occupational Therapy Association. The assignment of TOTTA CE hours does not imply endorsement of specific course content, products or clinical procedures by TOTTA.

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