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Type Registration	Definition	Price
Group rate	Register 20 or more	\$65
Individual Rate	Single Registration	\$75

Course #	Course Title	
Webinar Date		
Name	Discipline	
Facility		
Home Mailing Address		
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E-mail Address for Confirmation (will not be shared or sold)		

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Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the the webinar. After that time, a credit for a future Motivations event may be awarded.

Special Needs Requests: Please email us any special needs related to vision, hearing, accessibility or any other considerations to completing the course so we can assist in advance.



Motivations CEU
Accredited Courses for Rehabilitation Professionals

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National Credentials
Motivations Inc. works with the following CEU approval sources.
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TEXAS
PHYSICAL THERAPY
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American
Occupational Therapy
Association

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WEBINAR

#7460 Frailty: Screening and Intervention for the Physical Therapist

Instructor: Kerstin Palombaro, PT, PhD

Audience: Physical Therapists, and Assistants

Delivery Options:
Live Webinar or Self-Study Options

Motivations, Inc.

SUMMARY: Physical frailty is associated with aging as well as a range of co-morbidities including chronic lung disease, cancer, and diabetes mellitus. While most older adults are not physically frail, those who are more likely to encounter the health care system and require physical therapy. Screening and accurate interpretation of frailty screens is critical to identify those who are frail or pre-frail to address frailty through interventions that include exercise. Effective dosing of exercise is critical and can help to reduce and even reverse frailty. Course instruction method includes: Lecture, Picture/Graphs, Videos, Case Studies, and Question/Answer.

PRESENTER: Kerstin Palombaro received her Bachelor of Science degree in psychology from St. Joseph's University (Philadelphia), her Master of Science degree in physical therapy from Columbia University (New York), and her Doctor of Philosophy in physical therapy from Temple University (Philadelphia). She is Program Director for the PhD in Health Professions Education and Professor of physical therapy at Widener University. Her clinical practice as a Pennsylvania-licensed physical therapist focuses on holistic, lifestyle medicine interventions for community-dwelling older adults, with an emphasis on diagnoses of osteoporosis, frailty and chronic pain conditions. *Financial*— Receives a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Identify the 5 characteristics of the frailty phenotype.
2. Accurately interpret frailty screening tools.
3. Select interventions appropriate for individuals with frailty.

FORMAT: This is a 3-hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study.

For Live courses, the content is presented via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

For Recorded courses, learners will not be able to participate in real time with questions.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

Frailty definitions:	5 minutes
Healthy aging and the Rule of Fourths:	5 minutes
Frailty statistics related to population health, functional capacity, survival:	10 minutes
Frailty phenotype and what we might see as physical therapists:	10 minutes
Populations of individuals who may be at greater risk for frailty:	10 minutes
Screening for frailty:	20 minutes
o FRAIL Scale, SARC-F, Physical Activity Vital Sign, Functional Co-Morbidity Index	
o Score Screen, Activities and Balance Confidence Scale, Short Physical Performance Battery	
Exercise Interventions for Frailty to include ACSM guidelines, proper exercise dosing, high intensity resistance training, high intensity interval training, power training and balance training.	30 minutes
Other lifestyle interventions for individuals who are frail or pre-frail	15 minutes
o Social connections, Sleep, Nutrition, Stress reduction	
Questions:	10-15 minutes

Post-test: 30 Minutes Research, identify, and submit your post-test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain and save your auto-emailed certificate for your files.

For course dates, times and registration, please visit: www.motivationsceu.com