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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course # Course Title

Webinar Date

Name Discipline

Facility

Home Mailing Address

City State Zip

Daytime Phone Fax

E-mail Address for Confirmation (will not be shared or sold)

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 webinar. After that time, a credit for a future Motivations event may be awarded.

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WEBINAR

#7422 Exercise Prescription for the Diabetic and Pre-diabetic Population

Instructor: Dr. Rina Pandya, PT, DPT

Audience:
Physical Therapists, Occupational
Therapists and Assistants

Delivery Options:
Live Webinar or Self-Study Options

SUMMARY: Therapists are often involved in symptomatic care of diabetes related complications. This happens mostly when a patient is diagnosed with diabetes for several years. This course will be presented with a perspective of involving therapists in not only curative phase but also for prevention of diabetes. This course helps PT and OT identify diabetes in an individual long before they are formally diagnosed. We, as allied health professionals, should be involved in complete care of the patient from lifestyle modifications onwards to their long term physical and mental well being.

This course will highlight the role of OTs in cognitive aspects and role of PTs for customized exercise prescriptions for individual patient needs. We are far from one size fits all regimen of diet and exercise as far as management of diabetes is concerned. It takes a village to manage a patient with diabetes. I am hoping we take this awareness and share it with our medical colleagues, and seek involvement not just in symptomatic therapy but also in prevention of disease processes.

The attendees will learn latest evidence based research, *special section on Covid-19 effect on diabetes, how to work together as a PT/OT team as well as individual roles that are life changing for the patient. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level Course)

PRESENTER: Dr. Rina Pandya, PT, DPT has an extensive physical therapy career that spans over 20 years, through the UK, the USA and the Middle East. She has worked in NHS (National Health Service), American health care providing PT services in acute care, in-patient rehab, skilled nursing facility, home healthcare and outpatient clinic. In addition to being a clinician she has developed specialty programs based on evidence-based practice in her role as a project manager. She has also managed a Physical Therapy department as Department Head in premier private hospital in Oman. Rina graduated from Manipal University, India in 2000 as well as University of Michigan, in 2018 with a Doctor of Physical Therapy. She has also been an educator with Summit Professional Education conducting live seminars. Rina is a member of the APTA, HCPC-UK and OAP-Oman. *Financial*— Received 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 challenges faced by the patients in understanding about diabetes due to limited resources available and lack of psychosocial assistance.
2. List 3 challenges and 3 solutions of the patient facing with challenges with their diagnosis.
3. List 4 symptoms and 4 complications of diabetes.
4. Identify 3 treatment strategies based on the physical and psychosocial function, as well as ADLs and IADLs performance, meeting the unique needs for patients and their families.

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

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.



Motivations Inc. is an AOTA Approved Provider of professional development. Course approval ID# **06153**
This Distance Learning—Interactive or Distance Learning—Independent is offered at 0.3 CEUs
Intermediate Level, Occupational Therapy Service Delivery/Foundation Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products or clinical procedures.

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.

30 min: diabetes statistics and symptoms of type 1 and type 2 diabetes

45 min: role of OT in diabetes management : pediatric and adult population

45 min: role of PT in diabetes management and criteria for exercise prescription:
effects of exercises, types of exercises and diagnoses specific exercises.

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, review and save your auto-emailed certificate for your files.

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