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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.

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.

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WEBINAR

#7433 Role of Diaphragm in Recovery of Cardiopulmonary Patients

Instructor:
Dr. Rina Pandya, PT, DPT

Audience:
Physical Therapists, Occupational Therapists and Assistants

Delivery Options:
Live Webinar or Self-Study Options

SUMMARY: This course is designed as handy reference towards learning and refreshing the anatomy of diaphragm. It will also highlight the clinical relevance of strength and function of the diaphragm as a core stabilizer and its role as a thoracoabdominal pump. This course will walk through the positive effects of diaphragmatic breathing which is integral for both mental and physical recovery of a patient after mechanical ventilation.

Mechanical ventilation is responsible for VIDD (ventilator induced diaphragmatic dysfunction) thus we will learn about the physical and physiological negative effects of mechanical ventilation and how as PT, OT and nursing professionals we can help minimize those effects enhancing quicker positive patient recovery. We will talk briefly about systemic causes of diaphragm weakness with enhanced understanding using case studies. PT's and OT's will demonstrate improved understanding of the importance of posture, role of diaphragm in gait and balance and its key role as a core stabilizer.

The course will round off with exercises for strengthening and stretching of the diaphragm in laying, sitting, standing and ambulation through gradual stages of rehabilitation post mechanical ventilation. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

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 Anatomy and physiology of diaphragm.
2. List the physical and physiological effects of mechanical ventilation.
3. Determine best practice case studies and differential diagnoses of diaphragm disorder for evaluation and applications.
4. Find 3 strengthening and stretching ex's for diaphragm in various positions of supine, sitting, standing and ambulation through different stages of rehabilitation.

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# **01022**. This Distance Learning—Interactive or Distance Learning—Independent activity is offered at 0.3 CEUs, **Intermediate-Level**, Occupational Therapy Service Delivery/Foundational 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: Anatomy, physiology and function of diaphragm.
- 30 min: Effects of mechanical ventilation, differential diagnoses.
- 30 min: Role of diaphragm in posture, gait mechanics, core stabilization.
- 30 min: Strengthening and stretching exercises of the diaphragm.

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.