

A Life to Be Lived:

An Update on Physiotherapy with the Ageing Person

7th September 2018

Venue: Royal Derby Hospital, Derby

Ref. 2298

Lecturer: Bhanu Ramaswamy OBE, FCSP, MSc, Grad Dip Physiotherapy

A one-day interactive workshop of lectures and practical sessions reviewing physiotherapy interventions with older people.

Summary:

A one-day course combining theory and practical application for physiotherapists:

- To update them on neuro-musculo-skeletal aspects of the ageing body (with a focus on changes in gait and balance) of relevance to clinical practice with this population.
- To review contemporary research evidence about the benefits of physical activity, exercise for falls prevention, and recognition and management of frailty.
- To consider commonly used assessment tools and outcome measurement.

Course Outcomes:

By the end of the course, participants will be able to:

- List common changes that occur in the ageing nervous, muscular and skeletal systems.
- Discuss and consider the appropriateness of assessment tools, treatments and outcome measurement commonly used with their ageing patients.
- Access research evidence about the benefits of physical activity, falls prevention and frailty to inform their clinical practice.

CPD Certificate of Attendance: 5 Hours

Fee: £155 (including refreshments)

Limited funded places may be available for AHPs & Nurses working for the NHS within the East Midlands.



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01332 254679 | dhft.ncore@nhs.net | www.ncore.org.uk