



MARIANJOY PROFESSIONAL  
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# Parkinson's Disease: Physiological, Psychosocial, and Practical Rehabilitation Approaches

April 29, 2017



Marianjoy  
Rehabilitation Hospital

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# **Parkinson's Disease: Physiological, Psychosocial, and Practical Rehabilitation Approaches**

**Saturday  
April 29, 2017**

**Sponsored by:**

**Marianjoy Rehabilitation Hospital  
26W171 Roosevelt Road  
Wheaton, Illinois 60187  
[www.Marianjoy.org/MPLI](http://www.Marianjoy.org/MPLI)**

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Medicine**

## **Parkinson's Disease: Physiological, Psychosocial, and Practical Rehabilitation Approaches**

**Intended Audience:** PT, PTA, OT, OTA, SLP

**Intermediate Level** (basic knowledge of Parkinson's Disease is assumed)

**Contact Hours:** 7 hours

**Presenters:**

Tanya Simuni, MD; Miriam Rafferty, PT, DPT, PhD, NCS; Angela Roberts, SLP, PhD; and Uzma Khan, OTR/L

### **Course Description**

Physical therapists, occupational therapists and speech-language pathologists face many challenges when they work with people with Parkinson's Disease (PD). Four of these challenges are (1) the number of evidence-based treatment options, (2) the psychosocial challenges of working with patients who have neurodegenerative diseases, (3) the wide range of patient presentations over the course of the disease, and (4) the practical clinical challenges to delivering evidence-based care to all patients. Interdisciplinary and discipline-specific sessions will be used to summarize evidence-based evaluation and treatment approaches for the motor and non-motor symptoms of PD. We will discuss psychosocial treatment approaches to address the impact of non-motor PD symptoms (cognition and mood) on our patients'/clients' ability to maximize their quality of life and community participation. Participants will discuss case-based, practical approaches to providing preventive, restorative, and maintenance therapy for the long-term management of this chronic condition. Clinical decision-making cases and active learning activities will be included. Your active involvement is required in order to complete the course and to ensure a dynamic learning experience.

### **Course Objectives**

Upon completion of the course, participants will be able to:

**All Disciplines:**

1. Demonstrate knowledge of motor and non-motor PD pathophysiology with at least two interdisciplinary rehabilitation intervention strategies, such as dual-tasking and motor learning.
2. Formulate discipline-specific and interdisciplinary rehabilitation plans for preventive, restorative, and maintenance therapy integrating evidence-based interventions, psychosocial strategies, and knowledge of healthcare policies affecting people with PD.

**Physical Therapists:**

1. Identify health policy implications for preventive and maintenance physical therapy in early, middle, and late stage Parkinson's Disease.
2. Compare the expected outcomes of at least five evidence-based exercise regimens that have been supported by the research to improve motor and/or non-motor function in people with Parkinson's Disease.
3. Select efficient evaluation strategies to measure the effect of your physical therapy interventions in early, middle, and late stage Parkinson's Disease.



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## **Course Objectives** (continued)

### **Occupational Therapists:**

1. Identify evidence-based occupational therapy treatment strategies in the rehabilitation of people with Parkinson's Disease.
2. Demonstrate ability to utilize one to two occupational therapy outcomes measures for the evaluation of people with Parkinson's Disease.
3. Integrate knowledge of amplitude-based treatment strategies with intensity of training and patient motivation.

### **Speech Language Pathologists:**

1. Identify motor and cognitive factors that may interact with intervention planning and implementation across PD stages.
2. Use evidence-informed evaluation and intervention approaches given varying degrees of resource availability (e.g., telemedicine, flexible scheduling approaches).
3. Identify key opportunities for enhancing intervention effectiveness by including family partners.

## **Course Agenda**

7:30 am	Registration and continental breakfast	1:00 pm	OTs: Preventive and maintenance approaches to exercise prescription
8:00 am	Common rehabilitation problems and introduce example PD cases		PTs: Outcome measures and goal setting
8:30 am	Parkinson's Disease (PD) pathophysiology (motor and non-motor), medical management, and differential diagnosis  Presenter: Tanya Simuni, MD		SLPs: Cognitive evaluation and treatment
10:00 am	Break	1:45 pm	Break
10:15 am	Executive function and dual tasking in interdisciplinary rehabilitation	2:00 pm	OTs: Amplitude, intensity, motivation  PTs: Exercise lab
11:00 am	Motor learning and psychosocial approaches for carryover of home programs		SLPs: Dysphagia evaluation and treatment
11:45 am	Lunch (provided)	2:45 pm	OTs: Lab: Knowledge to Practice  PTs: Measuring progress in PT: Outcome measures and goal setting
12:15 pm	OTs: Occupational therapy: Where is the evidence?  PTs: Evidence-based restorative therapy for gait and balance		SLPs: Lab: Knowledge to practice
	SLPs: Communication evaluation and treatment	3:15 pm	Synthesis of knowledge through interdisciplinary case discussions
		4:00 pm	Adjourn



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## **Presenters**

**Tanya Simuni, MD;** Arthur C. Nielsen Jr. professor of Neurology; director, Parkinson's Disease and Movement Disorders Center, Northwestern University Feinberg School of Medicine in Chicago, Illinois

Dr. Simuni graduated with her medical degree from Leningrad Medical School and completed an internship in medicine in Leningrad, Russia. She subsequently completed an internship in internal medicine at Albert Einstein Medical Center and a neurology residency and a clinical neurophysiology fellowship at Temple University in Philadelphia, Pennsylvania. She then pursued a movement disorders fellowship at the University of Pennsylvania, where she served on the clinical faculty of the Department of Neurology for three years and held the position of medical co-director of the Parkinson's disease (PD) and Movement Disorders surgical program prior to her current positions.

Dr. Simuni joined the faculty of the Northwestern University Feinberg School of Medicine in 2000 to build and lead a multidisciplinary movement disorders center that is recognized by the National Parkinson's Foundation and Wilson's Foundation as a Center of Excellence and serves as a training model in the region. She is the lead investigator of a number of clinical trials on experimental pharmacology, non-motor manifestations, and pharmacological management of PD. Dr. Simuni is currently the investigator of more than a dozen PD clinical trials. She is the national principal investigator on a multicenter phase 3 clinical trial supported by a \$16 million grant from the National Institute of Health that is evaluating isradipine as a potential disease-modifying agent in early PD. She serves on a number of steering committees for the PD national clinical trials, several committees of the Parkinson Study Group and the National Parkinson Foundation. She is the site PI and serves on the steering committee for the largest PD biomarker initiative funded by the MJFF (PPMI study). Dr. Simuni is the site PI for the Network for Excellence in Neuroscience Clinical Trials (NEXT) Northwestern Clinical Site (U10). She has more than one hundred publications in peer-reviewed scientific journals and book chapters, and she has lectured nationally and internationally on PD and other movement disorders. In addition to her research career, Dr. Simuni is highly committed to education of the next generation of physicians and has served as the Northwestern Neurology residency program director from 2001 to 2014.

Dr. Simuni is an active member of the American Academy of Neurology, American Neurological Association, and the Movement Disorders Society as well as the Parkinson's Study Group, and REM Behavior Disorders Study Group.

For a full listing of Dr. Simuni's disclosures, please visit <http://bit.ly/2kM7mr5>.



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## **Presenters**

**Miriam Rafferty, PT, DPT, PhD, NCS** earned her Doctor of Physical Therapy degree from Washington University in St. Louis, her board certification in Neurologic Physical Therapy while working at the Rehabilitation Institute of Chicago (RIC), and her PhD in neuroscience from the University of Illinois at Chicago. At RIC, she has worked to develop both outpatient and inpatient rehabilitation programs for people across the stages of Parkinson's Disease. In addition to treating patients, Miriam is completing postdoctoral research training in health services and outcomes research at Northwestern University, where she is studying and facilitating the implementation of evidence-based practice in real-world clinical settings. She has taught courses on Parkinson's Disease and other neurological disorders through RIC, the Illinois Physical Therapy Association, and others since 2008. Dr. Rafferty's relevant financial disclosures include that her research is funded by the Agency for Healthcare Research and Quality, the Foundation for Physical Therapy, and the National Parkinson Foundation. She also receives an honorarium from the National Parkinson Foundation for her role as a quality improvement initiative steering committee consultant and she will receive an honorarium from Marianjoy Rehabilitation Hospital for the presentation of this seminar. Dr. Rafferty's relevant non-financial disclosures include that she serves on several committees of the Academy of Neurologic Physical Therapy.

**Angela Roberts, SLP, PhD** earned her PhD in the Faculty of Health Sciences, School of Communication Sciences and Disorders at the University of Western Ontario and subsequently completed a post-doctoral fellowship in cognitive neurology at the Parkwood Institute. She completed her master's degree in speech-language pathology in 1995 and has practiced as a speech-language pathologist for over twenty years. She is currently an assistant professor in the Roxelyn and Richard Pepper Department of Communication Sciences and Disorders at Northwestern University. Her research interests include the underlying neurological processes and presentations of motor speech, cognitive-communication and language disorders occurring in the context of neurodegenerative diseases and their subsequent impact on communication partners. Dr. Robert's work focuses on translating her research into assessment and interventions that address the needs of both patients and families. She is an associate editor for the dysphagia section of the Canadian Journal of Speech-Language Pathology and Audiology. Dr. Robert's relevant financial relationships include that she receives grant/research support as a principal investigator working for the Parkinson Society of Canada and the Alumnae Foundation of Northwestern. She receives a salary from Northwestern University and will receive an honorarium from Marianjoy Rehabilitation Hospital for the presentation of this seminar. Dr. Robert's relevant non-financial disclosures include that she is a member of the Scientific Board for the Parkinson Society of Canada.

**Uzma Khan, OTR/L** earned her bachelor's degree in occupational therapy from the University of Toronto in Ontario, Canada. She has over ten years of clinical experience focusing on inpatient rehabilitation and movement disorders. At the Rehabilitation Institute of Chicago, Uzma has worked extensively with developing and managing the interdisciplinary Parkinson's Disease program. She also has experience in home health care for people with Parkinson's Disease and other movement disorders. Uzma completed LSVT BIG training in 2009 and has been a guest lecturer at University of Illinois at Chicago presenting Parkinson's Disease and movement disorders to level one and level two students for the past three years. Ms. Khan will receive an honorarium from Marianjoy Rehabilitation Hospital for the presentation of this seminar. Ms. Khan has no relevant non-financial relationships to disclose.



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## Contact Hours

### Illinois Department of Financial and Professional Regulation (IDFPR): Physical Therapists

This course has been approved for 7 continuing education hours for physical therapy practitioners. The Illinois Department of Financial and Professional Regulation, Division of Professional Regulation has certified Marianjoy Rehabilitation Hospital has complied with the provisions of the Illinois statutes and/or rules and regulations and is hereby authorized to sponsor the above named course as a Continuing Education offering. Registered Physical Therapy Continuing Education Sponsor: IDFPR License Number 216.000125.

### American Occupational Therapy Association (AOTA)



Marianjoy Rehabilitation Hospital is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This intermediate level program awards occupational therapists .7 AOTA CEUs or 7 contact hours. Assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.


AOTA Classification Codes:

Category 1: Domain of OT - Topic: Performance Skills

Category 2: Occupational Therapy Process - Topic: Evaluation

Category 2: Occupational Therapy Process - Topic: Intervention

### American Speech-Language-Hearing Association (ASHA)

 <p>APPROVED PROVIDER ASHA CONTINUING EDUCATION AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION</p>	<p>Marianjoy is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. <b>See course information for number of ASHA CEUs, instructional level and content area.</b> ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.</p>
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This course is offered for .7 ASHA CEUs ( Intermediate Level, Professional Area.)

## Cancellation/Refund Policy

A tuition refund less \$50 administrative fee is available if your cancellation request is received in writing within 14 days prior to the program date. No refunds will be granted after that date. In the unlikely event that Marianjoy must cancel an educational event for any reason, you will receive a full refund of your paid tuition. Marianjoy does not assume responsibility for any other expenses incurred by the registrant.

## Accessibility

Please contact the Professional Learning Institute at 630.909.6923 if you require special accommodations to enroll in or attend one of our programs.

## Photo Consent

Please note that photos may be taken during this class and may be used in marketing materials. Please notify the seminar coordinator at the time of registration if you do not wish to have your photo taken and used in future marketing materials.



## REGISTRATION INSTRUCTIONS



### ONLINE

www.Marianjoy.org/MPLI



### MAIL

Mail entire completed form and payment to:

Marianjoy Rehabilitation Hospital  
Attention: Jaime Gorska  
26W171 Roosevelt Road  
Wheaton, Illinois 60187



### FAX

Fax completed form and payment to 630.909.6960



### QUESTIONS

Contact Jaime Gorska at educationmj@nm.org or at 630.909.6923

**APRIL 29, 2017**

## Parkinson's Disease : Physiological, Psychosocial, and Practical Rehabilitation Approaches

Registration Deadline: April 15, 2017

### PARTICIPANT INFORMATION:

Name \_\_\_\_\_

Organization \_\_\_\_\_

Billing Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Check here to receive email updates on future classes.

### DISCIPLINE:

OT    OTA    PT    PTA    Nurse    SLP    School Couns.    Other \_\_\_\_\_

Social Worker: license # \_\_\_\_\_

Require Special Accommodations (Please Specify):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### PAYMENT METHOD:

Single Registration Fee: \$199    Northwestern Medicine Employee Fee: \$149

CHECK made payable to "Marianjoy Rehabilitation Hospital"    VISA    MASTERCARD    AMEX    DISCOVER

Account Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV# \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

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