

PULMONARY REHABILITATION Up-To-Date

יום עיון יתקיים בתאריך 18.3.20 בי"ח איכילוב אודיטוריום בנין סמי עופר 08:30-16:30

Marilyn Moffat PT, DPT, PhD, DSc, GCS, CSCS, CEEAA, FAPTA Professor, New York University

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The objectives of this presentation include:

1. Overview of the anatomy of the thorax, respiratory passageways, and muscles
2. Knowledge of the components of the physical therapist examination (history, systems review, tests & measures)
3. Knowledge of the physical examination of the pulmonary system (inspection, palpation, percussion, and auscultation)
4. Knowledge of the best functional tests and measures for examination of the patient with pulmonary disorders, including pre- and post-testing measures
5. Analysis of and skill in each of the following specific tests and measures:
 - a. Aerobic capacity/endurance
 - b. Balance
 - c. Gait
 - d. Muscle performance
 - e. Posture
 - f. Multipurpose
6. Knowledge of the components of Pulmonary Rehabilitation
 - a. Education
 - b. Exercises
 - c. Airway Clearance Techniques
 - d. Assistive Technology
7. Analysis of the education component of Pulmonary Rehabilitation
 - a. Patient-related instruction
 - b. Topics
 - c. Home program
8. Analysis of the exercise component of Pulmonary Rehabilitation
 - a. Evidence
 - b. Evidence-based guidelines
 - c. Exercise program component goals
 - d. Physical stress theory
 - e. FITT guidelines for aerobic training
 - f. FITT guidelines for resistance training
 - g. Program for thoracic kyphosis
 - h. Chair assisted exercises
 - i. ACSM guidelines
9. Analysis of the airway clearance component of Pulmonary Rehabilitation
 - a. Pulmonary postural drainage
 - b. Cough/Huff
 - c. Active cycles of breathing
 - d. Autogenic drainage
10. Analysis of the assistive technology component of Pulmonary Rehabilitation
 - a. Acapella
 - b. Aerobika
 - c. The Vest
 - d. Mechanical in-exsufflation
 - e. Incentive spirometer
 - f. Inspiratory muscle training devices
 - g. Oxygen therapy
 - h. Nebulization
 - i. Invasive and non-invasive ventilation
 - j. Lab tests and exercise

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