

## St. John's Health System

Education and Organizational Development  
1235 E. Cherokee  
Springfield, MO 65804  
[www.stjohns.com](http://www.stjohns.com)

# Register Soon!

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# 2011 Arthritis Seminar Optimizing Independence Friday, May 6, 2011



St. John's is Mercy  
**MERCY**

Hammons Heart Institute  
St. John's Main Campus  
Springfield, Missouri

## Overview and Target Audience

Arthritis affects more than 46 million Americans. Rheumatoid Arthritis with serious complications must be diagnosed quickly with early treatment intervention to prevent long term effects. Osteoarthritis is by far the most common type of arthritis, and the percentage of who have it grows higher with age. The challenge is to optimize independence through appropriate rehabilitation, addressing pain control modalities and systematic community services approach as well recognizing the stressors for the caregiver.

This seminar is designed for nurses, physical therapist, occupational therapists, activity directors and other health care professionals and will provide evidence-based information on rehabilitation, to allow best-practice treatment for the patient with chronic joint conditions.

## Objectives

Upon completion of this educational activity the participant will be able to:

- Differentiate characteristics of OA and RA clinically.
- Review the common treatment options for OA & RA and common side effects.
- Describe the psychophysical implications of psychosocial stressors from caregiving.
- Show ability to engage in specific technique for psychophysical stress reduction.
- Demonstrate understanding of the five domains of fitness as related to age related changes.
- Describe many aspects of rehabilitation as related to various disciplines in the long term care setting.
- Interpret the roles of an Area Agency and Aging and know how to locate one.
- Describe the resources for seniors and caregivers in SW Missouri.
- Identify the Long-Term Care Guide and Resource Directory for Seniors and Caregivers prepared by the SW Missouri Office on Aging.
- Describe programs of Regional Arthritis Center.
- Review data on evidence based programs.
- Review isolation, incorporation, and integration level exercises and how they progress into "Functionalization" training principles.
- Demonstrate the "3-D Body LASER" principles of training and how they can be manipulated within the "Functionalization" training principles to effectively prescribe a customized rehabilitation exercise program from acute injury to return to sport/job/normal function for your patients.
- Explain how to progress treatment based on tissue response.
- Construct 2 muscle re-education strategies to promote exercise accuracy.
- Describe the benefit of ASTYM for the person with arthritis.
- Discuss the appropriate patients who may benefit from ASTYM.

## Accreditation

The Education and Organizational Development Department of St. John's Hospital is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This activity provides 6.5 contact hours of continuing nursing education. To receive a Certificate of Attendance and Successful Completion for this educational activity, the participant must attend 80% of the scheduled program, complete all program requirements, and return a completed program evaluation.

## Agenda

7:00 A.M. - 7:50 A.M.	Registration/Continental Breakfast
7:50 A.M. - 8:00 A.M.	Welcome & Opening Remarks Margaret Lindsey, RN
8:00 A.M. - 9:15 A.M.	<b>Osteoarthritis &amp; Rheumatoid Arthritis: Diagnosis and Current Treatments</b> Norman Simon, DO
9:15 A.M. - 10:15 A.M.	<b>Caring for the Caregiver</b> Deborah Kukal, Ph.D., ABPP
10:15 A.M. - 10:30 A.M.	Comfort Break
10:30 A.M. - 11:15 A.M.	<b>Rehabilitation in the Long Term Care Setting</b> Elizabeth Ripper, MPT
11:15 A.M. - 11:50 A.M.	<b>HELP in the Home...What is Available and How Do I Find It?</b> June Huff, BSW
11:50 A.M. - 12:35 P.M.	Lunch (provided)
12:35 P.M. - 12:45 P.M.	<b>Regional Arthritis Center Evidenced Based Programs and Services</b> Margaret Lindsey, RNC
12:45 P.M. - 1:45 P.M.	<b>Functionalization: Systematic Neuromuscular Progression of Exercise from Acute Injury to Functional Specific Training</b> Mark Coalson, MSPT, OCS
1:45 P.M. - 2:00 P.M.	Comfort Break
2:00 P.M. - 3:00 P.M.	<b>Systematic Progression of Common Arthritis Hand Conditions in Therapy</b> Marc Allen, OTR/L, CHT
3:00 P.M. - 3:45 P.M.	<b>Augmented Soft Tissue Mobilization (ASTYM): Benefits &amp; Application for Soft Tissue Dysfunction</b> John Tocci, MPT
3:45 P.M. - 4:00 P.M.	Evaluation & Adjourment

## Faculty

Marcus Allen, OTR/L, CHT  
Outpatient Therapy  
St. John's Hospital

Mark Coalson, PT, OCS  
Assistant Director  
St. John's Outpatient PT-Nixa

June Huff, BSW  
Director of Community Services  
SW Missouri Office on Aging

Deborah Kukal, Ph.D., ABPP  
Health Psychologist  
St. John's Hospital

Margaret Lindsey, RNC  
Director, Regional Arthritis  
Center  
St. John's Health System

Elizabeth Ripper, MPT  
Supervisor Therapy Service  
St. John's Mercy Villa

Norman Simon, DO  
Rheumatologist  
St. John's Clinic

John Tocci, MPT  
St. John's Orthopedic PT Clinic

## Fees & Registration

The registration fee of \$35.00 includes syllabus materials, certificate of attendance, continental breakfast, luncheon, and refreshment breaks. The fee is due before the seminar begins. Registration by Wednesday, **April 27, 2011** is encouraged. If you have questions regarding your registration, call (417) 820-2235. **Confirmation notices will not be sent.** You are responsible for ensuring that your registration has been received. St. John's reserves the right to substitute a qualified speaker or change the program agenda as needed. Cell phones and pagers must be silenced during the seminar. Layered clothing is recommended to allow for room temperature variations. A \$15 processing fee will be deducted from all cancellation requests prior to Wednesday, April 27, 2011. No refunds will be made thereafter. If St. John's cancels the seminar a full refund will be issued.

## Hotel Accommodations

For overnight accommodations, call University Plaza Hotel and Convention Center at (417) 864-7333 or write the hotel at 333 John Q. Hammons Parkway, Springfield, MO 65804. Seminar participants will receive a special rate upon request. To ensure preferred rate, reservations must be made 30 days prior to date of arrival. Be sure to mention you will be attending St. John's Arthritis Seminar.

## For More Information

For general information, contact St. John's Education and Organizational Development Office at (417) 820-2235.

## Registration Form

### 2011 Regional Arthritis Seminar

### *Optimizing Independence*

Friday, May 6, 2011

### Registration Fee: \$35

#### TO REGISTER, COMPLETE THIS FORM AND RETURN:

**By Fax:** Fax the completed registration form with credit card order (Visa or MasterCard) to St. John's Education and Organizational Development. FAX (417) 820-7785. A charge to "St. John's Hospital" will appear on your credit card statement.

**By mail:** Send check or money order (payable to St. John's Hospital) with the registration form to Education and Organizational Development, St. John's Mercy Health System, 1235 E. Cherokee, Springfield, MO 65804.

**Please print clearly or type. One person per registration form. You may copy form for multiple registrations.**

**Please Indicate:**  RN  LPN  PT  OT  Other(\_\_\_\_\_)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Telephone (\_\_\_\_) \_\_\_\_\_

E-mail Address (optional) \_\_\_\_\_

Institution/Organization \_\_\_\_\_

St. John's Dept/Unit \_\_\_\_\_ Co-worker number \_\_\_\_\_

If you require special accommodations or have special dietary needs, please specify \_\_\_\_\_

#### Method of Payment:

##### St. John's Co-workers:

- Education Assistance - Application delivered to Human Resources on \_\_\_\_\_. Please attach copy of Ed. Assist. form to this registration form. **(required)**

##### Make checks payable to: St. John's Hospital

Education and Organizational Development  
St. John's Mercy Health System  
1235 E. Cherokee  
Springfield, MO 65804-2263

**Charge to:**  Mastercard  VISA

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