

*The following represents the typical course structure for the 3-day
Advanced Pulmonary course (20.5 contact hours)*

ADVANCED PULMONARY COURSE

A 3-Day Pediatric and/or Adult Lab Course

**(NOTE: Mary Massery’s “IF YOU CAN’T BREATHE,
YOU CAN’T FUNCTION” course is a prerequisite to this course)**

Instructor: Mary Massery, PT, DPT, DSc

COURSE DESCRIPTION

Following the framework established in the introductory pulmonary course, the Advanced Course will focus on applying evidence based concepts of multi-system integration to clinical situations with a special focus on the role of the cardiopulmonary system in the patient’s rehabilitation program. Prior to the course, small groups of participants will be asked to do evaluations with patients who consent to be part of this learning experience, and they will present these cases to the group for feedback and discussions. Following the presentations, the group will do joint treatment sessions to assess whether the proposed intervention strategies were effective when applied to the patient as is, or whether they needed adjustments in planning or execution. The course will be interspersed with labs to refine handling techniques that were introduced in the basic course as well as labs working on the process of integrating the material into everyday clinical practice. The class is dynamic and interactive and will require the active participation of all clinicians. PT, OT and SLP therapists are encouraged to work in multi-disciplined groups to look at breathing from all 3 discipline’s perspectives.

DAY-1 Topics (7.5 Contact Hours)

Review of prior course material. Setting priorities for the group with patient sessions and lab sessions. Consensus driven planning.
NOTE: Priority for lab content will be determined by the group, but each Advanced course will include lab time on handling skills in the area of neuromotor retraining for breathing/trunk control, airway clearance techniques, musculoskeletal interventions for breathing mechanics and related consequences such as the shoulders and spine dysfunction, as well as incorporation of concepts into functional tasks such as eating, talking, reaching, walking, sleeping, etc.
<u>Small Group Presentation:</u> Patient Case #1
<u>Patient Case #1:</u> Treatment session
<u>Lab Session 1:</u> Content determined by morning consensus session
<u>Lab Session 2:</u> Content determined by morning consensus session

DAY-2 Topics (7.5 Contact Hours)

Review of patient session from Day 1. Setting priorities for today's lab sessions
<u>Small Group Presentation</u> : Patient Case #2
<u>Patient Case #2</u> : Treatment session
<u>Lab Session 3</u> : Content determined by morning consensus session
<u>Lab Session 4</u> : Content determined by morning consensus session

DAY-3 Topics (5.5 Contact Hours)

Review of patient session from Day 2. Setting priorities for today's lab sessions
<u>Small Group Presentation</u> : Patient Case #3
<u>Patient Case #3</u> : Treatment session
<u>Small Group Problem Solving Session</u> : How can you integrate the material into your clinical practice? What changes might you suggest? Present ideas back to the whole group.
<u>Summary and Wrap Up</u> : Goals for next week, month, and year

COURSE OBJECTIVES

At the conclusion of the course, participants should be able to:

1. Demonstrate improved differential diagnostic skills that appropriately identify the limiting factor to motor performance by demonstrating a logical, systematic evaluation process including identification of motor impairments from multiple systems of impairment (neuromuscular, musculoskeletal, integumentary, cardiovascular/pulmonary, and internal organs).
2. Demonstrate improved direct hands-on skills during patient sessions that allow for the instructor's immediate verbal and manual feedback as well as the patient's feedback.
3. Demonstrate refined handling skills related to musculoskeletal mobilization of the thoracic spine and thoracic cage as well as other manual skills as determined by the consensus of the group during the initial planning session.
4. Synthesize course material in small groups, by applying course concepts into specific clinical cases.

PRE-COURSE ASSIGNMENTS FOR ALL PARTICIPANTS

1. Each participant should review the handout material from the introductory course. Come prepared to ask questions and to identify your areas of weakness.
2. You will receive the most current version of the "If You Can't Breathe, You Can't Function" handouts at the course.
3. Pre-readings instructions will be sent to you via e-mail prior to the course.
4. Prior to the course, the participants will be assigned to one of 3 teams. Each team will evaluate a patient prior to the course and will briefly present their findings to the class. They will identify what they see as the "real" limitation to that patient's successful rehabilitation and should present their thoughts on prioritizing possible interventions. They will be asked to suggest specific ideas for interventions. Ideally, each team will be made up by more than one discipline. The presentation should be approximately 20 minutes in order to allow for ample discussions during the 45 minutes of the session.
5. Following the presentations, the patients will be seen and treated by the group. Please be prepared to demonstrate interventions with the patient (according to the patient's willingness to participate with multiple practitioners) in order maximize feedback from the instructor while you are trying your manual skills with real patients.
6. Each day will include multiple lab session for practicing and refining manual skill. Come with lab clothes (tank tops, sports bras, etc.) and comfortable pants. The topics of the labs will be determined by the participants. Review your notes and write down the techniques that you would like to re-learn or improve.