



## **CEU's coming soon!**

If you are looking for continuing education credits, APTA South Carolina is here for you! Watch the Newsletter and website for dates and times for virtual CEU opportunities. Here's a sneak peek:

### **Collaboration with Colleagues and Community: Parkinson's Disease: Resources.Education.Vitality (PD.R.E.V.) 1 CEU HR**

**Overview:** Through the collaborative efforts of relocated healthcare providers with an interest and expertise in Parkinson's Disease(PD), a community need was identified. After multiple meetings for idea generation and program development, Parkinson's Disease. Resources. Education. and Vitality(PD.R.E.V.) was designed. The objective was to provide individuals with PD and their care partners and/or family members an opportunity to meet their healthcare provider team in a small group setting to learn the basics of PD management, and how to thrive with PD. Program team members included a movement disorders neurologist, a neuropsychologist, and two physical therapists. Synchronizing team member schedules and identifying optimal symposium frequency have been the largest barriers since debut. At the time of submission the program has had 85 attendees. All attendees are asked to complete a program evaluation. Through this collaboration PD. R.E.V has resulted in building rapport within the healthcare team and between the healthcare team and the PD community. Many attendees have gone on to participate in a longitudinal research study designed by the same provider team, seek services from the presenting team members, and utilized local resources (ie local support group or community exercise classes).

Alicia Flach, PT,DPT,NCS,MSCS; Bio: Dr. Alicia Flach is a Clinical Assistant Professor at the University of South Carolina in the Physical Therapy Program. Her primary teaching role is in rehabilitation of adults with neurological conditions and injuries. She received her undergraduate degree from the University of Illinois and her Doctorate of Physical Therapy from University of South Carolina. Additionally, she is recognized as a Board-Certified Clinical Specialist in Neurologic Physical Therapy (NCS), Board-Certified Multiple Sclerosis Clinical Specialist (MSCS), and Parkinson's Foundation Physical Therapy Faculty Scholar. Her clinical practice focuses on collaborating with individuals living with degenerative neurological conditions, such as Parkinson's disease, Multiple Sclerosis, and Amyotrophic Lateral Sclerosis, to reach their movement goals. Dr. Flach's research interests are how physical

activity and exercise can help in optimizing movement, such as walking and balance, overall function, and quality of life in individuals living with degenerative neurological conditions.

### **"How to Stop Sucking at Social Media Marketing". 2CEU HR**

**Overview:** How many times have you gotten on social media today? How many times this week? As a profession, we have been slow to adapt to the digital, mobile world around us. Yet, the devices we use are also the greatest bridge to creating relationships with our patients. In this session, we will teach you the long-term necessity of building your digital brand, how to target your ideal audience, and what tactical steps to take to make sure you are successful.

Elliot Cleveland, PT, DPT Bio: Elliot Cleveland has successfully created a niche physical therapy business, Marching Health, which targets marching bands, and primarily operates through digital media. In 2 years, he has grown Marching Health to having over 30,000 social media followers and impacting marching bands and performers all over the globe. He is a leader and pioneer in the music world and is a nationally sought after speaker and clinician.

### **Beyond Physical Therapy: Incorporating Evidence-Based Psychological Skills to Help Clients. 1 CEU HR**

**Overview:** Clients struggle with managing pain and disappointment, maintaining motivation and adherence, and decreasing overall stress associated with an injury. These obstacles are not easily solved by traditional physical therapy techniques or strategies. When incorporated into a physical therapy session, evidence-based psychological skills can help reduce or eliminate these common obstacles faced by clients. Unfortunately, psychological skills are often absent in physical therapy graduate programs and continuing education, leaving physical therapists unprepared to help their patients overcome these difficulties. Mindfulness and self-compassion are two evidence-based psychological skills that can effectively address each one of the obstacles. To help equip physical therapists, the purpose of this presentation is to (a) discuss the importance, effectiveness, and research supporting mindfulness and self-compassion, (b) identify common barriers faced when using psychological skills with clients, and (c) apply simple, practical strategies to incorporate mindfulness and self-compassion into a physical therapy session.

David Paul Schary: Speaker

### **An introduction to Jiguar® Milestone app., 1 CEU HR**

**Overview:** An introduction to Leaper: being piloted in India, China and the United States. Its purpose is to identify delays in five major domains of development. Current trends in milestone achievement across demographics will be presented.

Speaker Bio: Elizabeth Harvey, PT, DPT, MSR, Clinic Director/owner

Elizabeth G Harvey, PT, DPT, MSR, CKTI, CEIM graduated from the Medical University of SC in 2002, obtaining her DPT from AT Still University in 2008. She is currently a PhD student at the University of Medical Sciences Arizona. She specializes in treatment of pediatric patients with complex neurologic and orthopedic challenges, including oral motor/facial dysfunction. Dr. Harvey employs novel techniques via therapeutic tapings, NMES, focal vibration and sensory massage to promote neural plasticity. Currently she serves Kinesio University as a Curriculum Design Specialist and a member of the International Research Committee. She is involved in local and international activities to promote wellness and prevention, as well as integrative treatment techniques.

She is a member of the American Physical Therapy Association, Neurodevelopmental Treatment Association and Infant Massage USA. Dr. Harvey is the owner of ABC Therapies, LLC in Moncks Corner, SC

### **PT & The Critically Ill Child: Why, When, How, What Next?**

**Overview:** More children with critical illnesses are surviving to hospital discharge than ever before thanks to evolving developments in medical technologies. The physical, cognitive, and mental health implications of ICU survivorship have recently been described as a Post-Intensive Care Syndrome and can have lasting effects on the pediatric client. The role of the multidisciplinary care team in the ICU is important for early identification of risk factors, early rehabilitation programs, and overall prevention of secondary complications common following an ICU stay. This presentation will discuss a multidisciplinary approach to comprehensive management of the critically ill child in the context of the ICU Liberation Bundle. Participants will learn the role of the physical therapist across the continuum of care for a critically ill child, from early mobility to outpatient therapy. Participants will be also presented with an early mobility protocol for safe implementation of rehabilitation services in a pediatric intensive care setting.

Jenna Domann, PT, DPT, Pediatric Physical Therapist BIO: Jenna Domann, PT, DPT graduated in 2016 from Washington University in St. Louis and specializes in pediatric acute care practice. Her clinical interests include early rehabilitation in critical care and management of the child with chronic critical illness. Dr. Domann currently chairs a multidisciplinary ICU Liberation initiative and serves as an APTA credentialed clinical instructor. She is also an adjunct instructor at the Medical University of South Carolina.

## **Early student engagement with multiple sclerosis care: Building a workforce 2 CEU HR**

**Overview:** Title: Early student engagement with multiple sclerosis care: Building a workforce  
Description: The National Multiple Sclerosis Society partnered with key community healthcare resources and formed a taskforce of volunteer academicians and clinicians interested in MS care to respond to recent evidence identifying a shortage in the MS care workforce. A pilot outreach program, titled *Multiple Sclerosis (MS): A Clinical Perspective*, for students in healthcare disciplines was developed and then implemented at two universities in North Carolina. To date, *Multiple Sclerosis (MS): A Clinical Perspective* has been held through 5 different events across North Carolina and South Carolina, has reached 324 students in 14 different healthcare disciplines, and has involved 51 clinical experts. Primary challenges to program implementation have included marketing to reach target audiences, registrant drop-out on day of attendance (up to 50% drop out), and parking limitations for visiting students and presenters living with MS. A standardized survey was developed and piloted at the most recent event in April 2019. Preliminary results from the survey indicate that the program helped the majority of respondents understand key learning objectives such as (1) identifying signs and symptoms of MS in discipline specific training contexts; and (2) understanding the importance of interprofessional collaboration to optimize the care and lives of individuals living with MS.

Alicia Flach, PT,DPT,NCS,MSCS; BIO Dr. Alicia Flach is a Clinical Assistant Professor at the University of South Carolina in the Physical Therapy Program. Her primary teaching role is in rehabilitation of adults with neurological conditions and injuries. She received her undergraduate degree from the University of Illinois and her Doctorate of Physical Therapy from University of South Carolina. Additionally, she is recognized as a Board-Certified Clinical Specialist in Neurologic Physical Therapy (NCS), Board-Certified Multiple Sclerosis Clinical Specialist (MSCS), and Parkinson's Foundation Physical Therapy Faculty Scholar. Her clinical practice focuses on collaborating with individuals living with degenerative neurological conditions, such as Parkinson's disease, Multiple Sclerosis, and Amyotrophic Lateral Sclerosis, to reach their movement goals. Dr. Flach's research interests are how physical activity and exercise can help in optimizing movement, such as walking and balance, overall function, and quality of life in individuals living with degenerative neurological conditions.

## **Neurophysiological Interventions for Chronic Pain,**

**Overview:** This course overviews the neuroscience of pain with an emphasis on the current understanding of chronic pain based on recent research. Participants will then learn to use evidence-informed neurophysiological interventions including therapeutic neuroscience education, progressive relaxation routines, and guided imagery routines to improve pain modulation. Instruction on appropriate documentation as well as integrating these interventions into a client's home program will also be taught.

Eric Kao, PT, DPT BIO: Eric is a physical therapist practicing in South Carolina who works in the outpatient setting specializing in treating clients with chronic pain. He was the lead physical therapist of the chronic pain team at Prisma Health Hospital Tuomey Outpatient Therapy. He became certified in hypnosis after 60 hours of training by Dr. Fredric Mau, the founder of Relaxation-Based Pain Relief. In 2019, Eric presented on the usage of hypnosis, relaxation techniques, and guided visualization for the South Carolina Board of Physical Therapy Examiners. In addition to his normal work, Eric also created and operates [www.StrengthInNumbers.blog](http://www.StrengthInNumbers.blog) - a website dedicated to the free dissemination of information regarding evidence-informed physical therapy.

