Strategies to increase intensity of practice in rehabilitation

Course aims
This course aims to give you strategies to increase the intensity of practice for patients in rehabilitation. It is designed for any allied health professionals and assistants and draws on research that has been done to increase intensity of practice in physiotherapy, occupational therapy and speech pathology. The course looks at the evidence for and describes strategies for increasing practice in 3 modes of therapy delivery;

- one to one therapist / patient practice
- semi-supervised practice i.e. classes, work stations, carer supervised practice
- independent practice i.e. weekend, home exercise programmes

Venue: Bankstown Hospital
Date: Monday 27th June 2016
Time: 8.30am – 4.30pm
Learning Outcomes

At the completion of this course you will be able to:

- Outline the evidence for a dose-response relationship between amount of practice and outcomes
- Outline the evidence for carer involvement in rehabilitation
- Outline the evidence for increasing adherence to independent exercise programmes
- Describe the evidence for effective instructions, feedback and goal setting during practice
- Describe strategies to increase patient control of practice
- Describe strategies to increase attendance and participation in classes
- Describe strategies to increase carer involvement in practice
- Discuss strategies to increase intensity of practice in your workplace

Content

Increasing practice to improve outcomes in rehabilitation

- The evidence for a dose-response relationship between amount of practice and outcomes

One to one practice:

- Optimal amount and frequency of instructions
- Internal and external focus of instructions
- Optimal amount and frequency of feedback
- Knowledge of performance and knowledge of results
- Goal setting
- Structuring the environment to drive practice
- Optimal conditions for maintaining motivation

Semi-supervised practice

- Designing classes
- Increasing participation in classes
- Increasing attendance at classes
- Use of workstations to increase practice
- Use of devices to increase practice
- Evidence for involving carers in patient practice
- Strategies for involving carers in patient practice

Independent practice

- Evidence for improving adherence to home exercise/independent exercise programmes
- Designing effective home exercise/independent exercise programmes

Presenter: Simone Dorsch

Simone brings a wealth of experience from both a clinical and a research perspective. Simone works part time in rehabilitation at Bankstown-Lidcombe Hospital and is also a lecturer in neurological physiotherapy at the Australian Catholic University. Simone’s PhD investigated strengthening interventions after Stroke and the relationships between loss of strength and activity limitations. Simone regularly teaches stroke rehabilitation workshops nationally and internationally.
Application form

Name:__________________________________________

Address:________________________________________

_______________________________________________

Email:__________________________________________

Place of work:____________________________________

Position:________________________________________

Cost: $150 includes lunch and course manual

Payment details:

If paying by credit card, please fill in the below details.

Credit Card Number:________________________________________

Name on Credit Card:________________________________________

Expire Date:_______________________________________________

Security Number:___________________________________________

Amount: $:_____________(AUD)

Signature:_________________________________________________

Office Use Only

470400-529688-10000- 6081

To confirm your spot or for any further enquiries to: Lily Jian; Lily.Jian@sswahs.nsw.gov.au'

Once you have confirmed your spot please return this form and your credit card details, or cheque made payable to Bankstown-Hospital, attention of:

Lily Jian
re Strategies to increase intensity of practice in rehabilitation workshop
Physiotherapy Department
Bankstown-Lidcombe Hospital

There are limited spots available.

Locked Mail Bag 1600 Bankstown NSW 2200 or Lily.Jian@sswahs.nsw.gov.au