



Current Rehabilitation Concepts on the Assessment and Management of Patients with Dysautonomia and POTS

Overview: Postural orthostatic tachycardia syndrome (POTS) is a complex, multi-system chronic condition that limits function, participation in recreation activity, and overall quality of life. In this course, participants will review the epidemiology and etiology of POTS; appreciate the necessity of the interprofessional team approach to enhance quality of life; and apply common therapy assessments and interventions for the person with POTS.

Audience: Occupational Therapists, Physical Therapists, Athletic Trainers

Presenters: Curry Durborow, PT, DPT
 Board Certified Specialist in Neurologic Physical Therapy
 Outpatient Physical Therapist, Bryn Mawr Rehab at Malvern

Gina Vault, PT
 Board Certified Specialist in Neurologic Physical Therapy
 Outpatient Physical Therapist, Bryn Mawr Rehab at King of Prussia

- Objectives:** At the completion of this course, the learner will be able to:
- Discuss the epidemiology of POTS
 - Explain the pathophysiology and etiology of POTS
 - Describe in role of the interprofessional team
 - Identify screening red flags that may warrant referral to other providers
 - Discuss common assessment measures used when evaluating a patient with POTS
 - Identify treatment protocols used when providing therapy to patients with POTS

Program Agenda:

5:30 p.m.	<ul style="list-style-type: none"> • Definition and epidemiology
6:00 p.m.	<ul style="list-style-type: none"> • Etiology and pathophysiology
6:25 p.m.	<ul style="list-style-type: none"> • Role of the interdisciplinary team
7:25 p.m.	<ul style="list-style-type: none"> • Interventions <ul style="list-style-type: none"> ○ Precautions/contraindications ○ Pharmacological ○ Non-pharmacological
7:40 p.m.	<ul style="list-style-type: none"> • Therapy guidelines <ul style="list-style-type: none"> ○ Protocols / guidelines <ul style="list-style-type: none"> ▪ CHOP / Levine / UtaAdapt Program ▪ +/- Beta Blocker ▪ HR monitoring vs RPE scale monitoring ○ Cardiac Warmup / cooldowns ○ Strengthening progression <ul style="list-style-type: none"> ▪ phase 1-3 ○ Cardiovascular conditioning progression <ul style="list-style-type: none"> ▪ training mode 1-4
7:25 p.m.	Question/answers

Program Length: 3 hours

Program Location: Virtual

Program Cost: \$50.00

CE Statements:

- Athletic Training: Main Line Health is approved by the Board of Certification, Inc to offer continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU.



Athletic Training Practice and Domain: Examination, Assessment and Diagnosis; Therapeutic Intervention

Level of Instruction: Advanced

- OT: Main Line Health is a recognized by the PA State Board of Occupational Therapy as a pre-approved provider. This course is applicable for 3.0 contact hours (0.30 CEUs).
- PT: This course has been approved by the PA State Board of Physical Therapy for 3.0 contact hours (0.30 CEUs).

Participant Satisfaction/Complaint Policy: Program evaluation evaluates participant satisfaction and complaints are handled by designated BMRH representative.

Satisfactory Completion: Requirements for satisfactory completion of this course include full attendance at the course as evidenced by electronic sign-in/sign-out sheet, completion of perceived attainment of course objectives, and self-assessment of how course materials will impact clinical performance and/or outcomes.

Cancellation Policy: Main Line Health reserves the right to cancel an educational event. In the event that Main Line Health cancels the event, participants will be refunded 100% of any registration fees paid.

Participants may cancel their participation in the course. The course tuition is refundable, minus a 20% processing fee, if the cancellation is received in writing at least one week prior to the start date of the course. No refunds or credits will be granted if notice is provided less than one week prior to the start date. No refunds or credits will be granted for no shows.

Faculty Disclosures:

Faculty	Financial	Non-Financial
Curry Durborow	Receives a salary from Main Line Health	No disclosure
Gina Vault	Receives a salary from Main Line Health	No disclosure