



# Success Starts Early Training Program

## COURSE SERIES SYLLABUS

### COURSE SERIES SUMMARY

As patients transition into nursing facilities following amputation surgery, empowering the entire healthcare team with education is an important first step in ensuring a positive outcome.

Studies show that restoring and maximizing mobility increases the overall quality of life and satisfaction for patients with lower limb loss. The goal of this series is to ensure you are equipped with the tools to identify the specific needs of each individual patient and to prepare patients for a holistic care plan that includes pre- and post-prosthetic rehabilitation.

Featuring experts in physical therapy and prosthetic clinical care, the series will include lecture and virtual lab activities designed to increase your comfort when working with patients with lower limb amputations.

Sessions within this series complement each other, and it is highly suggested that you take each one sequentially. However, it is possible for learners to take 1 or 2 sessions and still obtain credit.

### COURSE SESSIONS

1. 101: Trends in Prosthetic Rehabilitation:  
From Terminology to Technology
2. 102: Pre-Prosthetic Rehabilitation Program Planning
3. 103: Post-Prosthetic Rehabilitation Program Planning
4. 104: Achieving Patient Success Today and in the Future
5. 105: Virtual Prosthetic Rehabilitation Lab

### COURSE LEVEL

Introductory

### TARGET AUDIENCE

Allied Health Care professionals and other health care professionals who provide care for patients with limb loss

### CREDITS

Continuing education credits will be pre-approved for physical therapists, nurses, case managers, and occupational therapists. All others are welcome to attend, and receive a certificate of attendance to submit to their board directly. Please [visit us here](#) for more information on accreditation for our sessions. If you have any questions pertaining to approval, please reach out to Hanger Clinic Professional Education Department at [prof-ed@hanger.com](mailto:prof-ed@hanger.com).

### INSTRUCTORS

#### Jason Meints, PT, DPT, Hanger Clinic

Jason is a licensed physical therapist who specializes in limb loss rehabilitation and gait training. Jason graduated with a doctorate in physical therapy from the University of Des Moines and is currently practicing at Hanger Clinic in Omaha, NE.

#### Darren Stoop, PT, DPT, NSCA-CPT, Hanger Clinic

Darren is a licensed physical therapist who specializes in limb loss rehabilitation and gait training. Darren graduated with a doctorate in physical therapy from Creighton University in Omaha, NE and is currently practicing at Hanger Clinic in Omaha, NE.

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# Success Starts Early Training Program

## COURSE SERIES SYLLABUS (CON'T)

### OBJECTIVES

1. List communication strategies to help you discuss goal setting with patients
2. Outline prosthetic technology, including componentry as it relates to specific goals set by you and your patient
3. Identify the unique care needs of each patient that best prepares them for prosthetic rehabilitation and restored mobility
4. Describe options for residual limb care based on the presentation of the patient
5. Assess musculoskeletal movement strategies of patients with amputations and formulate unique rehabilitation protocols
6. Analyze gait and employ balance techniques to support patient outcomes
7. List techniques to ensure the best fit of a prosthesis that will help maximize mobility, including when and how to partner with your patients' prosthetist.
8. Describe relevant objective measures and explain how objective measures relate to clinical practice, patient performance, and ongoing prosthetic mobility
9. Summarize an effective plan for discharge that is specific to your patient needs
10. Employ exercise techniques to challenge and improve a patient's balance and movement strategies
11. Analyze real-world patient assessments, and provide feedback to instructors throughout

### PRE-READING MATERIAL

- **The IMPACT Study:** Impact of Time to Receipt of Prosthesis on Total Healthcare Costs 12 Months Post-amputation
- **MAAT 1:** Quality of life and satisfaction are strongly related to mobility for patients with a lower limb prosthesis
- **MAAT 2:** Comorbidities and mobility in lower limb prosthesis users
- **MAAT 3:** Matching individuals based on comorbid health reveals improved function for above-knee prosthesis users with MPK technology
- **MAAT 5:** Mobility, Satisfaction, and Quality of Life among Long-Term Dysvascular/Diabetic Prosthesis Users—Results of a Cross-Sectional Analysis

### CONTINUING EDUCATION REQUIREMENTS

All attendees are required to be present the entire session, signing in at the beginning and out at the end of the course. Throughout the presentation, learning outcomes will be assessed through instructor interaction and the attendee's participation and verbal responses to Q&A, unless a written assessment is required by an applicable approving State Board or Organization.

### SPECIAL REQUESTS

Hanger Clinic strives to make our learning environments fully accessible and want to provide our guests with an opportunity to identify special needs in advance of the course. Please contact your course coordinator.

### TECHNICAL REQUIREMENTS

All learners must have access to a laptop, mobile device, and an internet connection in order to view each session, download materials and review activity sheets as needed.

**PLEASE NOTE:** If course tuition is required, see the course flyer for the policy on fees and cancellation charges. If Hanger cancels for any reason, a full refund of the course tuition paid to Hanger will be given.

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## Trends in Prosthetic Rehabilitation: From Terminology to Technology

### SUCCESS STARTS EARLY: SESSION ONE SYLLABUS

July 23, 2020

COURSE DATE

Virtual Classroom

LOCATION

12 - 1 PM CST

TIME

Jason Meints, PT, DPT, Hanger Clinic & Darren Stoop, PT, DPT, NSCA-CPT, Hanger Clinic

COURSE PRESENTER & CREDENTIALS

### COURSE SUMMARY

As an integral part of the healthcare team working to get your limb loss patients moving again quickly, it is important to have basic knowledge on prosthetic rehabilitation and what that can mean for your patients with lower limb loss. This session will provide an overview of prosthetic technology, including componentry, general terminology, and communication strategies designed to help you better understand the individual goals and needs of your patients.

### OBJECTIVES

Upon completion of this program, participants will be able to:

1. List communication strategies to help you discuss goal setting with patients
2. Outline prosthetic technology, including componentry as it relates to specific goals set by you and your patient



## Pre-Prosthetic Rehabilitation Program Planning

### SUCCESS STARTS EARLY: SESSION TWO SYLLABUS

July 28, 2020

COURSE DATE

Virtual Classroom

LOCATION

12 - 1 PM CST

TIME

Jason Meints, PT, DPT, Hanger Clinic & Darren Stoop, PT, DPT, NSCA-CPT, Hanger Clinic

COURSE PRESENTER & CREDENTIALS

### COURSE SUMMARY

There are many advantages to early post-operative care to optimize patient outcomes. This session will take you through a sample pre-prosthetic rehabilitation program plan, including residual limb care and outcomes assessment, to help with preparing your patients as they progress through this early phase in their care.

### OBJECTIVES

Upon completion of this program, participants will be able to:

1. Identify the unique care needs of each patient that best prepares them for prosthetic rehabilitation and restored mobility
2. Describe options for residual limb care based on the presentation of the patient

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## Post-Prosthetic Rehabilitation Program Planning

### SUCCESS STARTS EARLY: SESSION ONE SYLLABUS

July 30, 2020

COURSE DATE

Virtual Classroom

LOCATION

12 - 1 PM CST

TIME

Jason Meints, PT, DPT, Hanger Clinic & Darren Stoop, PT, DPT, NSCA-CPT, Hanger Clinic

COURSE PRESENTER & CREDENTIALS

### COURSE SUMMARY

This session will take you through a sample post-prosthetic rehabilitation program plan, including gait assessment and balance techniques, with the overall goal of providing you with a comprehensive plan that can be customized based on real patient profiles and overall mobility goals.

### OBJECTIVES

Upon completion of this program, participants will be able to:

1. Assess musculoskeletal movement strategies of patients with amputations and formulate unique rehabilitation protocols
2. Analyze gait and employ balance techniques to support patient outcomes



## Achieving Patient Success Today and in the Future

### SUCCESS STARTS EARLY: SESSION TWO SYLLABUS

August 4, 2020

COURSE DATE

Virtual Classroom

LOCATION

12 - 1 PM CST

TIME

Jason Meints, PT, DPT, Hanger Clinic & Darren Stoop, PT, DPT, NSCA-CPT, Hanger Clinic

COURSE PRESENTER & CREDENTIALS

### COURSE SUMMARY

This session will open with quick tips for ensuring the best fit of a prosthesis to help maximize mobility, including when and how to partner with your patients' prosthetist. Various outcomes measures for the amputee population will also be discussed, while emphasizing the importance of tracking patient progress throughout the care pathway and introducing common terminology used to communicate outcomes data between healthcare disciplines. The session will close with a discussion around discharge planning. Discharge planning is about how we, as providers, can help guide patients through the healthcare system so they don't fall through the cracks when they leave our care. For example, when someone gets discharged from a skilled nursing facility, are they being set up or directed to the next phase of their rehab or just sent home to figure it out on their own?

### OBJECTIVES

Upon completion of this program, participants will be able to:

1. List techniques to ensure the best fit of a prosthesis that will help maximize mobility, including when and how to partner with your patients' prosthetist.
2. Describe relevant objective measures and explain how objective measures relate to clinical practice, patient performance, and ongoing prosthetic mobility
3. Summarize an effective plan for discharge that is specific to your patient needs

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# Virtual Prosthetic Rehabilitation Lab

## SUCCESS STARTS EARLY: SESSION ONE SYLLABUS

**August 11, 2020**

COURSE DATE

**Virtual Classroom**

LOCATION

**12 - 1 PM CST**

TIME

**Jason Meints, PT, DPT, Hanger Clinic & Darren Stoop, PT, DPT, NSCA-CPT, Hanger Clinic**

COURSE PRESENTER & CREDENTIALS

### COURSE SUMMARY

This session will bring the series to life with virtual, hands-on, patient-centered activities designed to help you practice assessment techniques, communication, and best practices that help lead to patient success.

### OBJECTIVES

Upon completion of this program, participants will be able to:

1. Employ exercise techniques to challenge and improve a patient's balance and movement strategies
2. Analyze real-world patient assessments, and provide feedback to instructors throughout

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