

Virtual Live LSVT BIG[®] Training and Certification Course Syllabus

Course Description:

The Virtual Live LSVT BIG Training and Certification Course is a mix of online pre-recorded learning and virtual live interactive learning designed to train physical and occupational therapy professionals and students in an evidence-based, intensive, treatment program for individuals with Parkinson's disease. The fundamental treatment principles and rationale, key treatment elements, efficacy data supporting treatment outcomes, details of treatment tasks, and practical delivery will be covered. Teaching techniques include both virtual live and pre-recorded lecture and video demonstrations, as well as virtual live instructor led exercise practice, question and answers, and case study presentations. Knowledge review questions and scheduled virtual live practice times ensure the highest levels of learning. Discussion will be included on application to other neural disorders and personalization of the treatment to meet the unique functional goals of each patient.

Learning Objectives:

Upon conclusion of this workshop, participants (Physical and Occupational Therapy Professionals and Students) will be able to:

- Describe three paradigm shifts unique to LSVT BIG treatment
- Provide rationale for using a single target of amplitude when working with patients with Parkinson's disease.
- Correctly identify at least three key principles used in LSVT BIG that drive activity dependent neuroplasticity.
- Discuss efficacy findings that support use of LSVT BIG for persons with Parkinson's disease.
- Provide the rationale for each of the Maximal Daily Exercises
- Describe the correct performance techniques of the LSVT Maximal Daily Exercises
- Given patient scenarios of patients with Parkinson's disease with various levels of function, describe how to adapt or progress LSVT BIG treatment.
- Correctly list 5/5 teaching techniques unique to LSVT protocols.
- Differentiate between Functional Component Tasks, Hierarchy Tasks, and Carryover tasks.
- Identify the purposes of Functional Component Tasks, Hierarchy Tasks, and Carryover Tasks.
- Provide an example of calibration in LSVT BIG.
- Synthesize data from patient interview, examination, stimulability tests and results of standardized tests to determine if the patient will benefit from LSVT BIG treatment.

LSVT BIG[®] Virtual Live Course Agenda

Pre-requisites – Complete by October 22, 2020

Sign Clinician Practice Agreement (emailed to each registrant)

Pre-recorded Learning in LearnUpon - Complete by October 29, 2020

(3 hours instructional time)

Pre-knowledge assessment (40 questions)

Module 1: Introduction (15 minutes)

Module 2: Background of LSVT and Paradigm Shifts (54 minutes)

Module 3: Overview of Parkinson disease (32 minutes)

Module 4: Video demo of LSVT BIG treatment (46 minutes)

Module 5: LSVT Data (33 minutes)

Knowledge Review Questions Modules 1-5 in LearnUpon

Virtual Live Day 1: October 30, 2020; 12:00 - 5:00 PM CET

(4 hours 40 minutes instructional time)

Access all modules through your LearnUpon account. Virtual Live sessions will use the Zoom platform. All times listed in Central European Time Zone (CET).

Module 6: 12:00 - 1:30 PM (90 minutes)

Intro to LSVT BIG Methods; Maximal Daily Exercises; Adaptations/Progressions of Maximal Daily Exercises

Break: 1:30 – 1:40 PM (10 minutes)

Module 7: 1:40 – 2:55 PM (75 minutes)

Interactive exercise practice session of Maximal Daily Exercises and Seated Adaptations. Live demonstrations, large group practice and partner practice.

Break: 2:55 - 3:05 PM (10 minutes)

Module 8: 3:05 – 5:00 PM (115 minutes)

Functional Component Tasks and Hierarchy Tasks with demonstrations and interactive small group practice

OPTIONAL: 5:00 – 5:30 PM (30 minutes)

Supplemental Group Exercise Practice Session

Knowledge review questions Modules 6-8 in LearnUpon

Virtual Live Day 2: October 31, 2020 12:00 - 5:00 PM CET

(4 hours 40 minutes instructional time)

Access all modules through your LearnUpon. account. Virtual Live sessions will use the Zoom platform. All times listed in Central European Time Zone.

Module 9: 12:00 - 1:15 PM (75 minutes)

BIG walking; Freezing Phenomena; Teaching Techniques; Summary

Break: 1:15 – 1:25 PM (10 minutes)

Module 10: 1:25 - 2:10 PM (45 minutes)

Calibration

Module 11: 2:10 - 3:20 PM (70 minutes)

Follow-up Recommendations, Quantification, Interdisciplinary Care, and Prepare for Interactive Session

Break: 3:20 – 3:30 PM (10 minutes)

Module 12: 3:30 - 5:00 PM (90 minutes)

Interactive practice session with PD volunteers in small groups

OPTIONAL Q & A Zoom Session with LSVT BIG Faculty: 5:00 – 5:30 PM

Knowledge Review Questions Modules 9-12 in LearnUpon

Pre-recorded Learning in LearnUpon - Complete by November 8, 2020

(One hour of instruction time including Final Exam)

Module 13: Clinical Implementation (40 minutes)

Final Exam: 40 multiple choice questions; 85% required to pass
(20 minutes average completion time)

Course evaluation and Certification Directory Form

Total Instructional Time: 13 hours, 20 minutes (1.325 CEUs)

****All elements of the course must be completed
no later than November 8, 2020.***