

Overview of Adult Rehab with Interactive Metronome for Cognitive & Motor Skills



Introduction to a revolutionary approach for fall risk reduction & review of various customized IM training exercises for adults with impaired speech, language, cognitive, & motor abilities.

Course Description:

This rich & informative course will provide an overview of evidence-based, customized approaches to IM training for adults with a variety of neurological and orthopedic conditions in order to accelerate and exceed functional rehabilitation outcomes. In addition, participants will be introduced to the IM Fall Risk Reduction Program, a revolutionary approach that emphasizes the use of IM training in inpatient and outpatient settings to directly address areas of patient function that contribute to falls: impaired balance & gait, transfers, & attention, as well as impulsivity and fear of falling. Case studies and photos will be used to illustrate techniques and outcomes.

**Contact hours/ASHA and AOTA CEUs are offered pending successful completion of a written exam at the end of the course.*

Target Audience:

This course welcomes the following professionals who have completed the Interactive Metronome Certification Course.

- Speech and Language Pathologist
- Speech and Language Pathology Assistant
- Audiologist
- Occupational Therapist
- Occupational Therapy Assistant
- Physical Therapist
- Physical Therapy Assistant
- Athletic Trainer
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist

Instructional Level:

Introductory

Learning Outcomes:

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

- Share evidence for incorporating timing & rhythm training into the treatment of adults with neurological and orthopedic conditions in order to accelerate and improve outcomes;
- Explain how Interactive Metronome addresses each of the 4 major components of motor learning;
- Identify patient-centric contributors to fall risk, short-comings of current fall risk reduction strategies & areas of function impacted by Interactive Metronome training to reduce fall risk more effectively.

**Note: This course covers information that pertains to licensed therapists and therapy assistants. OTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.*

Specific Learning Outcomes for Speech-Language Pathologists & Audiologists:

- Share evidence for incorporating timing & rhythm training into the treatment of adults with neurological conditions in order to accelerate and improve outcomes in the areas of speech, language, and cognitive function;
- Describe and implement specific treatment activities along with timing & rhythm training to improve communication & cognitive-linguistic skills;
- Identify patient-centric contributors to fall risk, short-comings of current fall risk reduction strategies & areas of function impacted by timing & rhythm training to reduce fall risk more effectively where the SLP can have a positive impact in clinical practice.

**Note: This course covers information that pertains to licensed therapists and therapy assistants. SLPA professionals must practice IM under the supervision of a licensed SLP.*

Instructor:

April Christopherson, OTR/L has been an Occupational Therapist for almost 20 years and has worked with diverse populations in a variety of settings – including home health, private clinic and in-patient rehabilitation. She is the owner of MaxAchieve, Inc. in Colorado Springs, CO where her current clientele range from pediatrics to adults to high performance athletes, both stateside and internationally. She is the creator of the BrainFirst! Neuro-based treatment for clients. She believes in a whole, team approach to the client – including various medical professionals and therapists plus the use of functional neurology and metabolic/nutrition counseling. She also works exclusively with the Shandy Clinic in Colorado Springs, CO as the Director of Occupational Therapy providing solutions to families with children suffering from Autism, Asperger's, ADHD, and other diagnoses. April has worked as a legal consultant and as an expert witness throughout the United States. She sits on the Clinical Advisory Board for Interactive Metronome Corporation. She is a member of both the Advanced Brain Interactive Metronome adjunct faculty and teaches introductory and advanced continuing education courses to professionals.

April was granted her degrees in Occupational Therapy and Psychology from St Ambrose University in Davenport, IA in 1991. She has furthered her education by taking courses and attending conferences that foster her knowledge in helping clients recover neurological functioning from the lowest level to the higher cognitive and executive levels - such as Boehme Approach to Treatment of the Baby, Sensory Integration Clinics (various), The Listening Program, Interactive Metronome, Alert Program, Talk Tools, Treating Drug Affected Children, OT in the Schools, Benbow's Loops and Other Groups, Marriage and Family Counseling, Nutrition, Studies in Neurology, Traumatic Brain Injury, and various other certification classes. She uses Interactive Metronome in conjunction with The Listening Program as an intensive neurological treatment option for qualified clients and as an introductory functional treatment option for pediatric clients.

Disclosures:

Instructor Financial Disclosure(s): April is an active member of Interactive Metronome's Clinical Advisory Board, for which she receives an annual honorarium from Interactive Metronome, Inc. She is the author/co-author of numerous courses that focus on the clinical application of Interactive Metronome technology, for which he has received honoraria from Interactive Metronome, Inc. April does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored/coauthored. April is also an instructor for Interactive Metronome, for which she receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. April does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): April uses Interactive Metronome in clinical practice at MaxAchieve, Inc. & the Shandy Clinic in Colorado.

Course Content Disclosure:

The Interactive Metronome, Inc. has developed and patented a licensed technology trademarked as the Interactive Metronome®. (U.S. Patents #4,919,030; #5,529,498; #5,743,744; #6,719,690; other U.S. and foreign patents pending) Interactive Metronome, Inc. is the sole source of the following products: Interactive Metronome®, Gait Mate® and IM Home®. The purpose of this course is solely educational. Because there are no other like-kind products available, this course will only cover information that pertains to the effective and safe use of the above-named products and is not intended to promote the business or product in any way.

Course Origination Date*: 9/1/2016

*Course content is reviewed annually to make sure it remains current and relevant to the practice of Interactive Metronome.

Agenda (60 minutes):

- Speaker introduction & disclosure
- Why Adult Best Practices
- Emerging Practice Issues
- Fall Risk Consideration and Solution
- Research supporting the use of IM with the Adult Population
- Practice Considerations
 - Trigger access
 - Trigger type
 - Patient positioning
 - Cognition & memory
 - IM settings

- Assessment tools
- Functional carryover
- Space & environment
- IM Home
- Case Studies
- Summary
- Q & A
- Online post-test & course evaluation

Instructional Methods:

- Lecture
- PowerPoint
- Photos

Contact Hours/ASHA and AOTA CEUs:

0.1 ASHA (1.0 contact hours)

0.1 AOTA; 1.25 NBCOT PDUs (1.0 contact hours)

PT/PTA & Other Disciplines Not Listed Above: If your discipline or state is not listed above, you may submit paperwork to your state board or association for CEUs if they allow you to do so. Please check with your state board/association prior to registering for this course.

This is not a co-sponsored or cooperative course offering. Interactive Metronome, Inc. is the organization responsible for creating the content & awarding AOTA CEUs.



Effective July 1, 2011, individuals must meet at least one of the following conditions in order to be eligible to earn ASHA CEUs.

- ASHA Member (includes Life member and International affiliates)
- ASHA Certificate of Clinical Competence (CCC) Holder
- Licensed by a state or provincial regulatory agency to practice speech-language pathology (SLP) or audiology
- Credentialed by a state regulatory agency to practice SLP or audiology
- Credentialed by a national regulatory agency to practice SLP or audiology
- Currently enrolled in a masters or doctoral program in SLP or audiology



Interactive Metronome, Inc is an AOTA Approved Provider (#4683). This introductory course is offered for 1 contact hour/ .1 AOTA CEU (Classification Codes - Domain of OT-PERFORMANCE SKILLS; OT Process: INTERVENTION). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.