Respiratory Muscle Training for the MedSLP

White Plains, NY
6.2.19

Brooke Richardson's acclaimed course

- Evidence supporting use of RMT, including:
  - Patient candidacy
  - Applications for patients with dysphagia and other diagnoses
  - Contraindications and precautions
  - Device selection
- Hands-on experience
  - Evaluation
  - 3 different therapy devices
  - Trach/vent trouble-shooting
- Brooke's RMT Toolkit ©
- 7.5 hours / 0.75 ASHA CEUs / $295

Brochure, registration, & reviews:
BrookeRichardsonSLP.com
Course Description

Respiratory Muscle Training for the MedSLP combines lecture, critical thinking through case studies, and hands-on practice. Participants will learn about various applications of Respiratory Muscle Training (RMT) with adults, including expiratory and inspiratory muscle training (EMT/EMST and IMT/IMST). Literature and case vignettes are used to support RMT’s use for patients with swallowing and communication disorders across the continuum of healthcare, from acute care to outpatient. Evidence supporting RMT in diverse patient populations will be discussed, including treatment protocols, with an emphasis on patients with oropharyngeal dysphagia. Devices used for RMT assessment and treatment are on-site for hands-on integration of techniques. Strategies and support for program development are provided.

Learning Objectives

- Verbalize anatomic/physiologic components of swallowing, cough, & respiration
- Demonstrate the ability to assess MIP/MEP and compare to normative data
- List 3 indications for EMT and/or IMT in patients with dysphagia
- List 2 contraindications for EMT and/or IMT in patients with dysphagia
- Demonstrate the ability to set appropriate treatment goals, providing rationale relevant to SLP modalities including oropharyngeal dysphagia
- Describe steps necessary to develop an RMT program

Agenda

*agenda may vary slightly*

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:45 - 8:15</td>
<td>Registration</td>
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<tr>
<td>8:15 - 8:45</td>
<td>Respiratory Anatomy &amp; Physiology; Cough</td>
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<td>8:45 - 9:00</td>
<td>Principles of Strength Training</td>
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<td>9:00 - 9:45</td>
<td>What is RMT?</td>
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<td>9:45 - 11:45</td>
<td>RMT in Dysphagia; Specific patient populations</td>
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<td>11:45 - 12:45</td>
<td>Lunch on your own</td>
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<td>12:45 - 2:15</td>
<td>Assessment, with hands-on</td>
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<tr>
<td>2:15 - 3:00</td>
<td>Treatment, with hands-on</td>
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<td>3:00 - 3:45</td>
<td>Goal-writing, Trouble-shooting, Case Studies</td>
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<td>3:45 - 4:15</td>
<td>Starting a Program</td>
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<td>4:15 - 4:45</td>
<td>Summary, Final Q&amp;A, Post-Test</td>
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Instructor

Brooke Richardson, MS, CCC-SLP is a Medical Speech-Language Pathologist at UNC Rex Hospital in Raleigh, NC. She has 10 years of experience treating adults with complex medical needs in the acute and outpatient settings. She has been instrumental in establishing the Respiratory Muscle Training program at UNC Rex Hospital. Prior to joining UNC Rex, Ms. Richardson was employed at Duke University Hospital where she was sought out by colleagues for her clinical expertise. She is a graduate of the Medical Speech-Language Pathology program at the University of Washington. She teaches all of her courses as a sole proprietor.

Cancellation Policy: Refund less $125 processing fee for cancellations prior to 2 weeks before course. No refunds on or within 14 days of course date.