

Potential Rehabilitation Approaches to Effect Neuroplasticity in Multiple Sclerosis



Shepherd Center
NEUROREHABILITATION
LEARNING INSTITUTE

PRESENTER: **Deborah Backus, PT, Ph.D., FACRM**

WEBINAR

DATE: April 30, 2019 TIME: Noon to 1 p.m. EST COST: Free

COURSE DESCRIPTION: This session will challenge the dogma that people with multiple sclerosis (MS) cannot benefit from rehabilitation and exercise approaches simply because MS is a chronic, debilitating disease. Dr. Backus will present evolving evidence related to the potential for rehabilitation approaches and exercise to induce neuromuscular plasticity in people with MS. Based on this evidence, as well as that of others, she will propose that the progression and accumulation of disability is not inevitable and that improvements in function or the slowing of the onset of disability is possible and should be considered for people with MS.

OBJECTIVES: At the completion of the course, participants will be able to:

1. Discuss the rationale for including rehabilitation and exercise in a comprehensive model of care for individuals with multiple sclerosis.
2. Describe how rehabilitation and exercise interventions may induce neuromuscular plasticity for individuals with multiple sclerosis.
3. Discuss the relationship between neuromuscular changes and function in people with multiple sclerosis.
4. Identify two rehabilitation strategies to facilitate neuromuscular plasticity in a client with MS in your clinical setting.

LEARNING OUTCOME: To improve accessibility, the plan of care and quality of rehabilitation interventions for persons with multiple sclerosis

TOPICS INCLUDE: Epidemiology of MS, potential mechanisms for progression of disability, principles of rehabilitation applied to people with MS, interventions to promote mobility and neuroplasticity in minimal to moderate disability, muscle impairment in MS, interventions to promote changes in function and quality of life

AGENDA	
12:00 - 12:15	Rationale for rehabilitation and exercise
12:15 - 12:30	Evidence for interventions promoting mobility and neural plasticity
12:30 - 12:40	Role of the muscle in disability in people with multiple sclerosis
12:40 - 1:00	Evidence for interventions to promote changes in muscle function



Deborah Backus, PT, Ph.D., FACRM, is a grant-funded researcher, physical therapist and educator with more than 30 years of experience in neurorehabilitation, specifically in multiple sclerosis (MS). Her research in the Eula C. and Andrew C. Carlos MS

Rehabilitation and Wellness Program at Shepherd Center focuses on the investigation of rehabilitation interventions and models of care delivery to facilitate greater function, health and quality of life in people living with MS. Dr. Backus combines her clinical and research experience to facilitate the translation of evidence into clinical practice, to ultimately influence practice, reimbursement and health policy. She is funded by the Patient-Centered Outcomes Research Institute, National Multiple Sclerosis Society and the National Institute of Disability, Independent Living and Rehabilitation Research. She has presented both nationally and internationally related to this subject matter.

DISCLOSURES: Deborah Backus, PT, Ph.D., FACRM, has disclosed a financial relationship with Helius Medical as a consultant; Biogen, as part of a speaker's bureau; and Genzyme Corporation, as a grant recipient. She has also disclosed a non-financial relationship as she is the co-author on several publications referenced in this presentation.

This activity is jointly provided by Medical Education Resources and Shepherd Center.

Register here for the webinar: education.shepherd.org

For information regarding continuing education hours and contact hours, please see the next page.



**APPROVED PROVIDER of
CONTINUING EDUCATION**
by The American Occupational
Therapy Association, Inc.

Shepherd Center, Inc. is an approved provider (#9116) of continuing education units by the American Occupational Therapy Association. This program is approved for 0.1 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. Course content is *Intermediate*. Activity type for OTs/COTAs: Category 1, Domain of OT; Category 2, OT Process.



Shepherd Center is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 0.1 ASHA CEUs. (Intermediate Level: Professional Area)

Shepherd Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. (This program is approved for 1.0 Contact Hours.)

An application has been submitted to the Physical Therapy Association of Georgia and is pending approval for PTs and PTAs.

This program has been submitted to the Commission for Case Manager Certification for approval to provide board-certified case managers with 1.0 clock hour(s).

This program has been submitted to The NASW for approval to provide board-certified social workers with 1.0 clock hours(s).

PHYSICIAN CREDIT: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Medical Education Resources (MER) and Shepherd Center. MER is accredited by the ACCME to provide continuing medical education for physicians.

Medical Education Resources designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

TARGET AUDIENCE: This activity has been designed to meet the educational needs of case managers, physicians, nurses, nurse practitioners, occupational therapists/assistant, physician assistants, physical therapists/assistant, social workers and speech language pathologists involved in the care of patients with multiple sclerosis.

LEVEL: *Intermediate*

PROFICIENCY STATEMENT: To obtain continuing education credits for this course, you must register, log in, attend the entire course and complete all required course evaluations/surveys.

Pursue advanced education.
Provide the highest standard of care.



Shepherd Center
NEUROREHABILITATION
LEARNING INSTITUTE

Continuing Education.
Enhancing Lives.

LEARN MORE AT [EDUCATION.SHEPHERD.ORG](https://education.shepherd.org)