Learning Objectives

MedBridge

Improving Patient Adherence and Outcomes for Aging Adults

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Course Objectives

- Review the literature directing best patient adherence
- Evaluate a patient’s interest and identify motivational aspects
- Design a functional and relevant/realistic home exercise program based on the patient’s priority impairment
- Review options for specific impairments and programs to enhance patient outcomes

Chapter 1: Patient Adherence
- Review the literature directing best patient adherence

Chapter 2: Interviewing to Identify Challenges
- Evaluate a patient’s interest and identify motivational aspects

Chapter 3: Ideas for Designing HEP
- Design a functional and relevant/realistic home exercise program based on the patient’s priority impairment

Chapter 4: Home Exercise Program Support
- Review options for specific impairments and programs to enhance patient outcomes