

Respiratory Muscle Training for the MedSLP

Applications, Evidence, and Starting a Program

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*

7:30 - 8:00	Registration
8:00 - 8:30	Respiratory Anatomy & Physiology; Cough
8:30 - 9:00	Principles of Strength Training
9:00 - 9:45	What is RMT?
9:45 - 11:45	RMT in Dysphagia; Specific patient populations
11:45 - 12:30	Lunch on your own
12:30 - 2:00	Assessment, with hands-on
2:00 - 2:45	Treatment, with hands-on
2:45 - 3:30	Goal-writing, Trouble-shooting, Case Studies
3:30 - 4:00	Starting a Program
4:00 - 4:15	Summary, Final Q&A, Post-Test

Instructor disclosures: Ms. Richardson has the following financial relationships: She receives an honorarium for this course. She is an employee of UNC Rex Hospital. She may receive small commission on sales of MicroRPM through MicroDirect. She is the owner of MedSLP Consultants PLLC / The Modern MedSLP. She has no non-financial relationships to disclose.

Registration
\$295

Includes electronic handouts & RMT Toolkit©

TheModernMedSLP.com

The Instructor



Brooke Richardson, MS, CCC-SLP

Brooke is a Speech-Language Pathologist at UNC Rex Hospital in Raleigh, NC. She has been treating adults with complex medical needs in the acute and outpatient settings since 2009. She has been instrumental in establishing the Respiratory Muscle Training program at UNC Rex Hospital. She is a graduate of the Medical Speech-Language Pathology program at the University of Washington. She offers courses as a sole proprietor.

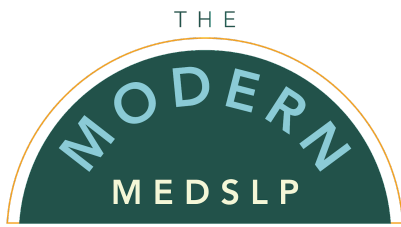
Cancellation Policy: Cancellations up to 15 days before course eligible for partial refund less \$75. Cancellations 14 days or closer to course not eligible for refund in whole or in part.

Contact: Hello@TheModernMedSLP.com



**ASHA CE
 APPROVED
 PROVIDER**

This course is registered for 0.75 ASHA CEUs, Intermediate Level, Professional Area



EARNING CE CREDIT

COURSE TITLE

Respiratory Muscle Training for the MedSLP

COURSE DESCRIPTION

This course 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.

LEARNER OUTCOMES

As a result of this course, participants will be able to:

- 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

COURSE COMPLETION REQUIREMENTS

In order to receive a certificate of completion, and to have their participation reported for ASHA CEUs, learners must do the following.

- Attend the entire course in-person.
- Achieve a passing score ($\geq 80\%$) on the brief, multiple choice, open-note assessment at the end of the course.
- Identify whether they want their participation reported to ASHA for CEUs.

INSTRUCTOR BIO

Brooke Richardson, MS, CCC-SLP is a Medical Speech-Language Pathologist in the USA. She has been treating adults with complex medical needs in the acute and outpatient settings since 2009. She has been instrumental in establishing Respiratory Muscle Training (RMT) programs in multiple hospitals and other healthcare settings, and has spoken internationally on RMT. Brooke also values providing exceptional-quality continuing education for other MedSLPs, and seeks to improve our patient care by emphasizing the importance of understanding a patient's whole medical picture when evaluating and treating.

INSTRUCTOR DISCLOSURES

- *Financial:* Owner of The Modern MedSLP, which owns and operates this website and collects tuition.
- *Non-Financial:* None



ASHA CE
APPROVED PROVIDER

The Modern MedSLP

Intermediate Level
0.75 ASHA CEUs

Questions? Email hello@themodernmedslp.com