

EARNING CE CREDIT

Course Title

Respiratory Muscle Training for the MedSLP

Course Description

Respiratory Muscle Training for the MedSLP combines lecture, critical thinking through case studies, and video examples for multimodal learning. 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 the use of RMT with patients with swallowing and communication disorders across the continuum of healthcare, from acute care to outpatient.

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
- Describe steps necessary to develop an RMT program

Agenda

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| • Introduction; Respiratory System Anatomy and Physiology | 13 minutes |
| • Principles of Strength Training | 16 minutes |
| • What is RMT? | 45 minutes |
| • Cough and Dysphagia | 15 minutes |
| • Neuromuscular Diseases | 43 minutes |
| • Spinal Cord Injury, Ventilator Liberation | 26 minutes |
| • Voice, Dysphonia, VCD/PVFM | 12 minutes |
| • Cardiac and COPD | 20 minutes |
| • Head/Neck Cancer; Stroke; Prehab; and More | 31 minutes |
| • Assessment | 52 minutes |
| • Treatment | 45 minutes |
| • Trach / Vent | 13 minutes |
| • Troubleshooting & Documentation | 21 minutes |
| • Case Studies, Starting a Program, Wrap-Up | 71 minutes |

Respiratory Muscle Training for the MedSLP

ASHA CEUs

This course is registered for 0.7 ASHA CEUs. Partial credit is not offered.

Course Completion Requirements: *In order to receive a certificate of completion, learners must do the following. Failure to complete all of these requirements will result in not receiving a certificate of completion or having participation reported to ASHA for CEUs:*

- Watch 100% of video lessons.
- Earn a score of $\geq 80\%$ on the 6-questions, open-book, multiple-choice learning assessment. If needed, learners may retake the test in order to achieve a passing score.
- Complete and submit the course feedback survey.
- Submit the Reporting Information form and indicate whether you would like your participation reported to ASHA. Note: if you tell us you *don't* want ASHA CE reporting and later change your mind, we can't retroactively apply it.

Instructor Bio

Brooke Richardson, MS, CCC-SLP is a Medical Speech-Language Pathologist in the United States. 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 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. Brooke is a graduate of the Medical Speech-Language Pathology program at the University of Washington. She offers all of her courses as a sole proprietor.

Instructor disclosures

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

Questions / Contact

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ASHA CE
APPROVED PROVIDER

The Modern MedSLP

Intermediate Level

0.7 ASHA CEUs