



EARNING CE CREDIT

COURSE TITLE

Crash Course in Respiratory Muscle Training

COURSE DESCRIPTION

This course provides SLPs the knowledge necessary for understanding the evidence behind Respiratory Muscle Training (RMT) and its applications in speech pathology across the continuum of healthcare. Learners will learn about evidence surrounding RMT in select populations, applications for inspiratory and expiratory muscle training, and device selection. This course is ideal for SLPs seeking foundational knowledge in this therapy technique.

LEARNER OUTCOMES

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

- Explain how principles of strength training apply to respiratory and swallowing musculature
- List 3 SLP-related diagnoses/populations that can benefit from respiratory muscle training
- Summarize the evidence surrounding respiratory muscle training and dysphagia
- Describe the importance of accurate assessment and therapy device selection
- Differentiate between types of currently-available therapy devices

AGENDA

- 15 minutes: Respiratory system anatomy and physiology
- 20 minutes: Principles of Strength Training
- 20 minutes: Introduction to Respiratory Muscle Training
- 20 minutes: Evidence: Expiratory Muscle Training & Normal Swallowing
- 20 minutes: Evidence: Expiratory Muscle Training for Dysphagia & Cough
- 20 minutes: Evidence: Inspiratory Muscle Training for Ventilator Dependence & VCD/PVFM
- 15 minutes: Implementing RMT: Assessment
- 15 minutes: Implementing RMT: Device Selection
- 20 minutes: Implementing RMT: Treatment
- 15 minutes: Q&A; Learning Assessment; Conclude

ASHA CEUs

This course is registered for 0.3 ASHA CEUs. Partial credit is not offered.

COURSE COMPLETION REQUIREMENTS

In order to receive a certificate of completion, learners must do the following:

- Watch 100% of video lesson(s).
- Prior to course access expiring,
 - Earn a score of $\geq 80\%$ on the multiple-choice learning assessment
 - 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 USA. She has more than 13 years of experience treating adults with complex medical needs in the acute and outpatient settings. 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. 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; affiliate of MicroDirect and may receive a small commission for devices purchased as a result of this course

Non-Financial: None

REFUNDS & OTHER POLICIES

Prior to registering for any course, please read policies & terms of use at TheModernMedSLP.com



ASHA CE
APPROVED PROVIDER

The Modern MedSLP

Intermediate Level

0.3 ASHA CEUs

Questions? Email hello@themodernmedslp.com