

# 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: Please see the registration website for the most recent financial and nonfinancial disclosures.*

*Cancellation / Refund Policy: Please see the registration website for up-to-date policies.*

### Registration

\$295 early bird  
\$325 standard

*Includes tuition, ASHA CE reporting, electronic handouts & RMT Toolkit©*

[TheModernMedSLP.com/  
in-person](https://www.themodernmedslp.com/in-person)

### The Instructor



#### Brooke Richardson, MS, CCC-SLP

Brooke is a Medical Speech-Language Pathologist in Raleigh, NC, and has been treating adults with complex medical needs in the acute and outpatient settings since 2009. In addition to her clinical work, Brooke has been instrumental in establishing Respiratory Muscle Training programs in numerous facilities, and has provided specialized education in RMT and Acute Care to thousands of SLPs around the world.

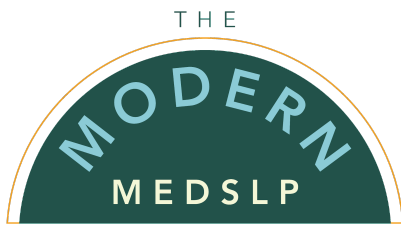
Brooke is the creator of [The Modern MedSLP](https://www.themodernmedslp.com) and [SLP Mentor in My Pocket](https://www.slpmentorinmypocket.com). She offers courses as a sole proprietor.



**ASHA CE  
APPROVED  
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The Modern MedSLP

Intermediate Level  
0.75 ASHA CEUs



# EARNING CE CREDIT

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## **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, by no later than 5pm local time 1 week from the course.
- Complete the certificate and ASHA CE reporting form, indicating whether they want their participation reported to ASHA for CEUs, by no later than 5pm local time 1 week from the course.

## 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



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Questions? Email [hello@themodernmedslp.com](mailto:hello@themodernmedslp.com)