



Evidence Based Practice for

Rehab Professionals

KEY CONCEPTS TO CHANGE DAILY PRACTICE

LATA North Louisiana Super Regional

Presented by EPIC Education and Consulting

Monroe, LA

University of Louisiana - Monroe

March 15, 2019

**PROVIDING EXCELLENCE IN SPORTS MEDICINE
CONTINUING EDUCATION**



J.D. Boudreaux, Ed.D., PT, LAT, ATC, SCS

J.D. Boudreaux received a Bachelor of Science degree from McNeese State University in 2003 as well as a Masters of Physical Therapy from LSU Health Sciences Center-Shreveport in 2005. In August of 2003, he became nationally certified as an athletic trainer and obtained his Sports Certified Specialist certification through the American Board of Physical Therapy Specialties in 2011. He recently completed his EdD degree from the University of Louisiana Monroe in Curriculum and Instruction in the Fall of 2018.

He has over ten years of experience as a dual credentialed sports medicine professional. He has spent seven years managing acute athletic injuries and directing the post-surgical rehabilitation of high-level athletes at the collegiate level. Furthermore, he has served as a visiting lecturer and clinical preceptor for an ATEP program. Currently, he is employed by a private outpatient sports medicine clinic delivering care in conjunction with other medical professionals to a variety of individuals, including high school and collegiate athletes.

Course Modules

The domains for these clinical modules include Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Immediate and Emergency Care, Treatment and Rehabilitation.

Module 1: Current Controversies in ACL Rehabilitation: What Does the Evidence Say? (3 hours)

A combination of lecture and interactive group discussions/lab will be implemented as the instructor provides a review of the current literature as it pertains to ACL reconstruction and rehabilitation. The participants will partake in an interactive group discussion to compare the guidelines presented within the lecture to their own current clinical practice while assessing the need for change within a specific patient population.

At the conclusion of this program, participants will be able to:

1. Recognize the importance and need of surgical reconstruction of ACL ligament in young active population.
2. Distinguish similarities and differences in outcomes between autograft sources.
3. Compare the different choice between autograft and allograft type.
4. Interpret the need or lack of need for use of functional bracing after ACL reconstruction.
5. Summarize the possible benefits of implementing a neuromuscular rehabilitation plan.
6. Recommend appropriate rehabilitation exercises during different stages of post-operative care.
7. Distinguish the difference between functional tests, including hop test and tuck jump assessment.
8. Construct a return to play plan that may incorporate multiple considerations, including isokinetic, functional testing, and subjective reports.

Module 3: Developing Effective Concussion Education for Coaches, Parents, and Athletes (2 hours)

Lecture will be used by the instructor to review the literature as it pertains to concussion education. Once recommendations have been elucidated, groups will complete an interactive activity to develop appropriate methods to deliver educational materials. The group will discuss results and compare these findings to currently implemented educational programs within their own clinical practice.

At the conclusion of this program, participants will be able to:

1. Recognize the need for effective concussion education.
2. Identify the five principles that enhance knowledge transfer in educational programs.
3. Construct a concussion education plan to implement into daily practice.
4. Express the importance of disseminating a well-developed concussion plan.
5. Evaluate and critique their own current concussion education plan for inadequacies.

Module 4: Implementation of Evidence Based Upper Extremity Screening in Overhead Athletes (1 hour)

Lecture and group discussions will be used to discuss literature as it pertains to upper extremity injury epidemic in overhead athletes. Participants will discuss key barriers to implementation of pre-season screens along with solutions to minimize these barriers. The group will discuss the benefits to perform screens on overhead athletes and develop efficient and reproducible protocols to implement within daily clinical practice.

At the conclusion of this program, participants will be able to:

1. Recognize the importance of a proactive approach to promote wellness and decrease the risk of overuse upper extremity injuries.
2. Identify key stakeholders and medical professionals to be involved in implementation of this process.
3. Analyze the costs, risks, and benefits to implementation of pre-season screening.
4. Hypothesize the outcomes of future research involving the use of KJOC score as a pre-season screening tool.



TARGET AUDIENCES

The target audience will principally include *athletic trainers, physical therapists, physical therapists assistants, occupational therapists, and COTAs*. Secondary audiences for this course content may include *students, educators, and sports medicine physicians*.

Cancellation Policy

The company reserves the right to cancel any course for various circumstances, including if enrollment is not sufficient to warrant offering of the course. If a course must be canceled for any reason, a full refund via check will be granted to reflect the participant's original payment.

Tentative Schedule

Time	Title
Friday, March 15, 2019	
8:00-8:30	Registration
8:30-11:45	Module 1: Current Controversies in ACL Rehabilitation: What Does the Evidence Say? *Includes 15-minute break*
11:45-12:45	Lunch (On Own)
12:45-2:45	Module 3: Developing Effective Concussion Education for Coaches, Parents, and Athletes
2:45-3:00	Break
3:00-4:00	Module 4: Implementation of Evidence Based Upper Extremity Screening in Overhead Athletes
4:00-4:15	Course Evaluations

Refund Policy

Full refunds (Minus 10% for handling fees) are given after completion of the course if cancellation request is received 14 days prior to the seminar date. No refunds will be given after this deadline, but fees may be used to attend a future course.

Continuing Education Approvals

According to the education levels described by the PDC, the following continuing education course is considered to be advanced and mastery. This course has been approved for 6 EBP continuing education credits through the Board of Certification. Please contact course instructor if you want course to be approved by The Louisiana Physical Therapy Board, as this course has been approved by Louisiana Physical Therapy Board in previous years.

EPIC Education and Consulting, LLC is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. EPIC Education and Consulting, LLC does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. EPIC Education and Consulting, LLC is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate those needs can be made.



REGISTRATION FORM

Name: _____

Credentials: _____

Student: ___ Yes ___ No If so please list school: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Email: _____

Company/School: _____

Course Location/Dates: _____

Modules to Attend: (CEUs offered)

Full Course (6 hours): \$100

Note: After the event, a portion of course fees will be donated to LATA.

DISCOUNTS:

UNDERGRADUATE STUDENTS FREE (with enrollment verification; No credits)

OR

LATA MEMBER DISCOUNT (\$10 OFF WITH MEMBER NUMBER)

Member Number: _____

Late Registration Fee (Within 1 week of course date): \$25

Please return and remit payment to:

EPIC Education and Consulting, LLC • 124 Meadowbrook Drive • Broussard, LA 70518
boudreauxjd@gmail.com • 337-802-5652