

## Promotional: Arthritis and the Older Adult (Nursing Assistants)

**\*\*You MUST print this for Continuing Education purposes and keep with your certificate of completion.**

### **Requirements:**

For successful completion of this educational activity and receipt of 0.5 contact hour(s), the learner must:

1. Participate in 30 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

### **Educational activity description:**

This learning activity outlines a broad definition of arthritis, along with identifying osteoarthritis, rheumatoid arthritis, and gout. Learners will be made aware of symptoms of arthritis, and ways to assist individuals with the condition.

### **Target audience:**

The target audience for this educational activity is all staff across the long-term care setting. This is an introductory level educational activity.

### **Purpose:**

The purpose of this educational activity is to enable the learner to identify various types of arthritis, common symptoms associated with arthritis, adaptive equipment used for those with arthritis, and pain intervention strategies for individuals with arthritis.

### **Learning outcome:**

At the completion of this educational activity, the learner will be able to demonstrate knowledge about arthritis by passing a quiz with 85% or greater accuracy.

### **Learning objectives:**

At the completion of this educational activity, the learner will be able to:

1. Select two (2) symptoms of osteoarthritis compared to rheumatoid arthritis.
2. Select two (2) pieces of adaptive equipment appropriate for individuals with arthritis.
3. Identify three (3) pain intervention strategies for older adult with osteoarthritis.

### **Author:**

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Dr. Brittany Phillips is a board certified Orthopedic Certified Specialist (OCS) physical therapist through the American Physical Therapy Association (APTA). Her clinical experience covers a wide array of diagnoses, including neurology, oncology, and pelvic rehabilitation. In addition to being an orthopedic specialist, Dr. Phillips holds a certification as a LSVT Big physical therapist, focusing on the treatment of patients with Parkinson's disease. Beyond her role as a clinician, Dr. Phillips serves as a Certified Clinical Instructor (CCI) for physical therapy and physical therapy assistant students, is a two-time finalist for the Florida Clinical Instructor of the Year and is an adjunct professor teaching anatomy and physiology to healthcare students.

### **Planning committee:**

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