

Posture 24/7

24 Hour Postural Care Workshop Supporting People with Impaired Movement

Friday evening, Saturday and Sunday morning, April 22-24, 2016
14 contact hours

Measurement of Body Shape: An Outcome Measure

Sunday afternoon, April 24 (prerequisite-first workshop or equivalent)
4 contact hours (prior reading required)

24 Hour Postural Care Course Description

People with impaired movement frequently develop problems like contractures, dislocated joints and scoliosis resulting in diminished function and health. Such secondary complications can include but are not limited to respiratory/digestive issues, pressure/skin integrity problems, pain and more complicated feeding, hygiene, transfers and dressing.

While we work to provide the best possible support for people in wheelchair seating systems, often that is where the effort ends. What happens when they are out of those seating systems? Is that "relaxed" position on the recliner or sofa detrimental? Could sleeping all night in asymmetric postures be working against the supports offered during the day?

Understanding these issues and what can be done about them is what 24 hour postural care is all about! Other developed countries are far ahead of us in recognizing the role of 24 hour positioning as a non-invasive way to support the health and well-being of persons who cannot easily change their positions frequently throughout the day and night. Join us to learn more about what you can do as a professional or family member to support people who can benefit from 24 hour postural care!

Topics covered:

- Who can benefit from 24 hour postural care?
- Understanding health complications of distorted body shapes
- Exploring the effects of asymmetry, gravity and time on the human body
- Temperature regulation and how it is affected by 24 hour positioning supports
- Non-verbal pain messages and sensory processing related to positioning interventions
- Possible risks involved with 24 hour positioning – how can they be mitigated?
- Introduction to outcome measures
- Hands on practice with therapeutic positioning – experience what it feels like!

Audience

This workshop will be of special interest to therapists, families and direct caregivers.

Measurement of Body Shape Course Description

Measurement of body symmetry is different than typical goniometry. Psychometric properties of the Goldsmith Indices of Body Symmetry will be reviewed, followed by instruction in measurement of chest symmetry, windswept index and hip rotation/abduction. Hands-on practice will provide learners with opportunity to become familiar with using a non-invasive method of measurement as a baseline that can be repeated over time to monitor progress. Advance reading is required as well as attendance at the two day postural care workshop.

Audience

This workshop is for occupational/physical therapists, and other healthcare practitioners.

Instructor

Tamara Kittelson-Aldred, MS, OTR/L, ATP/SMS

Tamara is an occupational therapist with 40 years' experience, including life experience raising a daughter with complex needs for 12 years. She is a RESNA certified Assistive Technology Professional/Seating and Mobility Specialist. Over many years work in seating and positioning she observed deterioration of body shape in her clients - despite best efforts in wheelchair seating and positioning equipment. Using 24 hour postural care she experienced some success but still had questions. In 2012 Tamara studied at Postural Care Skills in England, earning certificates in Advanced Postural Care and Measurement of Body Symmetry from the Open College Network West Midlands. In 2013 she and her husband Rick began Postural Care USA, now called Posture 24/7. Posture 24/7 is a 501 (c) (3) non-profit organization devoted to raising awareness of the importance of 24 hour postural care as a key component for preventing, limiting and sometimes improving the secondary complications related to asymmetrical postures and limited movement.

24 Hour Postural Care Workshop

Friday, April 22, 2016: 6-9 pm

Saturday, April 23, 2016: 8:30 am – 5 pm

Sunday, April 23, 2016: 8:30 am – 12 pm

Measurement of Body Shape

Sunday, April 23, 2016: 1 – 5 pm

Course Fees:

24 Hour Postural Care

- Registration (received after 3/22/16).....\$350.00
- Early bird registration (received by 3/22/16).....\$325.00

Measurement Course

- Registration for afternoon of third day only\$100

Both Courses

- Registration (received after 3/22/16).....\$450.00
- Early bird registration (received by 3/22/16).....\$400.00

COURSE REGISTRATION:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME/CELL or WORK # _____

E-MAIL ADDRESS _____

WORKPLACE _____

PROFESSION _____

Enclosed is my check payable to: **Posture 24/7**

Credit card payment via PayPal available onsite, day of conference

Please mail check and registration to:

Posture 24/7

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Missoula, MT 59801