Session Title:

The Role of PT in Exercise is Medicine: A Collaborative Symposium with the ACSM

Speakers:

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CSM 2017
Thursday, February 16, 2017
08:00-10:00

This is a preliminary handout. Full handout will be posted on SPTS website on the CSM handout page on the day of the lecture.
Abstract:

The Exercise is Medicine® (EIM) initiative of the American College of Sports Medicine (ACSM) is a global solution to promote physical activity assessment, prescription, and referral through the health delivery system. The purpose of this symposium is to inform physical therapists of EIM and present opportunities for them to serve as key providers within the initiative. Members of the APTA and ACSM will discuss important topics such as education, scope of practice, and credentialing. In this session, we will provide background information on the EIM initiative and its goal to make physical activity a standard of service delivery in health systems. We will also provide information on how physical therapist professional education prepares students to meet certain levels of the EIM credential. Credential levels are based on knowledge and skills necessary to safely and effectively develop, implement, and lead exercise programs. We will then review how physical therapists can optimally be integrated into the EIM model, highlighting lessons learned, as well as future opportunities for physical therapists as key members of EIM in the community setting. Finally, a moderated panel by APTA President Sharon Dunn will discuss how EIM affects the profession.

Disclosures:
Dr. Stoutenberg is an EIM program officer and receives a consulting fee from the American College of Sports Medicine
Drs Moffat, Davis, Page, and Dunn have no conflict

Objectives:

1. Describe the Exercise is Medicine® initiative and the key strategies for its integration as a vital sign in the health service delivery system
2. Describe the three levels of the Exercise is Medicine® credential and the requirements to meet that level
3. Analyze the aspects of physical therapist professional education that would qualify them for meeting certain levels of the Exercise is Medicine® credential
4. Identify how physical therapists can integrate Exercise is Medicine® into their daily practice.

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References:


Aweto HA et al. Knowledge, attitude and practice of physiotherapists towards promotion of physically active lifestyles in patient management. BMC Health Serv Res. 2013 Jan 14;13:21 (PubMed)


Outline:

08:00-08:05 Introduction to Symposium and Speakers (Sharon Dunn, PT)

08:05-08:25 Exercise is Medicine® 101: Development of the Initiative and its Implementation in Health Systems (Mark Stoutenberg PhD)

08:25-08:45 Physical Therapist Education Requirements & Levels for Credentialing for EIM (Marilyn Moffat PT)

08:45-09:05 How can EIM be Integrated into Physical Therapy? Scope of Practice Issues (Irene Davis PT)

09:05-09:25 The Vision of EIM in Physical Therapy: Lessons Learned and Where do We Go From Here? (Phil Page PT)

09:25-10:00 Moderated Panel/Q&A: How EIM Affects the Physical Therapy Profession / Q&A. (Sharon Dunn PT)

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