

About this Course

Audience

This course is designed for OTs, OTAs, and others as an introductory level course; however, all levels of experience are welcome as are all areas of practice.

Prerequisite

The Introduction to Lifestyle Redesign[®] is a prerequisite to the other courses in the Life Management Series.

Schedule

Sign-in begins 30 minutes before the start of the course (8:30 am sign in, 9:00 am course).

Breaks

There is a 15 minute break during the course.

CEU Credit

Participants must sign in and out. Participants must complete a learning outcomes and course evaluation in order to receive a certificate of completion. Certificates will be available at the end of the course. Participants not fulfilling these requirements will not receive a certificate. Keep a copy of the brochure and certificate for your records.

Cancellation Policy

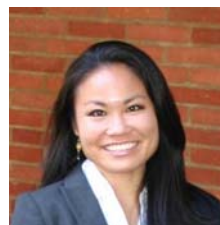
A refund, less \$50 administrative fee, will be made if a cancellation notice is received 10 business days prior to the first course date. Cancellation by instructors will result in full refund.

Special Needs Requests

If you require ADA accommodations, please contact us at (323) 442-2811 at least two weeks before the course date for arrangements.

About the Presenters

Ashley Uyeshiro Simon OTD, OTR/L, MSCS practices Lifestyle Redesign[®] at the USC OT Faculty Practice, and works predominantly with clients in the Pain



Management, Chronic Headaches, Multiple Sclerosis, Parkinson's disease and Ergonomics Programs. She is a National MS Society Partner in MS Care, and a Multiple Sclerosis Certified Specialist. She also teaches a course on MS, as well as a course on self-care for undergraduate students. Dr. Uyeshiro Simon is the Quality Improvement Coordinator for the Faculty Practice. She is a Faculty in Residence at USC, and has an interest in animal-assisted therapy for mental and physical health.



Rebecca Cunningham OTD, OTR/L, practices Lifestyle Redesign[®] at the USC OT Faculty Practice, where she works primarily with clients in the Multiple Sclerosis, Chronic Pain and Headaches, and Mental Health programs. She

is a member of the USC Multiple Sclerosis multidisciplinary team, ACOTE Educational Standards Review Committee, and OTAC Political Action Committee. Dr. Cunningham received her Doctorate of Occupational Therapy in 2016 and MA degree in 2015 from USC, and holds a BA degree in psychology from the University of California, San Diego.

.3 CEUs (3 contact hours)

USC Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy

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USC Chan Division
of Occupational Science
and Occupational Therapy



Life Management Series

Lifestyle Redesign[®] for Individuals with Multiple Sclerosis

December 8, 2017

University of Southern California
Health Sciences Campus
Center for Health Professions
1540 Alcazar St., Room 106
Los Angeles, CA 90089

Course Description

Multiple Sclerosis (MS) is the leading cause of non-traumatic neurologic disability in young adults in the United States and Europe. This course provides background and training in Lifestyle Redesign® occupational therapy interventions for persons living with MS, so that practitioners can empower their clients with self-management strategies for daily life.

Learning Objectives

Participants will:

- Define the neurological basis, prevalence, and occupational impact of MS, including different clinical presentations
- Describe the different areas for intervention for people with MS, along with evidence-based reasoning for each area: energy conservation and fatigue management, stress management, healthy eating routines, exercise patterns, home safety, body mechanics, cognitive strategies, bowel/bladder management, and sexual function
- Explain strategies to help patients implement these behavioral techniques into a daily routine
- Create plans of care that incorporate lifestyle intervention goals
- Identify commonly used clinical outcome assessments to use for people with MS
- Discuss relevant documentation, billing, and reimbursement issues when treating this population
- Apply this knowledge to clinical case

Agenda

- 1:00 Introductions; Overview of Multiple Sclerosis, symptoms, and functional limitations
- 1:20 Introduction to Lifestyle Redesign® for Multiple Sclerosis; OT evaluation and treatment goals
- 1:45 Lifestyle Redesign® treatment interventions for Multiple Sclerosis—Part I
- 2:30 Break
- 2:45 Lifestyle Redesign® treatment interventions for Multiple Sclerosis – Part II
- 3:20 Documentation, billing, and reimbursement
- 3:40 Case studies

Other courses in the Life Management Series:

- ♦ Weight Management, Diabetes and Related Co-morbid Conditions
- ♦ Lifestyle Redesign® for Chronic Pain and Headache Management
- ♦ Biopsychosocial Dimensions of Creating Life Balance
- ♦ Lifestyle Redesign® for Individuals with Autism Spectrum Disorder

The assignment of AOTA CEUS does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

AOTA Classification Codes: Health & Wellness; Multiple Sclerosis; Routines



Registration

Name: _____
Title: _____
Address: _____
City: _____
State: _____ Zip: _____
E-mail: _____
Phone: _____
 AOTA #: _____ Chan Alumni

Fees and Discounts

\$90 (regular) or \$80 for AOTA members and USC Chan OSOT alumni.

Ways to Register

To pay by check:

Make check payable to **USC Chan OSOT** and mail to:
Jackie Mardirossian, USC Chan OSOT, 1540 Alcazar St., CHP 133, Los Angeles, CA 90089-9003.

To pay by credit card:

MasterCard Visa
Total Amount: _____
Card #: _____
Expiration: _____
CVV Code: _____
Signature: _____

Mail to the address above or fax to (323) 442-1540, attn.: Jackie Mardirossian.

You will receive an email confirmation upon receipt of registration.

For additional information go to chan.usc.edu/academics/continuing-education/life-management-series

Lifestyle Redesign® for Multiple Sclerosis