



Advanced
Partners in Bleeding Disorders Education

Advanced Partners Program for Physical Therapists

Are you a physical therapist providing integrated, family-centered care at a federally-recognized Hemophilia Treatment Center (HTC)?

Do you wish to learn more about using evidence-based methodology to provide clinical evaluation and assessment to persons with bleeding disorders?

The **Advanced Partners Program for Physical Therapists** was developed for physical therapists working at HTCs who require education to increase expertise and proficiency in clinical evaluation, assessment, and management of individuals with bleeding disorders in order to promote optimal patient health outcomes.

Dates: September 29-October 1, 2022

Format: Lecture, demonstration, and hands-on technique (attendee to faculty ratio is 6:1). In order to receive continuing education credit, you must attend the entire program.

Learning Objectives

Upon completion of this program, you will be able to:

- » Describe the impact of gene/novel therapies in areas of concern to the physical therapist
- » Demonstrate proficiency in the implementation of shared clinical decision-making and patient-/family-centered care in the HTC environment
- » Utilize the National Hemophilia Foundation's PT Examination Practice Guidelines to perform physical therapy examinations in comprehensive care of persons with bleeding disorders
- » Administer the Hemophilia Joint Health Score (HJHS) in comprehensive clinic in patients with differing degrees of joint health and limitation
- » Explain the use of point-of-care musculoskeletal ultrasound to detect and monitor hemophilic arthropathy in bleeding disorders care
- » Differentiate characteristics and interventions for fractures, contusions/muscle bleeds, strains, and sprains in persons with bleeding disorders from those in persons without bleeding disorders
- » Recommend conservative interventions and invasive procedures for individuals with bleeding disorders based on bleeding disorder severity and extent of joint disease

Registration

You must register for this program in advance by completing the registration form www.PartnersPRN.org. Your application will be reviewed/approved by your region's Regional Administrator.

There is no cost to register or attend this program. Course materials are also provided at no cost.

Program Schedule

Thursday, September 29, 2022

Time (EST)	Session
5:30 pm – 5:45 pm	Dinner & Program Introductions
5:45 pm – 7:00 pm	Bleeding Disorder Takeaways for the Practicing PT
7:00 pm – 7:15 pm	Break
7:15 pm – 7:45 pm	Impact of Novel Therapies: The Physical Therapy Perspective
7:45 pm	Departure

Friday, September 30, 2022

Time (EST)	Session
8:30 am – 9:00 am	Physical Therapy Plan of Care and Patient Goal Achievement
9:00 am – 9:30 am	Physical Therapy Examination
9:30 am – 10:00 am	Hemophilia Joint Health Score (HJHS) Assessment Overview
10:00 am – 10:15 am	BREAK
10:15 am – 10:45 am	Bleeding Episodes and Recovery
10:45 am – 11:15 am	The Role of Point-of-Care Musculoskeletal Ultrasound (POC-MSKUS) in Hemophilia
11:15 am – 11:45 am	Conservative Interventions & Invasive Procedures in Hemophilia Management
11:45 am – 12:15 pm	LUNCH
12:15 pm – 1:30 pm	Case #1: Just An Elbow Bleed
1:30 pm – 2:45 pm	Case #2: It Hurts To Move My Knee: The Muscle Bleed Saga
2:45 pm – 3:00 pm	BREAK
3:00 pm – 4:15 pm	Case #3: Identifying Synovitis (Ankle)
4:15 pm – 4:30 pm	Wrap up/Departure

Saturday, October 1, 2022

Time (EST)	Session
8:30 am – 9:45 am	Case #4: Welcome to Denver (Multi-Joint Involvement)
9:45 am – 10:00 am	BREAK
10:00 am – 11:30 am	Hands-on Technique & Lifespan Case Summary
11:30 am – 11:45 am	Program Wrap-Up & Evaluations
11:45 am	Departure

Accreditation

This program is under review for continuing education approval by the California Physical Therapy Association (CPTA). In order to receive credit, participants must attend the entire program.

The Partners Program

The Partners in Bleeding Disorders Education Program promotes excellence in care through education created by and for the federally recognized HTC Network and multidisciplinary providers that serve patients with bleeding and other coagulation disorders. It is a collaborative effort of nationally prominent hemophilia organizations: the Indiana Hemophilia and Thrombosis Center (IHTC), National Hemophilia Foundation (NHF), and Hemophilia Foundation of Michigan (HFM). Program management is provided by the IHTC and a nationally-representative multidisciplinary Advisory Board guides content priorities and program offerings. The program has been endorsed by the Medical and Scientific Advisory Council (MASAC) of the NHF.

This Partners Program is supported by an educational grant from Genentech, a member of the Roche group. Participant travel and lodging is covered by an at-will contribution from the Indiana Hemophilia and Thrombosis Center, Inc.

For more information on educational opportunities for professionals working at U.S. HTC and to complete accredited online modules on bleeding disorder management, please visit www.PartnersPRN.org.

Speakers and Bios

- » **Stacie Akins, PT, MHS** – Ms. Akins is a Physical Therapist at the Indiana Hemophilia and Thrombosis Center in Indianapolis, IN. Having been at the IHTC since 2006, Stacie has developed expertise in physical therapy evaluation and treatment recommendations for patients with bleeding disorders. This includes use of point-of-care musculoskeletal ultrasound to monitor musculoskeletal health and investigate potential bleeding episodes. Ms. Akins participates as a member of the multidisciplinary comprehensive care core team. She also serves as faculty for Basic and Advanced learning opportunities offered by the Partners in Bleeding Disorders Education Program.
- » **Cindy Bailey, PT, DPT, OCS, SCS, ATC, EMT** – Dr. Bailey is the Director of Physical/Occupational Therapy at Orthopaedic Hemophilia Treatment Center in Los Angeles, CA. With more than 25 years' experience at the HTC, Dr. Bailey has honed skills in evaluation and management of hemophilic bleeding with a special focus on sports and physical activity-related injuries (and prevention of such injuries). Dr. Bailey is a Board Certified Clinical Specialist in Orthopaedic and Sports Physical Therapy as well as a Certified Athletic Trainer. Dr. Bailey is a primary author of the MASAC MSKUS Guideline for the use of Musculoskeletal Ultrasound in the Hemophilia Treatment Center. She holds a faculty position as an instructor in the UCSD Musculoskeletal Ultrasound course for Hemophilia and general medical providers.
- » **Sharon Funk, DPT** – Dr. Funk has been a Physical Therapist at the University of Colorado Anschutz Medical Campus Hemophilia and Thrombosis Center in Aurora, CO, since 1979; and became a Research Physical Therapist in 2019. During her tenure at the HTC, Dr. Funk has developed a keen expertise of musculoskeletal concerns among persons with hemophilia, including hemarthrosis identification, complication of recurrent hemarthroses, bleeding risks of sports and physical activity, and the importance of prophylactic therapy to preserve joint health. Sharon is a co-developer of the Hemophilia Joint Health Score (HJHS) and has trained countless hemophilia physical therapists and has published numerous articles on administration and interpretation of the HJHS and its use in hemophilia clinical management and joint health monitoring over time.
- » **Tiffany Kaltenmark, PT, DPT** – Dr. Kaltenmark has been a Physical Therapist at the Indiana Hemophilia and Thrombosis Center, in Indianapolis, IN, since 2010. In this capacity, she performs clinical evaluations and provide ongoing physical therapy treatment, phone triage for acute and chronic musculoskeletal issues including bleeding episodes, coordination of outpatient PT referrals, and education of physical therapy colleagues. Dr. Kaltenmark has also participated as faculty for the Advanced Partners Program for Physical Therapists since 2016.
- » **Heidi Lane, PT, DPT, PCS** – Dr. Lane is the Physical Therapist and Program Manager at the Utah Center for Bleeding and Clotting Disorders at Primary Children's Hospital in Salt Lake City, UT. In her physical therapist role, Dr. Lane works with pediatric and adult populations and is a Pediatric Certified Specialist in physical therapy through the American Board of Physical Therapy Specialists. Dr. Lane has also been a lecturer and Assistant Professor (Clinical) for the University of Utah Department of Physical Therapy and Athletic Training since 2012.
- » **Jennifer Maahs, MSN, PNP, RN-BC** – Ms. Maahs is Director of Clinical Operations at the Indiana Hemophilia and Thrombosis Center, in Indianapolis, IN. Prior to entering this role, she served as Hemophilia and Thrombosis Nurse Practitioner and NP/PA and Outreach Nursing Coordinator at the IHTC. Ms. Maahs has worked in hemophilia since 1994 and helped establish the Partners in Bleeding Disorders Education Program in 1996. Ms. Maahs is widely recognized in the bleeding disorder community for her expertise in bleeding disorder management and her experience lecturing and teaching to audiences comprising patients, community providers, payers, and other individuals who require knowledge of bleeding disorder management.
- » **Patricia Tobase, PT, DPT, OCS** – Dr. Tobase is a Physical Therapist at the University of California, San Francisco Adult Hemophilia Treatment Center and the Benioff Children's Hospital West Bay Hemophilia Treatment Center. In addition she is the Adult HTC program coordinator. In her role as Physical Therapist, Dr. Tobase is responsible for direct patient care and provides evaluation and treatment of musculoskeletal dysfunction related to bleeding disorders. She also educates health care providers and consumers on physical activity, bleeding disorders, and the specific needs of persons with hemophilia to maintain musculoskeletal health. Dr. Tobase has been a lecturer and professor at UCSF since 2000.

Session-specific Learning Objectives

Impact of Novel Therapies: The Physical Therapy Perspective

Speaker: Jennifer Maahs

- » Characterize the change in phenotype based on Gene/Novel Therapies
- » Review the impact of arthropathy in patients post Gene Therapy or with use of Novel Therapies
- » Examine the joint health risks and outcomes, post-operative rehabilitation, physical activity, and sports participation through analysis of patient case scenarios
- » Identify unanswered questions and potential challenges in the management of patients related to these therapies

Physical Therapy Plan of Care and Patient Goal Achievement

Speaker: Heidi Lane

- » Define patient- and family-centered care (FCC) in the HTC Environment
- » List three components involved with implementation of shared clinical decision-making
- » Discuss the impact of patient-/family-centered care and shared clinical decision making on access to care and reduction in health disparities

Physical Therapy Examination

Speakers: Tiffany Kaltenmark and Stacie Akins

- » List three subjective and three objective elements of the National Hemophilia Foundation's PT Examination Practice Guidelines
- » Identify musculoskeletal assessment tools that can be utilized to detect early joint abnormalities
- » Characterize the relationship between prophylactic treatment and musculoskeletal health

Hemophilia Joint Health Score (HJHS) Assessment Overview

Speaker: Sharon Funk

- » Review the rationale for development of the HJHS and its appropriate usage
- » Review and clarification of each of the items in the HJHS
- » Provide an update on research findings on use of the HJHS in adults
- » Share future plans for HJHS modifications

Bleeding Episodes and Recovery

Speaker: Pattye Tobase

- » Differentiate presentation time, recovery time, physical therapy intervention, and other interventions for fracture, contusion/muscle bleed, strain, and sprain in persons with bleeding disorders compared to persons without bleeding disorders
- » List five risk factors for low bone mass density
- » Explain the five components of the intervention known as PRICE/POLICE

The Role of Point-of-Care Musculoskeletal Ultrasound (POC MSKUS) in Hemophilia

Speakers: Stacie Akins, Tiffany Kaltenmark, Cindy Bailey

- » Outline the scope and limitations of the physical therapist's role in administering and interpreting POC-MSKUS in bleeding disorders clinic
- » Evaluate the utility of POC-MSKUS as a screening tool for the early detection and monitoring of hemophilic arthropathy
- » Summarize common methods of implementation-of POC-MSKUS for the evaluation of musculoskeletal health in persons with hemophilia

Conservative Interventions and Invasive Procedures in Hemophilia Management

Speaker: Cindy Bailey

- » Describe the kinetic chain ramifications of knee arthropathy
- » Identify at least two orthopaedic assistive devices for the foot or knee in gait
- » List two non-surgical interventions for hemophilic joint arthropathy
- » List two surgical interventions for hemophilic joint arthropathy

Case 1: Just An Elbow Bleed

Speaker: Pattye Tobase

- » Review of acute joint bleeding signs/symptoms
- » Review management of acute hemarthrosis in the elbow
- » Review P.R.I.C.E./P.O.L.I.C.E
- » Demonstrate fabrication of posterior resting splints

Case 2: It Hurts To Move My Knee: The Muscle Bleed Saga

Speaker: Heidi Lane

- » Review signs/symptoms of muscle bleed (vs joint/soft tissue)
- » Distinguish differences in management of muscle bleed versus joint bleed
- » Identify the path for returning to sport (or any sport) and PT/HTC long-term follow-up
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- » Distinguish differences in management of muscle bleed versus joint bleed
- » Identify the path for returning to sport (or any sport) and PT/HTC long-term follow-up

Case 3: Identifying Synovitis (Ankle)

Speaker: Stacie Akins, Tiffany Kaltenmark

- » Review signs and symptoms of synovitis
- » Use of Point-of-Care Musculoskeletal Ultrasound (POC MSKUS) to screen
- » Review physical therapy management including splinting, orthotics, and exercise
- » Discuss the team approach to PT management
- » Review surgical options

Case 4: Welcome to Denver (Multi-Joint Involvement)

Speaker: Sharon Funk

- » Understand evaluation of an adult patient, new to the HTC, with multiple joints with chronic arthropathy
- » Develop an understanding of identifying what is important to the patient at this visit
- » Recognize the patient's understanding and perspective of his disorder when developing the plan of care
- » Understand the treatment plan going forward

Hands-on Technique & Lifespan Case Summary

Speaker: Stacie Akins, Cindy Bailey, Heidi Lane, Tiffany Kaltenmark, Pattye Tobase

- » Demonstrate the hands on technique of fabricating a posterior resting splint, applying elastic therapeutic tape and performing a joint mobilization
- » Recognize the role of and timing for use of a posterior resting splint, elastic therapeutic tape and performing a joint mobilization in management of musculoskeletal issues in patients with hemophilia
- » Discuss the impact of musculoskeletal complications of hemophilia throughout the individuals lifespan