

Resources For Physical Therapists And Educators

Resources for Physical Therapists were developed by the Therapy Center at Woman's Center for Wellness, a leading provider of physical therapy for men, women, children, and infants in the southeastern region of the United States. Woman's Center for Wellness operates under the umbrella of Woman's Hospital.

Our programs and education modules, and the materials used to support them, carry a proven record of success and are recognized nationally. Each was created using the input of therapists, physicians and patients alike, and is designed to provide a realistic approach to physical therapy. Available for purchase are:

- Community/Patient Education Programs
- Booklets for Patient Education
- Other Resources and Services: forms, manuals, and more

These ready-to-use visual and written materials and other resources make the start-up of a women's health program easier and cost-effective.

Most of the products, handouts, booklets, and teaching tools are written with the patient as the target audience. These are patient education materials and not intended to be study guides or a replacement for continuing education for health care professionals. The hospital does not assume any liability for the content and method of presentation of these various programs.

All products are copyrighted and may not be reproduced without written permission of Woman's Hospital.

Your suggestions about these resources are always welcome. We look forward to continually improving the content and enhancing the appeal of our products.



A Not-for-Profit Organization
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Community/Patient Education Programs

1. Bellies, Bottoms, and Backs: A Prenatal/Postpartum Program

- Powerpoint presentation with 90 slides
- Instructor's Manual
- Sample marketing flier
- One "Bellies, Bottoms and Backs: Preparing Your Body for Childbirth" booklet
- One "Bellies, Bottoms and Backs: Recovering From Childbirth" booklet
- Text on IBM-compatible disk in Word 6.0

Content:

- Postural, musculoskeletal, and hormonal influence of back pain during pregnancy
- Prenatal ADLs (ironing, vacuuming, sweeping, etc.)
- Prenatal and postpartum: changes in the pelvic floor and abdominal muscles
- Postpartum ADLs with baby: feeding, bathing, dressing, carrying, loading in and out of car seats
- Ergonomic considerations in choosing baby furniture and equipment

Instructor's Manual also offers several suggestions on topics of discussion and supplemental resources.

Disk offers options for easy editing and expansion of the manual. Suggest booklets listed above to be given to clients (order separately).

2. Osteoporosis Group

Education and Exercise Program:

- Complete text and illustrations, including coding and billing information
- Resource Guide
- Sample patient chart forms
- Patient satisfaction survey
- Pretest and post-test
- Marketing flier
- One "About Osteoporosis" booklet
- One "Osteoporosis: Physical Therapy Exercise and Guidelines" booklet
- IBM-compatible disk in Word 6.0

Content:

Detailed descriptions of 8 sessions of education and exercise in a multidisciplinary format including nutrition (RD), risk factors (RN), diagnostic tests, hormone replacement therapy and medications (MD), body mechanics, safety and fall prevention (PT), general fitness (exercise physiologist), psychosocial issues (MSW).

This program was developed to meet the JCAHO standards for a multidisciplinary approach to patient care and has found favor with some managed care companies. Suggest accompanying osteoporosis booklets to give to patients. Order separately.

Woman's Hospital offers Resources for Physical Therapists, nationally recognized programs and education modules, including ready-to-use visual and written materials and other resources. Call 225-924-8450 for more information.

3. Bottom Line on Kegels

- Powerpoint presentation with 30 slides
- Instructor's Manual
- IBM-compatible disk in Word 6.0
- Marketing flier
- One sample booklet: "The Bottom Line on Kegels"

Content:

Lecture notes on a one-hour class to teach patients how to do Kegel exercises correctly. Of all women doing Kegel exercises, 40% do them incorrectly. Lecture includes various factors involved in doing Kegel exercises correctly.

Subheadings include:

- Education: brief anatomy, physiology of pelvic floor, types of incontinence, prolapse
- Self-evaluation tests for muscle strength; assessing progress
- Developing an exercise program; position, frequency, repetitions, progression
- Using Kegels in everyday life, avoiding valsalva during ADLs

You may order accompanying booklet in larger quantities separately.

4. Recovering From Abdominal Surgery

- Instructor's Manual
- IBM-compatible disk in Word 6.0
- Marketing flier
- One sample booklet: "Preparation and Recovery: A Woman's Guide to Abdominal Surgery"
- Patient satisfaction survey

Content:

Lecture notes on a one-hour class for patients anticipating abdominal surgery.

Topics include:

- Nutrition before and after surgery
- Breathing exercises and other tips for good lung hygiene
- Dealing with common discomforts after surgery (incisional and gas pain)
- Ease of transitional movements
- Demonstration of helpful exercises for bowel and bladder facilitation
- Home program of exercises after discharge including postural, abdominal, and pelvic floor exercises
- Instructions for scar management

Order accompanying booklets in larger quantities separately.

Booklets for Patient Education

These booklets were developed in an effort to provide a multidisciplinary patient education guide in keeping with JCAHO standards and good patient care. We hope the booklets will do away with the many pieces of paper the patients are given for a single episode. The cost is \$10 for one booklet and \$2.00 each if ordering 25 or more in any combination. Seminar attendees will receive booklets at \$5.00 each or \$2.00 each for over 25 purchased minus a 10% discount.

1. Bellies, Bottoms, and Backs: Preparing Your Body for Childbirth

This booklet is written at a 5th grade reading level and is suitable for all patients. Large font and large illustrations make the book easy to read. Topics include causes and types of back pain; several tips on body mechanics; resting positions and comfort measures for back care at home. Simple postural exercises are included. Also included is information on maintaining tone in the abdominal and pelvic floor muscles during pregnancy.

2. Bellies, Bottoms, and Backs: Recovering From Childbirth

This booklet is intended for the postpartum client. It may be included during prenatal education as a preparation for postpartum, given to the patient at bedside after delivery, or to a postpartum client.

Book is formatted in large font with large illustrations, at a 5th grade reading level, making it reader friendly for all women. Topics include the function of abdominal muscles and simple exercises to strengthen abdominal muscles; measurement of diastasis recti abdominus; the role of the pelvic floor muscles; simple kegel exercises; immediate care of the perineum postpartum; back care and postural exercises. A special section for cesarean delivery completes the book and includes comfort measures, dealing with gas pain, ease of transitional movements and scar management.

3. Bed Rest During Pregnancy

This booklet includes information on exercise, bed positioning, energy conservation and relaxation techniques for the woman on bedrest. Exercises for various levels of activity are included along with illustrations.

4. Bottom Line on Kegels

Text includes brief anatomy, physiology of the pelvic floor, types of incontinence, techniques for deferment or urge suppression, sample bladder training program, common bladder irritants. Physical therapy evaluation and treatment options are listed. Details on position, repetition, frequency and progression of Kegel exercises. Several illustrations and easy-to-read, large font.

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5. Self-Help for Pelvic Pain

This booklet is designed for any patient who is experiencing pelvic pain. Included is a brief description of the sources of pelvic pain followed by guidelines for treatment. Information and resources are included from an exercise physiologist, social worker, and registered dietitian. Inserts on different diagnoses include: levator ani syndrome, vulvodynia, irritable bowel, abdominal adhesions, interstitial cystitis, and dyspareunia.

6. About Osteoporosis

This booklet describes the disease process and includes a detailed nutrition guide for calcium-rich foods and low-fat sources of calcium. Hormone replacement therapy and other medications, diagnostic tests, risk factors and general recommendations for exercise. Large font makes the book reader friendly.

7. Osteoporosis: Physical Therapy Exercise and Guidelines

This booklet describes in detail specific guidelines for exercises, progressive exercises for strengthening upper back, postural reeducation, and weight-bearing exercises. Education topics include choosing proper footwear, correct body mechanics, safety at home and preventing falls.

8. Preparation and Recovery: A Woman's Guide to Abdominal Surgery

A simplified version of "Recovering After Abdominal Surgery: Hospital Stay and Going Home." Includes instruction for in-hospital management of circulation, gas pain, intestinal movements, and nutrition. Also provides detailed instructions for home rehab including abdominals, pelvic floor, scars, and more.

9. Preparation and Recovery: A Woman's Guide to Breast Cancer Surgery

Text includes precautions for lymphedema, recognizing symptoms of lymphedema, transitional movements, scar management, relaxation techniques, nutritional guidelines, psychosocial support. Special situations: TRAM and LAT flaps; reconstructive surgery is also addressed. Exercises are divided into those suitable for the acute phase (1-10 days post op) with suggestions for repetitions and pain guidelines; followed by exercises for ongoing rehab with emphasis on upper back strengthening and stretching of the anterior chest wall.

10. Living with Lymphedema

This booklet contains a simple explanation of etiology and contributing factors to lymphedema. Extensive precautions and tips for skin care are included, as well as exercises for both upper and lower extremity lymphedema.

Other Resources and Services

Ob/Gyn Referral Form Sample

This 8"x11" referral form may be sent to physicians and insurance companies and lists ob/gyn-related diagnoses and ICD-9 codes. Related physical therapy diagnoses are also listed for ease of billing.

Pelvic Floor Procedures Manual

Procedures manual for JCAHO and other regulatory agencies. Not a study guide or text. Infection control and safety guidelines are also included. Comes with IBM-compatible disk in Word 6.0 for ease of personalizing to your facility.

Pelvic Floor Evaluation Forms

Sample evaluation forms with outcome/functional improvement statements for ease of collecting data for outcome studies. 6+ pages of modular evaluation in checklist format; may be used in part or as a whole; includes subjective, objective, functional outcomes, problem list, rehab potential, plan of care. Also includes bladder diary and EMG evaluation form. This is our effort to meet the requirements of JCAHO, Medicare and other third-party payors, and above all to save documentation time by the clinician.

Shadowing Program

This program provides an opportunity for a therapist to observe patient treatment and assessment. If you are interested in this program, please call. We will send you a questionnaire to determine your areas of interest. Based on this information, we will schedule a day or more for you to be at our facility. This is not a substitute for courses or seminars. The therapist will not have time to detail treatment procedures or actually "teach" you how to perform procedures.

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