

## Combatting Ageism Bias: High Intensity Functional Training for Older Adults

### Presenters

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### Instructional Level

Intermediate

This presentation falls into the following category:

Geriatrics

### Course Description

This course is designed to provide clinicians across the continuum of care with a framework to develop an evidence-based treatment plan for older adults grounded in high-intensity functional training. Participants will explore the impact of ageism on healthcare quality and access for older adults and how to reduce ageism bias within the realm of physical therapy. Review of the current literature supporting high intensity functional training for older adults will provide a foundation for appropriate development and implementation of a comprehensive examination and intervention program relevant to patient cases.

### Learning Objectives

1. Define ageism bias
2. Describe impact of ageism bias on the older adult population from viewpoint multiple stakeholders
3. Analyze individual presentations with relation to various types of aging
4. Understand concepts of reserve and resilience and impact on activities of daily living
5. Evaluate the literature surrounding comprehensive examination and high intensity functional training for older adults
6. Apply examination and intervention literature to a patient case to appropriately dose utilizing one repetition max
7. Discuss areas for further research

### Key References: Minimum of 5 current references

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2. Allen, J. O., Solway, E., Kirch, M., Singer, D., Kullgren, J. T., Moïse, V., & Malani, P. N. (2022). Experiences of Everyday Ageism and the Health of Older US Adults. *JAMA network open*, 5(6), e2217240. <https://doi.org/10.1001/jamanetworkopen.2022.17240>
3. Avers D. (2020). We Can Do Better: Aging and the Value of Physical Therapy: 2020 Carole B. Lewis Distinguished Lecture: Address to the APTA Geriatrics Membership at the Combined Sections Meeting, Denver, CO, February 13, 2020. *Journal of geriatric physical therapy* (2001), 43(3), E31–E44. <https://doi.org/10.1519/JPT.0000000000000276>
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8. Heinrich, K. M., Crawford, D. A., Langford, C. R., Kehler, A., & Andrews, V. (2021). High-Intensity Functional Training Shows Promise for Improving Physical Functioning and Activity in Community-Dwelling Older Adults: A Pilot Study. *Journal of geriatric physical therapy* (2001), 44(1), 9–17. <https://doi.org/10.1519/JPT.0000000000000251>
9. Whitson, H. E., Cohen, H. J., Schmader, K. E., Morey, M. C., Kuchel, G., & Colon-Emeric, C. S. (2018). Physical Resilience: Not Simply the Opposite of Frailty. *Journal of the American Geriatrics Society*, 66(8), 1459–1461. <https://doi.org/10.1111/jgs.15233>
10. Watson, S. L., Weeks, B. K., Weis, L. J., Harding, A. T., Horan, S. A., & Beck, B. R. (2018). High-Intensity Resistance and Impact Training Improves Bone Mineral Density and Physical Function in Postmenopausal Women With Osteopenia and Osteoporosis: The LIFTMOR Randomized Controlled Trial. *Journal of bone and mineral research : the official journal of the American Society for Bone and Mineral Research*, 33(2), 211–220. <https://doi.org/10.1002/jbmr.3284>

Speaker 1 brief bio:

Leigh is a Clinical Assistant Professor and Associate Director of Clinical Education at Sacred Heart University. Previously, Leigh has worked at SHU as a tutorial leader/senior tutor, lab instructor, and elective course instructor. Her area of specialty practice is with older adults and she is a Board-Certified Clinical Specialist in Geriatric Physical Therapy and Certified Exercise Expert for the Aging Adult. She has presented at the state level in topics on geriatric PT and clinical education curricula. Her clinical experience is with older adults and individuals with neurological conditions spans the continuum and focuses on evidenced-based physical therapy evaluation and intervention, high-intensity functional training, and anti-ageist practice. Additionally, she serves as Director at Large on the APTA CT Board of Directors, programming chair for the APTA CT Geriatric SIG, and Co-State Advocate for APTA Geriatrics. Leigh has a passion for teaching and learning specifically in the area of clinical education curricula and has developed a comprehensive clinical education curriculum utilized in both inpatient and outpatient clinical settings and is a Level 1 and 2 APTA Credentialed Clinical Instructor.

Speaker 2 brief bio

Suzanne is a Clinical Physical Therapist and Director of the Geriatric Residency Program at Sacred Heart University. Suzanne has worked at Sacred Heart as an adjunct since 2009 as a tutorial leader/senior tutor, lab instructor, and online instructor in the Geriatric Health and Wellness program. Suzanne is a member of the Geriatric section of the APTA and serves as a co-chair of the Geriatric Special Interest Group for APTA CT and as a Co-State Advocate for APTA Geriatrics. Suzanne is a Board-Certified Clinical Specialist in Geriatric Physical Therapy and a Geriatric Trained and Certified Clinical Specialist. Suzanne has served as a member for the Specialized Academy of Content Experts in the area of Geriatrics for the ABPTS. She has presented at the state level in topics of Geriatric physical therapy. Suzanne

is an instructor for a Geriatrics elective at Sacred Heart University. Suzanne is a graduate of a Geriatric Residency Program and has worked across multiple settings including: acute care, acute rehab, sub-acute care, long-term care, home care, outpatient, and home-based outpatient.