

A LIFE TO BE LIVED: AN UPDATE ON PHYSIOTHERAPY WITH THE AGEING PERSON

**A one-day interactive workshop of lectures and practical sessions
reviewing physiotherapy interventions with older people.**

Tutor: Bhanu Ramaswamy OBE, FCSP, MSc, Grad Dip Physiotherapy

Bhanu Ramaswamy is an Independent Physiotherapy Consultant based in Sheffield and an Honorary Visiting Fellow at Sheffield Hallam University.

Bhanu left the NHS in 2010 to follow an increasing desire for promoting the health of the older people through activity, particularly those with long-term conditions such as Parkinson's. As part of this new career direction, Bhanu qualified as a Fitness Instructor in exercise prescription with qualifications to Level 4, working with local charities to run exercise classes for people with clinical conditions. Bhanu's career has permitted her contribution to chapters of various books for multi-professional readership as well as publish work related to her rehabilitation role, and to her field of interest – particularly Parkinson's, and to lecture (inter)nationally. As well as maintaining clinical practice and also her role teaching postgraduate students, Bhanu continues to be involved in both national and international strategic projects for the Chartered Society of Physiotherapy and was a representative to the National Coalition of Active Ageing (NCAA). Bhanu sees the physiotherapy profession advancing its skills through involvement in exercise prescription for a population with multiple, complex health and social care needs.

Her more recent proud achievements towards these goals were in 2012, nominated by members of the classes she leads to run the Olympic Torch through Sheffield, and winning a prize at the World Congress in Active Ageing for her talk on implementing physical activity theory into practice – a presentation about using research to inform content and form of the classes she leads for people affected by Parkinson's.

In 2015, she received a Fellowship of the Chartered Society of Physiotherapy for her work with Parkinson's and older people, and in the 2016 Queen's 90th Birthday Honours List Bhanu received an OBE for services to physiotherapy.

Venue: Hermitage Medical Clinic
Old Lucan Road
Fonthill
Dublin 20
Ireland

Date: **SATURDAY 30 MARCH 2019**

Attached: Programme / directions to venue

CPD Certificate of Attendance

A LIFE TO BE LIVED: AN UPDATE ON PHYSIOTHERAPY WITH THE AGEING PERSON

HERMITAGE MEDICAL CLINIC DUBLIN

SATURDAY 30th MARCH 2019

Summary: A one-day course combining theory and practical application for physiotherapists:

1. To update them on neuro-musculo-skeletal aspects of the ageing body (with a focus on changes in gait and balance) of relevance to clinical practice with this population
2. To review contemporary research evidence about the benefits of physical activity, exercise for falls prevention, and recognition and management of frailty
3. To consider commonly used assessment tools and outcome measurement

Course Outcomes:

By the end of the course, participants will be able to:

1. List common changes that occur in the ageing nervous, muscular and skeletal systems
2. Discuss and consider the appropriateness of assessment tools, treatments and outcome measurement commonly used with their ageing patients
3. Access research evidence about the benefits of physical activity, falls prevention and frailty to inform their clinical practice

PROGRAMME

09.30:	Introduction to the concept of ageing
10.00:	An update on the ageing nervous system
10.30:	An update on the ageing muscular system
11.00:	Break
11.30:	An update on the ageing skeletal system
12.30:	Lunch
13.30:	Gait and balance (including commonly used assessment tools, treatments and outcome measurement)
14.30	Research evidence around the benefits of physical activity
15.00	Recommended exercise for falls prevention
15.30	Recognition and management of frailty
16.00:	Summary with time for Q&A and evaluation
16.30:	End

Participant Feedback:

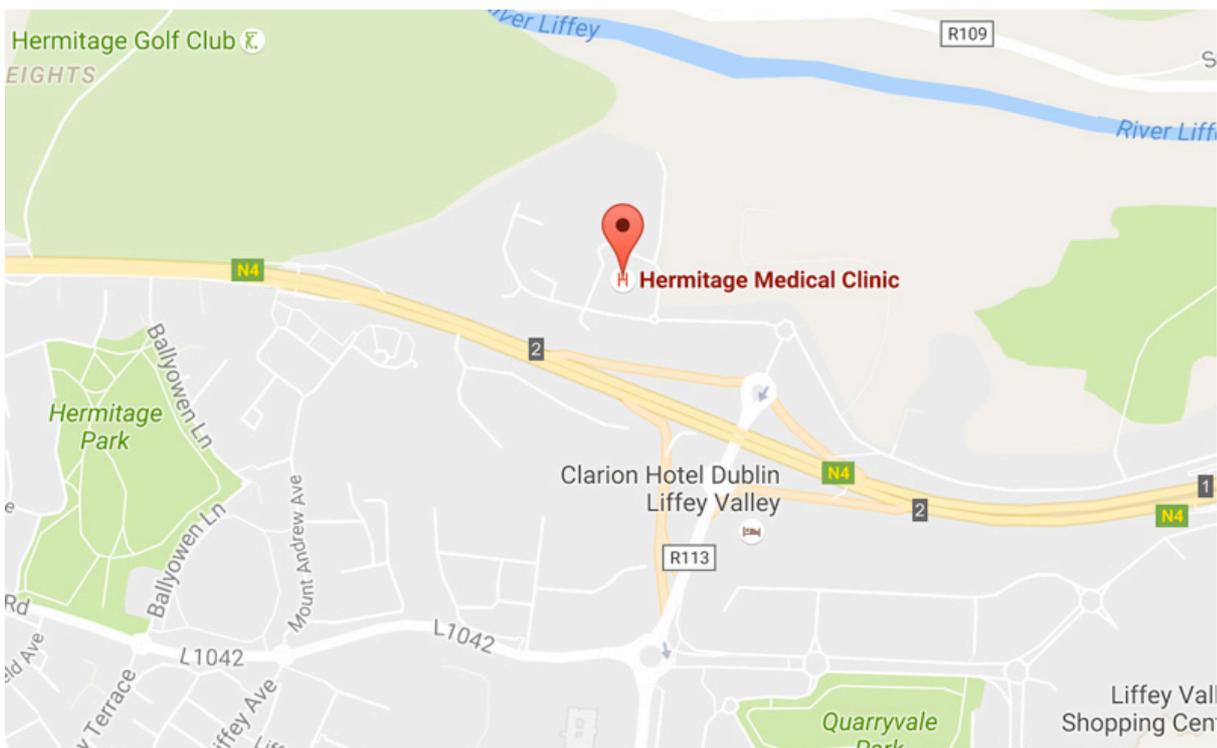
- "I would very much like the instructor to return to us – I found it excellent and her presentation superb"
- "I loved the enthusiasm and the teaching methods. I felt that she managed the group very well and catered so well for our lack of vision"
- "Yes I will have much more in-depth consideration of the needs of elderly patients. Will examine their feet & balance"
- "Enthusiasm and approachability of the instructor, accessibility of the handouts"
- "Bee more aware of the overall needs of the person especially when elderly and not just the one condition they are referred for"
- "The way the instructor handled the group and the delivery of her lectures"
- "An excellent delivery was given"
- "I really enjoyed the general discussion about health promotion and ageing at the beginning"
- "Practical element"
- "All the information was very meaningful and was given in a way which was easy to understand"
- "The theory, use of research and presentation was high quality, relevant and current. The workshop was accommodating to every one who attended and allowed open discussion of the content to question and to interpret the resource for our own clinical practice"
- "I will be more considerate of the patients cultural back ground as I now have an understanding that in different cultures, 'old age' is considered to be much younger than in western practice"

Welbeing CPD Limited

A LIFE TO BE LIVED: AN UPDATE ON PHYSIOTHERAPY WITH THE AGEING PERSON

HERMITAGE MEDICAL CLINIC DUBLIN

SATURDAY 30th MARCH 2019



Sat Nav co-ordinates: N 53.35860 / W 006.40505

Tutor: Bhanu Ramaswamy **OBE, FCSP, MSc, Grad Dip Physiotherapy**
A Life to be Lived: an update on physiotherapy with the ageing person – 1-day course

By Car

Directions from the City Centre:

From O'Connell Street Bridge in the city centre drive along the quays (westbound) and follow signs for The West / N4 / M50.

1. Take the exit for the N4 and when on the N4 move to left hand lane and follow signs for Liffey Valley Shopping Centre (this will be the first exit off the N4).
2. Stay on the right side of the slip road.
3. Once you have reached the end of the slip road you will arrive at a roundabout.
4. Take a right, bringing you under the N4.
5. Please note that once you arrive at the first set of lights the immediate left is not accessible as it will bring you against emerging traffic.
6. Take the next left off the roundabout and gain access to the facility by taking a left at the next entrance.

By Bus

The following routes serve The Hermitage Medical Clinic : 25, 25a, 25b, 66, 66a, 66b, 67

Please note that the nearest bus stop to the Hermitage from the city centre is the Liffey Valley Shopping Centre stop. Please take the footbridge to the other side of the road and turn left. The entrance to the Hermitage is approx 800m down this road.

Directions from the Northside of the city e.g Blanchardstown:

1. Take the M50 Motorway southbound.
2. Drive through Toll Booth and take next exit signposted Exit 7 for N4 Sligo / The West / Lucan.
3. Take the exit for the N4 and when on the N4 move to left hand lane and follow signs for Liffey Valley Shopping Centre (this will be the first exit off the N4). Stay on the right side of the slip road.
4. Once you have reached the end of the slip road you will arrive at a roundabout. Take a right, bringing you under the N4. Please note that once you arrive at the first set of lights the immediate left is not accessible and it will bring you against emerging traffic.

Buses from Blanchardstown Centre 76A

For further information please see www.dublinbus.ie

Directions from the South side of the city e.g Dundrum:

1. Take the M50 Northbound.
2. Take the exit for the N4 (signposted The West)
3. Keep to the left hand lane of the N4 and follow signs for Liffey Valley Shopping Centre (this will be the first exit off the N4). Stay on the right side of the slip road.
4. Once you have reached the end of the slip road you will arrive at a roundabout. Take a right, bringing you under the N4. Please note that once you arrive at the first set of lights the immediate left is not accessible as it will bring you against emerging traffic.
5. Take the next left off the roundabout and gain access to the facility by taking a left at the next entrance.

Directions from the Red Cow Roundabout:

1. Take the M50 exit Northbound (Airport exit also)
2. Take the first exit off the M50 Motorway, the N4 exit (signposted The West). Keep to the left side of the exit.

Welbeing CPD Limited

3. Follow signs for Liffey Valley Shopping Centre (this will be the first exit off the N4). Stay on the right side of the slip road.
4. Once you have reached the end of the slip road you will arrive at a roundabout. Take a right, bringing you under the N4. Please note that once you arrive at the first set of lights the immediate left is not accessible as it will bring you against emerging traffic.
5. Take the next left off the roundabout and gain access to the facility by taking a left at the next entrance.

Directions from West (Mullingar, Maynooth, Lucan etc):

1. Travel on the N4 heading for Dublin.
2. Pass Lucan take exit for Liffey Valley Shopping Centre which is just after Hermitage Golf Club.
3. Take left at lights for Hermitage Medical Clinic.

A LIFE TO BE LIVED: AN UPDATE ON PHYSIOTHERAPY WITH THE AGEING PERSON

HERMITAGE MEDICAL CLINIC DUBLIN SATURDAY 30th MARCH 2019 APPLICATION FORM

Name:

(Please print name as you wish for it to be shown on your certificate)

Address for correspondence:

Contact Nos: Home :
Work :
Mobile :

E-mail address :

Place of work :

Grade :

Area of work :

Apply to : Irene Wellman
E-mail: iw@welbeing-cpd.co.uk
Tel: +44 (0) 1375893835
Mob: +44 (0) 7793561454
Course Fee : €180.00 per person

Payment Terms:

BACS:

Bank: Santander
Sort Code: 09-01-29
Account: Welbeing CPD Limited
Account No: 10817627

Credit /Debit Card payments accepted. <https://welbeing-cpd.co.uk/>

Cheques: Please make cheques payable to **Welbeing CPD Limited**
Address: North View, Church Road, Bulphan, RM14 3RU
Included in fee: Course notes
Certificates to assist with your CPD
Refreshments

Cancellation Policy

- Upon receipt of your application form and course fee you will be sent an email confirming your place on the course and receipt of the course fee.
- A full refund will be given if written cancellation is received by Welbeing CPD Limited no later than six weeks before the course date. No refunds will be made after this time. Substitute delegates are accepted at any time.

Welbeing CPD Limited reserves the right to cancel the course if there are insufficient delegates. If, in the unlikely event a tutor cannot attend the course, Welbeing will endeavour to find a new date for the course to be held. Welbeing will not be held responsible for any losses incurred as a result of course cancellatio