

## Session Title

### **Interdisciplinary Management of Heart Failure in the Older Adult Across the Continuum**

#### Speakers:

Kevin Cezat, PT, DPT, GCS, RAC-CT

Richard "Ricky" Bassett OTD, OTR/L, MSHAPI, CDP

Daniel Starr, PT, DPT

#### Session Description:

Congestive Heart failure is the most common cause of hospitalization in the US for older adults. Despite advances in care, it remains the highest cause of 30-day rehospitalization among medical and surgical conditions as of 2020.(1) With rehospitalization rates remaining a focus area impacting reimbursement for multiple levels of care, appropriate management of this condition has become a focus for many providers and requires a comprehensive and coordinated approach. As clinicians look to develop evidence-based and patient-centered care models to address these issues, the need for a strong interdisciplinary team across the continuum has become critical.

This 90-minute educational session features a national team of expert occupational and physical therapists with experience treating cardiopulmonary patients across the entire continuum of care. First, we will discuss Heart Failure best practices in older adults from current clinical practice guidelines and new research focusing on clinically applicable tools. Next, we will discuss considerations for treating these individuals from acute care through community discharge, focusing on specific challenges with older adults, such as comorbidities, polypharmacy, and cognitive deficits. Lastly, we will discuss communication and implementation techniques to ensure a robust interdisciplinary team approach to person-centered care and the prevention of rehospitalization. This session will include an open discussion among presenters and participants to allow for the exchange of ideas and brainstorming in overcoming common barriers.

#### Objectives:

1. Identify key takeaways from current clinical practice guidelines and recent research to help guide the management of older adult heart failure clients.
2. To identify common barriers and considerations for the care of older adult individuals across the continuum of care with heart failure
3. To facilitate knowledge of techniques for the prevention of rehospitalization with a focus on Geriatric considerations, including comorbidities and cognitive status.
4. To educate on interdisciplinary techniques and considerations to ensure best practice and person-centered care across the continuum.

What will be the clinician/educator takeaways/skills that can be utilized immediately?

1. Clinicians will be able to recognize regularly used HF medications and their potential impact on geriatric patients and therapy.

2. Clinicians can state three or more techniques to reduce rehospitalization risk.
3. Clinicians will understand known risks and connections between COVID-19 and Heart Failure.
4. Clinicians will understand potential considerations when managing rehospitalization risk in patients with multiple comorbidities and cognitive deficits.
5. Clinicians will have a framework to apply communication skills among their interdisciplinary team to manage heart failure patients.

#### Speaker Bios:

**Kevin Cezat** is the Director of Clinical Excellence for Therapy Management Corporation, a CEU presenter, and a board-certified specialist in geriatric physical therapy. He has over 10 years of experience in home health, outpatient care, and long-term care. He currently works at a PT in long-term care in central Florida and oversees clinical quality in facilities spread over 20 states.

**Richard Bassett** is an Occupational Therapist and Area Manager for Therapy Management Corporation (TMC) in the Northeastern US and a leader of the ACE clinical expert group within TMC specializing in Cardiopulmonary management. He has over 10 years of experience in home health, acute, subacute, and long-term care.

**Daniel Starr** is a Physical Therapist and Rehabilitation Supervisor for Orlando Health's Orlando Regional Medical Center. He has over 10 years of experience in adult and pediatric acute rehabilitation focusing on cardiovascular and ICU care at level 1 trauma centers across the country. He has presented at facility and state level conferences on cardiopulmonary topics.

#### References:

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