



EVIDENCE-INFORMED NUTRITION FOR PHYSICAL THERAPY PRACTITIONERS

SEPTEMBER 12, 2020 – 8:00 AM – 12:00 PM CT

VIRTUAL VIA ZOOM

Speaker: Patrick Berner, PT, DPT, RDN
CEUs: 4 Contact Hours (4.8 CEUs for Alabama Licensees)

COURSE DESCRIPTION

We all know the saying, “You Are What You Eat.” But, do we ever think about our patients with that in mind? That what they eat could be influencing their overall health and even their rehab outcomes. Because in reality nutritional intake does affect the human body in how it recovers, ages, and becomes at risk of developing chronic diseases. With that said, nutrition should be considered as a principal component to patient care and integrated when necessary and appropriate.

This course will provide you as a practitioner with the resources and skills to appropriately implement nutritional concepts into patient care. Including many important factors along the way, such as determining nutritional needs among different populations, navigating professional scopes of practice, and using a patient’s readiness to change to provide the right kind of evidence-informed nutrition education at the right time.

OBJECTIVES

Upon completion of this course, the participant will be able to:

1. Recall information on nutritional science, nutritional determinants, and evidence-based nutritional research.
2. Identify the role that nutrition plays in physical therapy patient/client care and appreciate the similarities and differences that exist among special populations.
3. Utilize nutritional screening tools to determine the existence of nutritional needs and if there is a need for referral and/or interprofessional collaboration.
4. Implement evidence-informed nutritional education and behavioral change techniques.

SPEAKER INFORMATION



Dr. Patrick Berner is a physical therapist and registered dietitian nutritionist practicing in upstate South Carolina. He is one of only a few individuals in the country who holds this combination of credentials. Dr. Berner received his Bachelor of Science in Dietetics from the University of Louisiana at Lafayette, his Doctor of Physical Therapy degree (DPT) from the University of St. Augustine, and completed his Dietetic Internship through the University of Houston. His company, Fuel Physio, LLC, focuses on providing quality education, consulting, and coaching for general health and well-being of individuals, with an emphasis on human movement and nutrition. While also facilitating healthier work environments and communities. Dr. Berner is current adjunct faculty for South College, Anderson University, and Baylor University’s Doctor of Physical Therapy programs, where he provides content knowledge related to nutrition, digestion, metabolism, and general health promotion, and well-being. He also currently serves as chair for APTA’s Council on Health Promotion and Wellness in Physical Therapy and is

an advocate for physical therapists' involvement in population health. Dr. Berner is known to be an engaging and experienced speaker on topics of health promotion and wellness and integrating nutrition in physical therapy practice.

SCHEDULE

8:00 am	The Science of Nutrition Nutrient Classifications and Other Beneficial Non-nutrient Substances Determining Caloric and Protein Needs (Brief Individual Activity)
9:00 am	Nutritional Determinants Individualized Needs, Preferences, Culture, Beliefs, and Access to Foods Nutritional Relationship to Physical Therapy Patient Populations
10:00 am	Break
10:15 am	Nutritional Screening - Identifying Existence of Needs & Medical History Review Navigating Professional Scopes of Practice for Both Physical Therapy and Nutrition/Dietetics
11:00 am	Appropriate Referrals and/or Collaboration, the Registered Dietitian Nutritionist (RDN) Practical Everyday Information Nutritional Guidelines & Evidence-Based Eating Patterns Using Readiness to Change and Motivational Interviewing to Determine Educational Approach and Needs
11:45 pm	Case Studies and Discussion
12:00 pm	Adjourn

Course Fee

PT/PTA Member:	\$50
PT/PTA/OT/COTA Non-Member:	\$65
Student:	\$20

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Cancellation Policy: Registration refunded if canceled by Sept. 10, 2020.