

Southeast District 8th Annual Mini-CSM Virtual Conference

Greetings SED Members,

The Southeast District of the Pennsylvania Physical Therapy Association is honored to be hosting the 8th edition of our mini Combined Section Meeting virtually. We all felt strongly about continuing the tradition of mini-CSM while also recognizing the current needs of our membership in this difficult time. Our planning and programming committees have worked quickly to assemble a slate of content that we feel is timely to our membership. A special thanks to our speakers and panelists for their flexibility and service to our community in these difficult times.

We also wanted to offer our programming to as many in our community as possible. Therefore, registration is:

- **Free** to **ALL** PPTA members
- **Free** to **ALL** students
- A nominal **\$20** for PPTA non-member attendees

We hope that you will join us for a morning of valuable and timely programming. Although we may be physically distant individually, our community has never been closer.

Be well,

SED mini-CSM Committee

“Not all storms are meant to block your path, some are meant to clear the way...”

Schedule for the Day

7:45 a.m.-8:00 a.m.: Virtual Meeting will Open for Attendees to Enter Meeting

8:00 a.m.-8:30 a.m.: Opening Remarks

8:30 a.m.-10:00 a.m.:

Sleep: A Key Ingredient to Wellbeing with Aging

presented by Cathy Ciolek, PT, DPT, FAPTA

Session Description: Sleep is often overlooked as a potential contributor to physical and mental challenges faced by many people as they age regardless of where they reside. In long term care, staff practices and environmental factors contribute to sleep fragmentation and

disruption. For older adults who live in their own homes, sleep changes are often considered "normal aging" and many do not share these changes with their healthcare practitioners. A growing body of evidence demonstrates that these sleep disruptions can worsen pain, delay physical healing, contribute to cognitive decline and may create distress that presents as psychological symptoms for people with dementia. There are screening tools and devices that can be used to assess sleep quality for individuals across settings and interventions to improve sleep health as people age.

10:00 a.m.-11:30 a.m.:

Mindfulness and Health Care: Compassion-Centered Practices to Enhance Provider Well-Being and Improve Delivery of Patient Care

presented by Maureen Fleagle, PT, CLT-LANA, Carolyn Murphy, PT, DPT, NCS and Stephen Thompson, PT, DPT

Session Description: An increasing body of research shows that mindful awareness training can improve both physical and emotional measures of patients across a wide diagnostic spectrum. Benefits among healthcare professionals include the prevention and management of burnout while improving health and well-being. This presentation will provide evidence-based mindfulness practice strategies that clinicians can immediately implement to improve patient and client management outcomes as well as expand our approaches toward improving treatment outcomes and our own quality of life. This session will include guided practices and a moderated panel discussion with other clinicians and YOU our virtual audience!

****ATTENTION STUDENTS****

Starting at **11:45 a.m.** the SED will be offering sign-ups for individual sessions for a virtual resume workshop. ***Check back for sign-ups when the open!***