To provide VHA healthcare professionals with current practice standards and emerging trends in the treatment of Parkinson’s disease and other movement disorders

1 hour virtual conference using Adobe Connect

Exercise as Medicine for Parkinson’s Disease

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Thursday, March 9, 2017

12:00 PM - 1:00 PM Eastern
(9-10am PT, 10-11am MT, 11am-12pm CT)
or

3:00 PM - 4:00 PM Eastern
(12-1pm PT, 1-2pm MT, 2-3pm CT)

Pre-register by March 8, 2017. Registration Link: Exercise as Medicine for Parkinson’s Disease TMS Course: #32795 or log onto (https://www.tms.va.gov), search catalog then select “Register Now”.

Day of seminar: log on to Adobe Connect: http://va-eerc-ees.adobeconnect.com/r7m210d5mv7/

AUDIO access: connect through your computer or call: 800-767-1750 Conference ID: 27733

Target Audience: Doctors, nurses, psychologists, any VHA health care professionals interested in Parkinson’s disease.
Continuing education credits: Available for: physicians, NPs, RNs, and psychologists.

Accreditations: ACCME, ACCME-NP, ANCC, APA.

On-line evaluation in TMS must be completed by April 9, 2017 to receive CEUs.

Description:
The purpose of this discussion is to provide VHA clinicians with information about the current evidence for the concept of “exercise as medicine”. There is overwhelming evidence that regular physical activity and exercise provides myriad health benefits and this talk will discuss how exercise may influence neurological disease with a focus on Parkinson’s disease. The talk will also review evidence concerning whether exercise may benefit not only symptoms but also influence underlying disease progression. Finally, we will discuss practical aspects of “prescribing” exercise in our clinical populations. This course is the third of five presentations for the FY17 PADRECC Movement Disorders Series designed to provide VHA healthcare providers with current practice standards and emerging trends in the treatment of Parkinson’s’ disease and other movement disorders.

Outcome Objectives: At the conclusion of this educational program, learners will be able to:
1. Discuss the role for exercise in the treatment of neurological disorders including Parkinson’s disease.
2. Discuss the evidence for exercise as a disease-modifying therapy in PD and related disorders.
3. Discuss the use of “exercise as medicine” in clinical practice.

Program Contacts:
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Future MDS dates in FY 2017:
May 11 (Creativity & PD)
September 14 (Cognition & Exercise)