

Breathehab on-demand: Respiratory Muscle Training for Clinicians (webinar)

EARNING CE CREDIT

COURSE DESCRIPTION

This self-paced webinar is designed for clinicians seeking to provide evidence-based respiratory muscle training (RMT/RMST). Through lecture, case studies, & practice, participants explore expiratory and inspiratory muscle training (EMT/EMST and IMT/IMST), supported by literature and case vignettes. Key topics include applications, protocols, troubleshooting, device selection, & program development.

FORMAT: self-paced webinar

INSTRUCTOR: Brooke Richardson, MS, CCC-SLP

LEARNER OUTCOMES

As a result of this course, participants will be able to:

- Apply principles of strength training to respiratory muscle training
- Assess MIP & MEP for individualized therapy programming
- List 3 indications for EMT and/or IMT across a variety of diagnoses
- List 2 general contraindications / precautions for EMT and/or IMT
- Set appropriate treatment goals based on patient performance
- Select evidence-based training devices based on patient needs
- Describe steps necessary to develop an RMT program

PDH & ASHA CEUs

This course is offered for 7 PDHs (professional development hours) and is registered for 0.7 ASHA CEUs. Partial credit is not offered.

COURSE COMPLETION REQUIREMENTS

In order to successfully complete the course and to receive a certificate of completion and/or for ASHA CE reporting, you must do all of the following prior to their course access expiring.

- Watch 100% of video lessons.
- Earn a score of $\geq 80\%$ on open-book, multiple-choice learning assessments at ends of course sections. If needed, you may retake a test 2 times in order to achieve a passing score.
- Complete and submit the course feedback survey.
- Complete the certificate and ASHA CE reporting form, indicating whether you want your participation reported to ASHA for CEUs.

AGENDA *may vary slightly*

- Course introduction 10 min.
- Introduction to Respiratory Muscle Training 85 min.
 - Respiratory System Anatomy and Physiology
 - Principles of Strength Training
 - Defining RMT; applying strength training principles
 - Safety & precautions
 - Lifespan considerations
- Applications in various populations including: 125 min.
 - Cough
 - Dysphagia
 - Neuromuscular diseases & spinal cord injury
 - Musculoskeletal
 - Tracheostomy & ventilator
 - Voice, dysphonia, ILO/VCD/PVFM
 - Cardiac & pulmonary, prehab, and more
- Assessment; Treatment; Device selection 125 min.
- Troubleshooting & Case studies 45 min.
- Starting a program 25 min.
- Conclude 5 min.


THE INSTRUCTOR

Brooke Richardson, MS, CCC-SLP, is an accomplished Medical Speech-Language Pathologist and speaker. Since 2009, she has specialized in treating adults with complex medical needs in both acute and outpatient settings. Brooke has been pivotal in establishing successful Respiratory Muscle Training (RMT) programs across multiple hospitals and healthcare facilities. As a trusted clinical expert, she has inspired and guided clinicians worldwide through her comprehensive and interdisciplinary RMT training programs.

Disclosures: Owner of MedSLP Consultants PLLC dba Breathehab, which operates this website and collects tuition.



REGISTRATION

breathehab.com/on-demand

Questions / contact: support@breathehab.com