

# CAMP Breathehab: Respiratory Muscle Training for Clinicians (online intensive)

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## EARNING CE CREDIT

### COURSE DESCRIPTION

This **C**linical **A**pplications **M**entoring **P**rogram (CAMP) provides in-depth training in respiratory muscle training (RMT) through a blended model of on-demand modules & group mentoring. Key topics include evidence; applications of EMST & IMST (expiratory muscle training & inspiratory muscle training) in various diagnoses & settings; how to eval & treat; troubleshooting; how to develop a program; & more.

**FORMAT:** online blended: self-paced modules + live calls

**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 9.5 PDHs (professional development hours) and is registered for 0.95 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, learners must do the all of the following:*

- Watch assigned on-demand course modules prior to each live mentoring call
- 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.
- Attend both live calls, or watch on-demand recordings of live calls if unable to attend live.
  - *Attending live is strongly encouraged* for integration of concepts.
- No later than 2 weeks after the second live call:
  - Complete and submit the course feedback survey
  - Complete the certificate and ASHA CE reporting form, indicating whether they want their participation reported to ASHA for CEUs

## AGENDA

<p><b>SECTION 1</b> <i>on-demand</i></p>	<ul style="list-style-type: none"> <li>● Course introduction</li> <li>● Introduction to Respiratory Muscle Training                             <ul style="list-style-type: none"> <li>○ Respiratory System Anatomy and Physiology</li> <li>○ Principles of Strength Training</li> <li>○ Defining RMT; applying strength training principles</li> <li>○ Safety &amp; precautions</li> <li>○ Lifespan considerations</li> </ul> </li> </ul>	<p>95 min.</p>
<p><b>SECTION 2</b> <i>on-demand</i></p>	<ul style="list-style-type: none"> <li>● Applications in various populations including:                             <ul style="list-style-type: none"> <li>○ Cough</li> <li>○ Dysphagia</li> <li>○ Neuromuscular diseases &amp; spinal cord injury</li> <li>○ Musculoskeletal</li> <li>○ Tracheostomy &amp; ventilator</li> <li>○ Voice, dysphonia, ILO/VCD/PVFM</li> <li>○ Cardiac &amp; pulmonary, prehab, and more</li> </ul> </li> </ul>	<p>125 min.</p>
<p><b>LIVE CALL</b> <i>Live webinar</i></p>	<p>Clinical Applications &amp; Mentoring for prior 2 sections Bring your cases and questions</p>	<p>75 min.</p>
<p><b>SECTION 3</b> <i>on-demand</i></p>	<ul style="list-style-type: none"> <li>● Assessment</li> <li>● Treatment</li> <li>● Device selection</li> </ul>	<p>125 min.</p>
<p><b>SECTION 4</b> <i>on-demand</i></p>	<ul style="list-style-type: none"> <li>● Troubleshooting &amp; Case studies</li> <li>● Starting a program</li> <li>● Conclude</li> </ul>	<p>75 min.</p>
<p><b>LIVE CALL</b> <i>Live webinar</i></p>	<p>Clinical Applications &amp; Mentoring for prior sections Bring your cases and questions</p>	<p>75 min.</p>
<p><b>FINAL ITEMS</b> <i>on-demand</i></p>	<ul style="list-style-type: none"> <li>● Course conclusion</li> <li>● Course survey</li> <li>● Certificate of Completion &amp; ASHA CEUs reporting</li> </ul>	<p>10 min.</p>

## 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/camp](https://breathehab.com/camp)

**Questions / contact:** [support@breathehab.com](mailto:support@breathehab.com)



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