

Jenna Sturgeon PT, DPT



Jenna is a 2013 graduate of the University of Central Arkansas Doctorate program for physical therapy. She began her career at a level one trauma center in Tyler Texas where she established an early mobility program in the trauma and medical surgical Intensive Care Units (ICU). There Jenna helped initiate the ABCDE protocol and worked closely with physicians and nurses to set guidelines for therapy interventions and educate staff on the benefits of early mobilization for patients in the ICU. Jenna accepted a position at White River Medical Center (WRMC) in 2016 where she established an early mobility program for their ICU. She has also provided educational seminars to the WRMC therapy staff and others, sharing her knowledge and passion for working with patients with critical illness, including ventilated patients. Some of Jenna's training in this area include the Annual Critical Care Rehabilitation Conference at Johns Hopkins University in Baltimore, MD, and several courses presented by Christine Perme, Steven Sadowsky, and Dale Needham, to name a few. Jenna looks forward to continuing her life-long journey making a difference in as many lives as she can here at WRMC.

Presented By: Jenna Sturgeon, PT, DPT
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Fundamentals of Early Mobility in the ICU

September 9th, 2017

8a.m.-5 p.m.

Sponsored by:

White River Health System

1710 Harrison Street

Batesville, AR 72501

870-262-6248

ARKANSAS STATE BOARD OF
Physical Therapy

Pre- Approved by:

Arkansas State Board of Physical
Therapy

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Course Objectives

- Identify and state the functions of basic equipment, lines, and tubes commonly used in the ICU
- Review different modes of mechanical ventilation and ventilator settings
- Understand the importance of chart review and identify patients who are appropriate to participate in therapy while in the ICU
- Review common medications and diagnoses to identify possible barriers or contraindications to participation in therapy
- Understand the importance and demonstrate the ability to write goals that are function oriented protocols for early mobility in the ICU
- Gain knowledge of cognitive changes that occur in patients who have been ventilated and sedated as well as techniques for re-orientation and communication.

Program Content:

- 8:00-8:30- Introduction of presenter and course; review course objectives
- 8:30-9:30- Review evidence based practice and recent articles published
- 9:30-10:30- Barriers to immobility and benefits of mobility in ICU
- 10:30-11:30- Line, tubes, and drains
- 11:30-12:00- Mechanical Ventilation
- 12:00-1:00- Lunch (on your own)
- 1:00-1:30- Mechanical Ventilation Continued
- 1:30-2:30- Lab Values
- 2:30- 3:00- Chart Review
- 3:00-4:00- Treatment and Intervention
- 4:00-4:30- Mobility Aids and Equipment
- 4:30-5:00- Conclusion and Closing Remarks



Registration Information:

Payments due by August 21st, 2017

Checks only!

**8 CEU's available to PT's, PTA'S,
OT's, & COTA's**

Early Registration: \$225

(Before July 24th)

Regular Registration: \$250

(After July 24th)

See attached Registration Form