

## Clinical Education Access

The following information may or may not be appropriate to your clinical setting. Please review the information and determine the appropriateness of the content prior to sharing with your staff.

Eligible for LMS Credit:  Yes

RehabCare understands the importance of clinical education, and keeping our therapists up-to-date. We want to remind everyone of our clinical education tools that are convenient, available 24/7, and accessible from the comfort of your own home! We are fortunate to be able to offer options for your access to online continuing education.

### RehabCare Therapist Portal Page

These courses were developed by Rehab Clinical Services Team. **They are free and terrific!** The site provides you additional free options for earning your CEU credits and Contact Hours!

The site can be accessed at [www.rehabcare.com](http://www.rehabcare.com):

- Click on "Therapist Portal" located on the middle of the page
- In the second paragraph, click on "Create Your Account Here"
- Fill out the required information and request an account
  - You will need your 6 digit Personnel Number (found on your pay stub)
- Once your account is created, you will find a number of different selections and courses in the portal where you can start earning your free credits!

### Develop U

Develop U is an online resource for clinical training in which we partnered with an external resource for CEUs (Care2Learn) for a fee. This site offers therapists CEU courses at dramatically reduced rates - \$199/yr. This fee is a PCA account eligible expense for which you can be reimbursed. Earn CEU credits from any computer at any time that is convenient.

Develop U can be accessed at <http://rehabcare.care2learn.com>.

Logging in:

- Your logon id is: First Name Initial + Last Name Initial + 6 digit Personnel Number (found on your paystub) followed by @rehabcare.com. Example: [ab123456@rehabcare.com](mailto:ab123456@rehabcare.com)
- The Password is: RehabCare1 (case sensitive)
  - Since this will be the password for everyone on initial login, we strongly suggest you change this after your first login to protect your purchase.
- We also offer our discount to our external clinical partners ~ \$199/yr for unlimited access to the Care2Learn courses
- Develop U for our clinical partners can be accessed at : <http://rhc-partners.care2learn.com/>
- Click on the blue button "Click to Register"
- On the next page, under New Users the "Corporate Partner Line" will be populated ~
- In the "Authorization Line" ~ type rehabcarepartnereducation

### Redilearning

If you have not attempted to access our clinical materials from the Redilearning site now is the time to do so! The instructions on how to access the site are attached. Please review and start using the application. After reviewing the educational material provided, remember to check the "Date Completed" box and the information will be automatically loaded into LMS for credit.

### Annual Required Training/LMS

We are quickly approaching the end of year. Remember to ensure that all your required training needs have been attained. Redilearning is a great way to achieve success on the requirements. If you're unsure of the requirements go to Knect >Clinical Services>HRS or SRS and Scroll down to Compliance Information. The educational requirements and direct links to the trainings can be found in this section.



## RediLearning Navigation

During the RediLearning application release some devices will receive an icon with a tree in the center of it for accessing RediLearning with convenience.

For those users who do not see the icon on his/her home screen:

- ✓ Instruct user to login to RediLearning website by launching this URL:  
<http://lms.redilearning.com/rehabcare>
- ✓ Once the user hits the home page and is prompted for RediLearning login credentials, user should hit the 'Send To' icon on the device and select the 'Add to Home Screen' option.



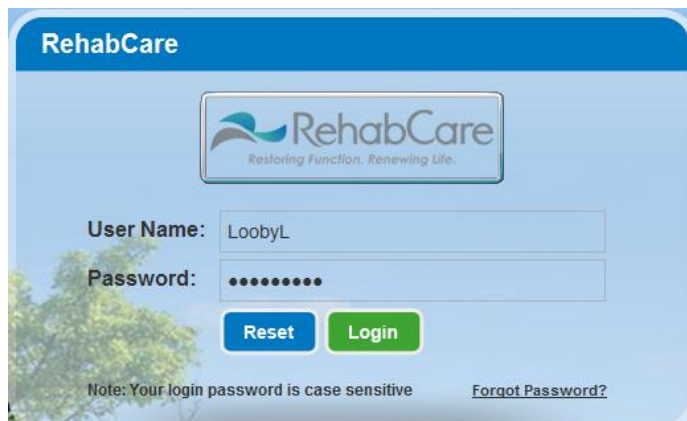
- ✓ User will then name the icon to be added. After clicking the 'Add' button the icon will appear on the device for convenience any time user is notified new content is available.



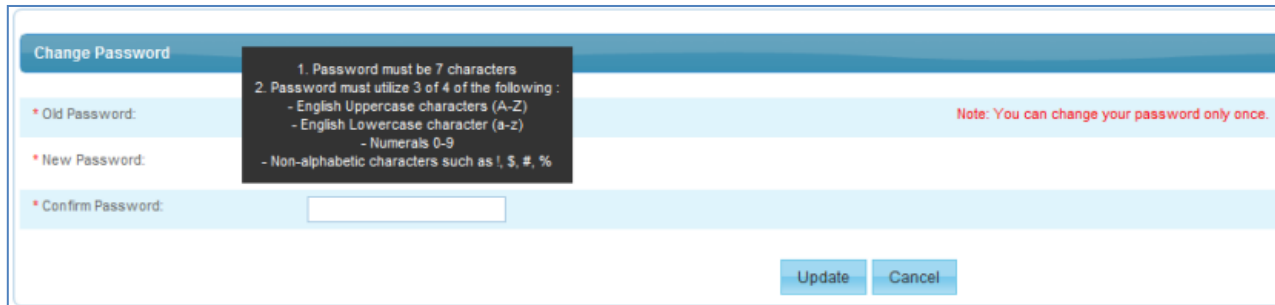
Once the application is launched the user will enter his/her Kindred username and password 'rehabcare'.

User Name: Kindred Username

Password: rehabcare



The next screen will prompt user to enter the old password of 'rehabcare' and to change it to a new password that has to be entered twice and that conforms to the Kindred password standard which is clearly outlined for the user in a hovering bubble.

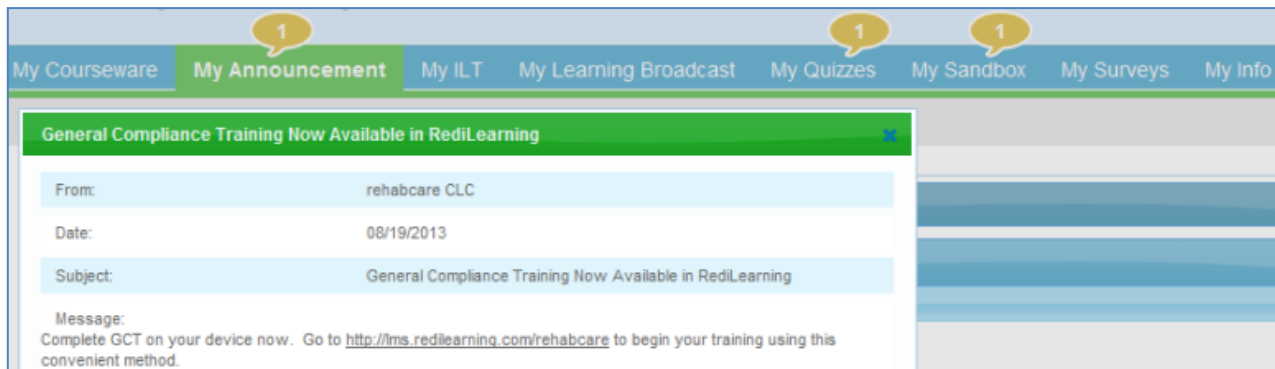


The screenshot shows a 'Change Password' form with three input fields: 'Old Password', 'New Password', and 'Confirm Password'. A dark grey hovering bubble contains the following password requirements:

- 1. Password must be 7 characters
- 2. Password must utilize 3 of 4 of the following:
  - English Uppercase characters (A-Z)
  - English Lowercase character (a-z)
  - Numerals 0-9
  - Non-alphabetic characters such as !, \$, #, %

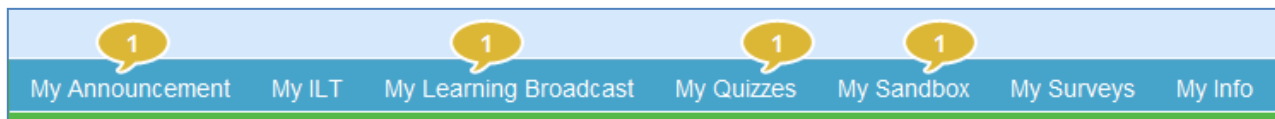
A red note on the right side of the form states: 'Note: You can change your password only once.' At the bottom right, there are 'Update' and 'Cancel' buttons.

Upon entering the application users will be greeted with announcements sent to Kindred email accounts notifying him/her of new learning content available in the system. Announcements can also be made available even if not using email as the primary delivery mechanism. You may dismiss the announcement and move on to education content.



The screenshot shows the RediLearning navigation bar with tabs: 'My Courseware', 'My Announcement', 'My ILT', 'My Learning Broadcast', 'My Quizzes', 'My Sandbox', 'My Surveys', and 'My Info'. Each tab has a yellow bubble with the number '1' above it. A green announcement bubble is open over the 'My Announcement' tab, displaying an email notification from 'rehabcare CLC' dated '08/19/2013' with the subject 'General Compliance Training Now Available in RediLearning'. The message text reads: 'Complete GCT on your device now. Go to <http://lms.redilearning.com/rehabcare> to begin your training using this convenient method.'

The bubbles over the various RediLearning tabs alert the user to new content. By clicking on each tab the learner can access and interact with the course content.



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The 'My Announcement' tab contains any current and prior announcements along with the date each were posted.

Actions	Subject	Sent Date	Created By
	Welcome Message	08/12/2013	RLLMS Administrator
	General Compliance Training Now Available in RediLearning	08/19/2013	rehabcare CLC

The 'My Learning Broadcast' tab will contain videos available for viewing. In this example the General Compliance Training (GCT) has been posted and by double clicking the clapboard the video will load and begin playing. User may view this on a computer or hand held device.

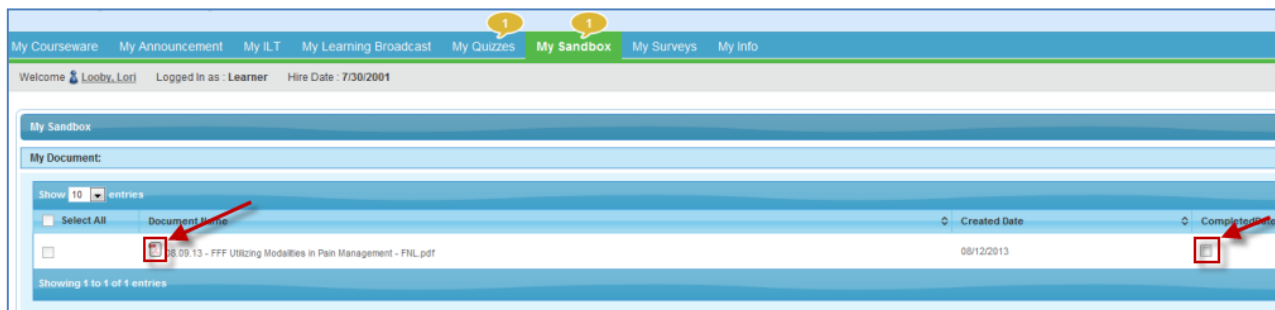
**General Compliance T...**  
 Type: RECORDED  
 Date Assigned: 08/12/2013  
 Duration: 00:28:07  
 Due Date: 10/31/2013  
 Completed On:  
 Quiz Status: Not Available

Video playing after launch:



You may stop the video using the pause button in the lower left corner and even if you exit the URL completely the application will remember where you left off in viewing it to resume at a later time.

The 'My Sandbox' tab will contain any Microsoft (Word, Excel, Power Point) or Adobe (PDF) files available for viewing. To launch the document, click on the document icon. When user has consumed the content in the document, he/she MUST check the completion box to receive course credit if applicable. Checking this box triggers the nightly feed to LMS that will be available soon. Until RediLearning and LMS are exchanging information, rosters will continue to be faxed in to corporate. An announcement will be sent when rosters are no longer needed for employees (process will not change for contractors).



Clicking the icon will display the document the same as if emailed or accessed from computer.

## Fast Facts Friday

### Utilizing Physical Agent Modalities for the Treatment of Pain

The following information may or may not be appropriate to your clinical setting. Please review the information and determine the appropriateness of the content prior to sharing with your staff.  
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**"Patient is unable to participate and progress in therapy due to complaints of pain, therefore will discontinue services at this time".**

How many times have we seen the above quote in our rehab notes and wonder why are we not addressing pain to allow our patient's the ability to improve their function and quality of life? More than we would like to admit. In follow up to last week's FFF -- we went to continue to focus on the utilization of modalities -- in this case, in pain management.

**Skilled Assessment of Pain:**  
It is important we utilize all our objective tests and measures to identify the type and source of pain in our patients. Our evaluations should include the patients self report of the existence and location of pain, description, frequency and intensity, factors that relieve/exacerbate symptoms and any associated lower limb pain, paresthesia & weakness, effects on function and/or quality of life and/or sleep pattern. The clinician's assessment must include examination of the back and extremities for asymmetry, deformity, atrophy, lumbosacral & scapular mobility, cognition, ADL performance, mobility & gait performance, sensitivity, muscle strength and ROM and trigger or tender points.

The "Scratch test" allows the clinician to locate the source of pain via the dermatomes along the paraspinals of the back. This is performed via the clinician performing a scratch down the back along the paraspinals to create a histamine response (reddening of skin or raised area), indicating quality of blood flow to the dermatomes. If the skin does not produce a histamine response, indicates the blood flow to that dermatome is impaired or absent and correlates to the body part or symptoms reported by the patient.

**Intensity Scales:**  
Intensity scales allow patient interview and inter-rater reliability among clinicians for consistent management. These include Numeric Pain Scale, Visual Analogue Scale, Verbal Descriptor Scale, Wong Baker Face, FLACC. For patients with communication and cognitive impairments, intensity scales that include observation of non-verbal pain indicators and behaviors include Behavior Observation Scale, Checklist of Non-Verbal Pain Indicators, and Pain Assessment in Advanced Dementia (PAINAD) are very good resources to use. In addition to the intensity scales, there are patient/family standardized questionnaires that may be utilized to assess the effects of pain on quality of life and performance measures.

These resources are located on KNECT, under Clinical Program Implementation Pain Program Assessment tools.

**Rehab Skilled Interventions:** There are many interventions available to treat pain in our patients. This FFF will focus on utilizing modalities as the primary strategy.

**1. Physical Agent Modalities** -- PAMS facilitate muscle relaxation, elongation and decreases muscle guarding and spasms. Duration and degree of pain relief tends to decrease with increased number of treatments:

- Use the scratch test along the paraspinals to identify to spinal segment that will have the best response to e-stim
- PAMS when used alone does not provide as long a pain relief or carry over of muscle learning than when combined with exercise or a functional task
- IFC Motor-sensory has longer pain relief (2-6 hours), versus IFC Sensory-motor (1/2-2 hours), starting at the end of the e-stim treatment
- Use PAMS first before exercise or functional task to decrease pain and inflammation and improve performance of the functional activity
- IFC Nerve block is good for immediate pain relief during painful treatment procedures (debridement, ROM, mobilization) and to relieve muscle spasms
- Use PAMS (thermal) before use of aromatherapy to heat up the area, which will increase absorption into the hair follicles and/or sweat glands

08.09.13

A quiz may be assigned to learning content with pass/fail requirements. When a new quiz is indicated by the bubble, launch the quiz after reviewing the content it accompanies and answer the questions to the best of your ability. If learner fails the quiz, the system will allow user to retake it if the creator set it up to allow for a minimum passing score. To launch it you would simply click on the underlined quiz name.

My Courseware
My Announcement
My ILT
My Learning Broadcast
My Quizzes
My Sandbox
My Surveys
My Info

Welcome [Looby, Lori](#)    Logged In as : Learner    Hire Date : 7/30/2001

**My Quizzes**

Quiz Name	Quiz Type	Status
<a href="#">08.09.13 - FFF Utilizing Modalities in Pain Management</a>	Independent	Not Completed