

# **1805 – Clinical Work in Community Pools**

Beginner / Lecture

Sanibel, FL / Wednesday, June 24, 2020 – 7:45-11:00 am – 3.0 credit hours

(Classroom: 7:45-11:00 am)

Faculty: Nicole Scherbarth, CTRS, ATRIC

## **COURSE DESCRIPTION:**

This interactive course is for the aquatic therapist or aquatics professional who works with clients in a community setting and wants to ensure quality therapeutic practice in the community continuum of care. We will discuss and uncover environmental variables that should be considered in order to keep treatment/training sessions therapeutic as well as assessments that work to prove progress. Participants will learn helpful professional tools, forms, safety practices, documentation content recommendations and smartphone apps that will help aid in taking a holistic, yet medical therapeutic approach to helping your client. This class is geared towards aquatics professional that works alone or is a sole proprietor/independent contractor.

## **COURSE OBJECTIVES:**

- 1) Identify important parts of transitioning a clinical client into a community setting: the new referral.
- 2) Prepare a client for aquatic therapy and exercise in the community by addressing executive planning skills/cognitive deficits.
- 3) Assess client needs in three areas of the community aquatic environment: locker room, pool environment and pool.
- 4) Determine how to protect yourself as a community therapist and keep your client safe.
- 5) Identify five essential pool safety skills for each client.
- 6) Objectively assess and document pain by using different types of pain assessments.
- 7) Employ tools to gather objective data and functional measurements during community aquatic therapy or exercise: assessment, treatment plan, flow sheet, progress note, etc.
- 8) Examine social and emotional assessment tools to gather objective and subjective data to monitor client's adjustment and coping skills in community pool environment.

**FACULTY:** Nicole Scherbarth, CTRS, ATRIC, is a dual certified recreation and aquatic therapist, who owns a private aquatic therapy practice and a community outreach swim program in the Detroit area. She uses a combination of skills as an aquatic fitness instructor, adaptive swim teacher, recreation and aquatic therapist to help her clients from kids to grandparents, special needs to athletes, and everyone in between.