



# THE FIRST CONSULTATION: BACK TO BASICS

*Health Screening & Risk Stratification*

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ACCREDITATION NUMBER

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Moderate physical activity can substantially reduce the risk of dying from several chronic diseases and is an important factor in the management of these diseases. Regular physical activity can bring dramatic health benefits to, and improve the quality of life, of people of all ages and abilities. Although the benefits of exercise far outweigh the serious risks of exercise and the universal risk of remaining sedentary, the risks of regular exercise must be considered. Exercise is on its way to becoming a “vital sign” in the medical consultation and as health practitioners we need to drive the campaign that “Exercise is Medicine”. At the same time it is our duty to make sure that people engage in exercise that is effective to bring about positive changes in their health, appropriate, and most of all safe.

This course is aimed at student, intern, and qualified Biokineticists who work with clinical populations and who do clinical exercise testing. The aim is not only to provide a theoretical overview of what should be done in the first consultation, but also to provide practical case studies in order to put the theory to practice.

In many instances the medical information that you have about the patient/client may not be sufficient and although most people will benefit from participating in regular exercise, they should be appropriately screened prior to initiating an exercise program. The risk for a cardiac event during exercise or aggravating underlying pathology that may not yet be known is greatly increased with vigorous exercise. Do your patient/client know what constitutes vigorous exercise, and do they monitor their exercise intensity? Are they aware of when to stop and when too much is indeed too much?

Preparticipation screening of all patient/client is required by all Biokineticists. This course takes you back to the basics of what should be done in the first consultation with a new patient/client and addresses what should be done, what to do with the results and how to proceed with the patient/client. There will also be an opportunity to apply this knowledge in the practical part of the course, where you will work through case studies. After all, the development of competence and confidence comes with practice, and hopefully after this course, it is something that you will practise with your patient/client on a daily basis.

Remember that as a Biokineticist, it is not your role to make the diagnosis and/ or to “scare” the patient. It is however your responsibility to interpret the results, and refer the patient when necessary. It is far better to be safe than to be sorry!

The handout provided is comprehensive, but there is space for notes on the blank page opposite the slides. A separate set of case studies will be provided for analysis in your own time. Return your answers by e-mail to [suzanbowman@mweb.co.za](mailto:suzanbowman@mweb.co.za) to gain the additional CEUs.

### **ABOUT THE PRESENTER**

Dr Suzan Bowman graduated from the University of Pretoria with an Honours degree in Biokinetics. She then continued with a Master's degree in Human Movement Science and a DPHIL specializing in Human Movement Science. Dr Bowman also obtained the American qualifications: National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) (re-certified in 2009), and the American College of Sports Medicine (ACSM) Certified Clinical Exercise Specialist (re-certified in 2009). Furthermore, she has obtained the American Heart Association Advanced Cardiac Life Support Certificate. From 2000-2006 she practised Biokinetics at the Institute for Sport Research, at the University of Pretoria. In the past 18 months Dr Bowman has done over 900 ECGs at Cardiologists in Pretoria.



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If you have any comments, suggestions, recommendations or questions, feel free to contact me.

#### **OTHER COURSES BY THE SAME PRESENTER:**

ECGS CAN BE EASY (12 CEUs plus 6 CEUs home study)

*A Comprehensive Course for Biokineticists*

This course has been accredited for Continuous Professional Development (CPD) points by the Biokinetics Association of South Africa in association with the School of Physiotherapy, Sport Science & Optometry, Faculty of Health Science, University of KwaZulu-Natal.

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### 3 CEUs for & 4 CEUs for Case Studies

| BOOKING FORM   |  |   |   |
|--|--|---|---|
| <b>Please indicate the date of the course you would like to attend:</b>  |  |   |   |
| Pretoria (26 January 2012)   | Johannesburg (9 February 2012)           | Cape Town (1 March 2012)                |   |
| Durban (21 or 26 March 2012)   | Potchefstroom (3 May 2012)               | Bloemfontein (Date to be confirmed)     |   |
| Full name  |  |   |   |
| HPCSA number   |  |   |   |
| ID number  |  |   |   |
| <b>Please select one of the following:</b>   | Biokinetics student                      | Intern                                  | Registered Biokineticist                      |
| Practice details   | Practice owner                           |   | Employee                                      |
| Practice number  |  |   |   |
| Practice address   |  |   |   |
| E-mail   |  |   |   |
| Tel  |  |   |   |
| Cell   |  |   |   |
| Cost of course   | Biokinetics students<br>R 350 per person | Biokinetics interns<br>R 450 per person | Registered Biokineticists<br>R 550 per person |
| The course fee includes a course manual and refreshments<br>TOTAL of 7 CEUs  |  |   |   |
| <b>Acceptance is on a first-pay-first-accept basis</b>   |  |   |   |
| Please e-mail proof of payment as well as application form to <a href="mailto:suzanbowman@mweb.co.za">suzanbowman@mweb.co.za</a> |  |   |   |
| <b>Bank details:</b>   |  |   |   |
| Name   | SM Bowman                                |   |   |
| Bank   | Nedbank                                  |   |   |
| Branch   | Hatfield                                 |   |   |
| Branch code  | 160245                                   |   |   |
| Account number   | 1631125591                               |   |   |

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