

# AGPT Health Promotion and Wellness SIG Webinar

## The Role of Nutrition in Geriatric Physical Therapy

**Presenter:** Patrick Berner, PT, DPT, RDN, CEAS

**Date:** April 30, 2019 **Time:** 7 - 8:30 pm EST (1.5 Contact Hours)

**Webinar will be recorded and available for purchase at [www.geriaticspt.org](http://www.geriaticspt.org) at a later date.**

### Description

Nutritional intake is a critical piece of recovery, health, and well-being, especially for the older adult population. And its' importance grows significantly as our patients become more at risk for nutritional complications and malnutrition. This session will provide an overview of basic nutritional science, discuss the role that nutrition plays in older adults, and how to screen for potential nutritional needs. The presenter will also provide practical clinical examples describing how nutritional components can be integrated into physical therapy practice.

### Objectives

- Recall basic nutritional science information, including the main nutrient classifications.
- Identify the role that nutrition plays in the lives of older adults.
- Utilize various nutritional screening tools, including those specific to malnutrition.
- Provide general evidence-based nutritional education and apply behavioral change techniques.

### Speaker Bio

Dr. Patrick Berner is a physical therapist and registered dietitian nutritionist practicing in upstate South Carolina. He is one of only a few of individuals in the country who holds this combination of credentials. Dr. Berner received his Bachelor of Science in Dietetics from the University of Louisiana at Lafayette, his Doctor of Physical Therapy degree (DPT) from the University of St. Augustine, and completed his Dietetic Internship through the University of Houston. His company, Fuel Physio, LLC, focuses on providing quality education, consulting, and coaching for general health and well-being of individuals, with an emphasis on human movement and nutrition. While also facilitating healthier work environments and communities. Dr. Berner currently sits on the steering committee for APTA's Council on Prevention, Health Promotion, and Wellness in Physical Therapy and is an advocate for physical therapists' involvement in population health. He is known to be an engaging and experienced speaker on topics of health promotion and wellness and integrating nutrition in physical therapy practice.

### REGISTRATION FORM - Role of Nutrition

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