

Session Title:

The Misfits: POTS, Sarcoidosis, and Intractable (Refractory) Orthostatic Hypotension

Speakers:

Haley Ashton, PT, DPT

Session Description:

This course will discuss CVP Misfits: three diagnoses/comorbidities that have unique presentations and immense impact on patient care, yet there is minimal evidentiary support to guide physical therapy management.

Presenters will review each condition's pathophysiology, patient presentation, and evidence-supported medical management. Based on pathophysiology, patient presentation, and medical management, presenters will provide insight to critical considerations that impact rehabilitation evaluation and treatment. The presenters will provide relevant case examples for these conditions, whether as primary diagnosis or comorbidities. The presenters and audience will collaborate and critically apply content to patient-scenarios in various acute, inpatient, and outpatient settings.

Objectives:

Describe the pathophysiology of each respective condition.

Briefly discuss medical intervention.

Evaluate relevant physical therapy considerations and treatment strategies.

Apply learned content to patient cases.

What will be the clinician/educator takeaways/skills that can be utilized immediately? Will have elevated understanding of pathophysiology of POTS, Sarcoidosis, and Refractory OH

Will identify POTS, Sarcoidosis, and Refractory OH patient presentation

Will identify relevant pharmacological and nonpharmacological treatment that can be used to medically manage each condition

Will be able to implement PT considerations for each condition in personal Practice

Speaker Bios:

Haley Ashton: graduate from Ithaca College in 2022 and completed CVP residency in 2023. Has been practicing in acute care and outpatient cardiac-focused PT at UT Southwestern since completing residency.

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