

LEARNING OBJECTIVES

5-18-21

PERFORMANCE GAP/ ACTIVITY NEED: The incidence of gait and balance disorders increases with age and can be a source of disability and morbidity. Impaired gait may be an early sign of a neurological condition and may be associated with cognitive decline and loss of independence. Gait disturbances can impact a patient's quality of life and put them at risk for falls leading to institutionalization and possible injury and mortality. Some gait and balance disorders may respond to medications but most are medication unresponsive and require early recognition, referral to rehab services, and medical equipment for safety. Therefore, early recognition of gait dysfunction, neurological assessment, and intervention can improve quality of life and possibly reduce medical costs [Source: personal communication—Dr. Diaz]. An update on gait disorders has been requested by members of the PSJMC Medical Education Committee.

DESIRED OUTCOMES: At the end of the activity, attendees will be able to:

- distinguish basic patterns of abnormal gait as key approach to diagnose neurological gait and balance disorders.
- recognize the changes in gait and postural instability that can occur in Parkinson's disease and higher order gait disorders.
- incorporate the available validated scales available to use in clinic to evaluate gait and balance.

LEARNERS: neurologists, internists, general/family practice physicians, physical medicine and rehab physicians, physical therapists

DESIRABLE PHYSICIAN ATTRIBUTE: provide patient-centered care; work in interdisciplinary teams