

Wellness Revolution Continuing Education

TLC Coaching CE Course Outline

**Dr. Dean L. DePice, Dr. Jen DePice, Dr. Matt Reyes, Dr. Len Siskin,
Dr. Mark Davini, and Paul Andrews**

Course Objective:

To practice congruently, through growing our own health and wellbeing first before expecting our communities to continue to follow our leadership.

Statement of Purpose:

To provide relevant, researched classes on health subjects that if applied in practice will transform the practice to be healthier from the inside out.

Overview of Course:

Classes will be taught in an innovative, interactive style. Providing current research, relevant science and delivered in an engaging format. Take applications back to your practice of assessing the current state of your health and what is possible by applying this information to your practice.

Friday, August 16, 2024 – 4 CE Hours – 3:00 – 8:30pm

Class 1: 3:00 – 3:50pm

1 Hour – Best Practices of Chiropractic Care

Instructor: Dr. Dean DePice

- Exploring studies of patient outcomes in utilization of chiropractic care. Targeting our specific, measurable objectives delivering chiropractic care.
- Standards of chiropractic care for varying populations and conditions with realistic expectations of the care delivered.
- Parameters to adhere to in our best practices and how to apply exceptions to the standards because of comorbidities and complicating factors.

Evidence-Based Outcomes

Class 2: 4:00 – 4:50pm

1 Hour – Fix Me – Limitations of Matter

Instructor: Dr. Len Siskin

Limitations of what we can accomplish and how do we address those limitations.

- Principles of healing with methods to enhance health outcomes.
- Scar tissue formation as a result of trauma
- Micro and macro traumas and how to address both in patient care.
- Possible and realistic changes in terms of remodeling after traumas

Patient Communication

Dinner Break 5:00 – 6:30pm (on your own)

Class 3: 6:30 – 7:20pm

1 Hour – Mobility Mechanics

Biomechanics

Instructor: Dr. Matt Reyes

- Mobility and movement defined and the relevance of the subject in chiropractic evaluations.
- Diagnostic tools to measure mobility and movement.
- Delivering to patients their outcome of mobility measurements and expectations for changes in mobility and movement.

Class 4: 7:30 – 8:20pm

1 Hour – Longevity

Evidence-Based Outcomes

Instructor: Dr. Dean DePice

- The body design for longevity. Comparison of organ structures and their blueprint for replication
- Adaptation, the survival plan of cells. Detriments and enhancers to adaptations.
- Movement is the answer to combat neuromuscular aging. The fall risks and danger to longevity. Muscle mass/size loss due to aging.

Saturday, August 17, 2024 – 8 CE Hours – 8:00am – 5:00pm

Class 1: 8:00 – 8:50am

1 Hour – Safety & Risks of Chiropractic Care

Risk Management

Instructor: Dr. Jen DePice

- Safety defined. Comparison of care options – medical and chiropractic. Research on the risks from chiropractic versus the risks from medical options.
- Optimizing safety of chiropractic care by utilizing diagnostic tools that rule in and rule out best candidates for chiropractic care. Who is not the best fit for chiropractic care?

Class 2: 9:00 -9:50 am

1 Hour – X-Ray Safety

X-ray/MRI

Instructor: Dr. Len Siskin

- Hormesis – how we benefit from radiation.
- Standards of radiation exposure in chiropractic practice
- Measures of protection in your clinic from over exposing patient

Class 3: 10:00 – 10:50am

1 Hour – Stress Signs, Symptoms and Solutions

Differential/Physics Diagnosis

Instructor: Dr. Matt Reyes

Embrace discomfort – coming at stress not from fear – you can't get away from it, channel stress and it can help.

- Prevalence of stress stored in our bodies and revealed in our population-based communities.
- Effects of stress on our body's organ systems. Detecting warning signs of stress early to reduce compounding negative consequences.
- Stress solutions explored to address the symptoms and causes of stress.

Class 4: 11:00 – 11:50am

1 Hour - Bone Health

Anatomy

Instructor: Dr. Len Siskin

- Structure of our skeletal system explored and the importance of strength to our longevity.
- Forces affecting bone health and ultimate function of bones. How we positively or negatively affect bone health by our day-to-day activities.
- Decisions we make to optimize bone health and the consequences that result from those decisions.

Lunch Break – 12:00 – 1:00pm (provided)

Class 5: 1:00 – 2:45pm

2 Hours - Documentation

Documentation

Instructor: Dr. Mark Davini and Paul Andrews

- The whys behind documenting patient's care. The how's of documenting patient's care. The how's of documenting with excellence and in the most expeditious manner.
- Examples of documentation of initial exam, ongoing care, re-evaluations, and discharges from active care
- Enhancements to your current documentation which will enhance the quality of the patient's story told.

Break 2:45 – 3:00pm

Class 6: 3:00 – 3:50pm

1 Hour – Coding Compliance

Coding

Instructor: Dr. Mark Davini and Paul Andrews

- Objectives of coding and congruency of codes to the appropriately selected diagnostic codes.
- Assessing coding compliance with appropriate documentation and delivered by the corresponding care provider in the time increments if applicable.
- Coding for evaluations, diagnostics, ongoing therapeutic, maintenance and supportive care

Class 7: 4:00 – 4:50pm

1 Hour – Community Wellness

Mental Health

Instructors: Dr. Dean & Dr. Jen DePice

- Detecting the need to address community mental health and how prevalent mental health is to the community and longevity.
- Research on how loneliness and isolation impact our physical health and longevity.
- Community based tools to raise awareness and to reduce negative impact of mental health challenges in our chiropractic practices.

**Location: Courtyard by Marriott
Jersey City Newport
540 Washington Boulevard
Jersey City, NJ 07310
201-626-6600**

Hotel Booking Link: <https://tlc4.me/njce-booking>

CE Registration Link: <https://tlc4.me/12ce-nj>

