



APTA
Acute Care
An Academy of the American Physical Therapy Association



7th Annual Critical Care Rehabilitation Conference

Learning Paths available:
Asynchronous & Synchronous (Virtual)

April 16-18, 2026

Up to 25 CEUs

henryfordrehab.com

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Conference Description

In this annual conference, a series of lectures will provide a solid foundation for therapists (OT, OTA, PT, PTA) entering practice in the critical care environment. Learners will review the purpose and benefits of beginning rehab intervention early in a patient's critical care stay, how to prepare to approach the patient with awareness of medical, cognitive, and functional concerns as well as strategies to provide therapeutic intervention safely. Learners will review the approach to early rehabilitation in different patient populations. Attendees will learn about the importance of fostering a culture of mobility and how to determine the right patients and timing for treatment to have the biggest impact. The OT and PT disciplines will have the opportunity to discuss treatment considerations individually as well as coming together with strategies for collaboration. Collaboration with multi-disciplinary teams is also discussed.

Conference Objectives

Upon completion of this conference, participants will be able to:

1. Identify the factors that determine a critical care patient's readiness for participation in rehabilitation
2. Identify when the patient's clinical presentation or response to treatment indicates a need to modify or terminate treatment
3. Describe the impact of early rehab for different patient populations
4. Describe prevention and treatment techniques for cognition in critical care patients
5. Discuss strategies for inter-professional collaboration with the medical teams to advocate for and develop early rehabilitation in the critical care population
6. Describe safe therapy interventions appropriate for critical care patients.



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Day 1: Thursday April 16, 2026 * 8:00 am-4:30 pm EDT

All sessions include LIVE Question & Answer with the speakers

Morning

- Welcome & Introductions
- **Principles of Early Rehab**—Adele Myszenski, PT, DPT
- **Entering the ICU: How to navigate the environment, medical acuity and provide optimal care**—Romina Bello, DPT

Lunch Break

Afternoon

- **Common Medications in the ICU**—Romina Bello, PT, DPT
- **Supplemental Oxygen – Advanced Airway & Mechanical Ventilation**—Nanette Pfitzenmaier, PT, DPT, CCS
- **Effective Rounding and Medical Record Review**—Romina Bello, PT, DPT
- Final Question & Answer / Wrap Up—all speakers

Day 2: Friday April 17, 2026 * 8:00-4:30pm EDT

All sessions include LIVE Question & Answer with the speakers

Morning

- **Making the Biggest Impact: Prioritizing the Right Patient, Right Time, and Everything in Between**—Romina Bello, PT, DPT & Adele Myszenski, PT, DPT
- **Navigating the Medical ICU**—Romina Bello, PT, DPT & Justine Kenyon-Nitsch, MS, OTR/L
- **Trauma & Surgery Critical Care**— Kara Luplow, OTR/L & Jennifer Trimpe, MPT

Lunch Break

Afternoon

- **OT and PT in the Cardiopulmonary ICU**—Danielle Lupcke, MS, OTR/L & Nanette Pfitzenmaier, PT, DPT, CCS
- **OT and PT for Patients with Advanced Circulatory Devices**—Danielle Lupcke, MS, OTR/L & Ryann Laier, PT, DPT
- **Neurological Critical Care**— Laura Porto, PT, DPT , CSRS & Katelyn Danielle Gundry, MS, OTR/L, CSRS
- Final Question & Answer / Wrap Up—all speakers

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Day 3: Saturday April 18, 2026 * 8:00-4:30pm EDT

All sessions include LIVE Question & Answer with the speakers

Morning

- **What it means to have early rehab: a series of vignettes**
- **Finding your Voice to Influence Culture Change and Overcome Challenges** - Katelyn Danielle Gundry, MS, OTR/L, CSRS
- **Cognitive Dysfunction in the Medically Complex Patient**—Kara Luplow, OTR/L
- **Facilitating Patient Engagement with Creative, Patient-Centered Treatment Ideas** Justine Kenyon-Nitsch, MS, OTR/L & Kara Luplow, OTR/L

Lunch

Afternoon

- **Research Review**—Adele Myszenski, PT, DPT
- **The Space Between: Collaborating to Fill the Gaps Between PT and OT** — Kara Luplow, OTR/L & Jennifer Trimpe, MPT
- **You Can't Do It Alone: Finding Your Role in the Multi-Disciplinary Team to Maximize Patient Mobility and Outcomes** —Danielle Lupcke, OTR/L & Laura Porto, PT, DPT , CSRS
- **Impact of Health Disparity & Inequity in Occupational and Physical Therapy** Mansi Patel, MS, OTR/L
- **Final Question & Answer / Wrap Up**—all speakers

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Registrations Options	Early Bird Pricing Through March 31st, 2026	Regular Pricing Starting April 1st, 2026
<p>Annual Critical Care Rehab Conference All 3 Days Total 21 CEUs * Virtual, Synchronous all days <i>Day 1: Thursday, April 16, 2026; 8:00-4:30p EDT</i> <i>Day 2: Friday, April 17, 2026; 8:00-4:30p EDT</i> <i>Day 3: Saturday, April 18, 2026; 8:00-4:30p EDT</i> Can't attend one or more days? All content will be available as a separate asynchronous OnDemand learning path. 7 PDUs per day.</p>	\$500	\$600
<p>Foundations of Acute Care On-Demand (4 CEUs) without Critical Care Conference Registration</p>	\$100	\$100

Time Zone for all: EASTERN Daylight Time

Registration Deadline: April 15 2026 at 12pm Eastern Time

Registration is online only at henryfordrehab.com All course materials will be available via the Shirley Ryan Ability Lab Academy Learning Portal. Access should not be shared with other individuals.

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Cancellation deadline is March 16 2026. Transfer of registration is not possible.

Promo Codes Available: Student, HFHS Employee, SRAL Alliance Employee, Previous Attendee; For groups of 3 or more and 10 or more from the same institution: Please email HFRehabCEU@hfhs.org

CEUs: This course meets the criteria for up to 25 contact hours/CEUs, as approved by APTA Michigan and qualifies for NBCOT PDUs. CEULocker course ID: TBD (www.ptceulocker.com). You are responsible to check with your state licensing body to determine if courses approved by APTA MI are eligible for CEUs in your state.

Technology Requirements You will need access to a device with an Internet connection. Computers, laptops, iOS and Android devices are supported. High-speed broadband Internet access (LAN, Cable or DSL) is highly recommended. Additional requirements include: • Web browser: latest stable version of Chrome, Firefox, or Safari. Do NOT use Internet Explorer as it is not supported • JavaScript and cookies enabled • For programs that have a video conference component, be sure to download the most recent version of Zoom at zoom.us/download • Speaker and microphone, or headset with microphone or phone to listen to webinar facilitators.

SUCCESSFUL COMPLETION

Participants will complete a total of 21 hours of material divided into foundational knowledge and clinical application. The online content will consist of videos, readings, case studies, vision screening practice and knowledge checks. It is recommended that the course material be completed in sequential order. Three days of live, synchronous (virtual via zoom) with faculty, will include verification of live attendance and much complete the course requirements by Saturday, May 2, 2026 at 12:00 AM EST. Learners will have access asynchronous course materials for through October 18, 2026 at 12:00 AM EST.

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Conference Faculty

Adele Myszenski, PT, DPT is a rehab supervisor at Henry Ford Hospital with over 22 years of clinical experience. Adele's experience in performance and organizational management has led to the development of a clinical competency program for general and advanced practice in the hospital setting that is utilized by all 5 hospitals within our system and has been shared directly with over 250 hospitals across the country. In the past decade, she has led the transition to the EPIC electronic health record for Allied Health across the system, developed multiple novel pathway programs including what may be the first transcatheter aortic valve replacement (tAVR) clinical pathway and successfully launched an early rehab program that has included the addition of over 40 therapists and now provides PT and OT services within 12-24 hours of medical stability for over 180 intensive care unit beds at HFH and another 60 at our community hospitals. An accomplished speaker, she has provided over 30 sessions at APTA's CSM, APTA Michigan, PT.com, OT.com, and the keynote at the 2017 APTA State Forum. Current areas of research include: early rehabilitation in the critical care patient, transcatheter aortic valve replacement and the impact of PT and OT on patients with COVID-19 which is funded by a 2021 Foundation of PT Research Acute Care grant. Adele also teaches Introduction to Research at Wayne State University, DPT Program, Wayne State University. Adele received the 2023 APTA Acute Care Mary Sinnott Award for Clinical Excellence.

Romina Bello, DPT graduated with her Doctorate in Physical Therapy from Wayne State University in 2008. She has spent her career working at Henry Ford Hospital with a focus on Critical Care Rehab and Kidney, Liver and Multivisceral Transplants. She is the Critical Care Coordinator/ Clinical Lead for Henry Ford Hospital's Early Rehab Program, in which role she led the training of both experienced and newly competent ICU therapists in treating patients in the ICU under the guidelines of the Critical Care Early Rehab Program. During this training, she provided therapists with training on how to interpret a patient's critical care course and determine if they were medically appropriate for PT intervention. Romina developed inservices for the critical care nursing staff regarding the role of PT in an ICU and the importance of early rehabilitation for these patients. She has presented at the Johns Hopkins Critical Care Conference and at the Michigan Respiratory Therapy Conference. She provides education sessions to Medical ICU residents about the importance of Physical Therapy in the Acute Care Setting, particularly in a Critical Care Unit. She is a member of the APTA, including the Acute Care Section and a recipient of the APTA Michigan Clinician of the year award.

Justine Kenyon-Nitsch, MS, OTR/L graduated from Western Michigan University in 2011 with her Master of Science in Occupational Therapy. Since 2012 she has worked in the acute care setting at Henry Ford Hospital in Detroit—specifically the medical ICU. Justine was a co-developer of our early rehabilitation program which began in 2015 in our medical ICU. Throughout that time, she has participated in two research initiatives including the MICU Quality Improvement Study and the delirium research project. She has presented our Early Rehab program and research at the Johns Hopkins University Critical Care Rehab Conference, The Michigan Association for Respiratory Therapy Conference and the Michigan Occupational Therapy Association Conference. Justine was involved in designing and implementing a mobility walker for our critically ill patients and she currently leads the volunteer program in our ICU. Justine developed and implemented a group class for our long-term ICU patients to attend weekly incorporating games, activities and arts and crafts. Witnessing every day the negative effects ICU delirium has on patient function and ability to return to real life is why Justine is so passionate about what she does as an acute care OT.

Kara Luplow, OTR/L is a 2006 graduate of Saginaw Valley State University with her bachelor's of science degree in Occupational Therapy and has spent her career working at Henry Ford Hospital, a level 1 trauma center in Detroit, MI. She has worked exclusively with patients with a variety of critical illnesses in the medical and surgical ICU. She was instrumental in developing a thriving early rehab program with critically ill patients involving collaboration with PT, RN, nursing leadership, respiratory therapy, and physicians. She fosters interdisciplinary relationships by negotiation and consensus building to attain goals for all disciplines. She has led a research team to establish best practice techniques in regards to delirium. She has spent the last few years focusing her attention and efforts in promoting OT's involvement in identifying delirium and cognitive decline early in the hospital stay. Kara has presented professionally at MiOTA and Johns Hopkins conferences. She has been accepted to present at the 2024 AOTA Conference.

Ryann Laier, PT, DPT earned her Doctorate of Physical Therapy from Western Michigan University in 2021 and completed an Acute Care Residency at Henry Ford Hospital in Detroit, Michigan, where she continues to practice. She primarily works in the Cardiothoracic Intensive Care Unit, focusing on advancing early mobility practices for patients supported by mechanical circulatory devices. Ryann serves as a mentor for the Henry Ford Acute Care Physical Therapy Residency Program, guiding residents in cardiothoracic critical care, and also mentors staff physical therapists rotating through the Cardiac ICU. In addition, she is a clinical instructor for Doctor of Physical Therapy students. Her research involvement includes work with the lung transplant population, and she has presented at the Michigan Physical Therapy Association's annual conferences. Ryann is passionate about professional growth and frequently speaks to students about residency programs, specifically acute care physical therapy.

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Katelyn Danielle Gundry, MS, OTR/L, CSRS graduated from Western Michigan University in 2014 with her Master of Science in Occupational Therapy. She has dedicated her entire career to acute care and had spent two years working directly in the MICU in the second phase roll out of the early rehab program at Henry Ford Hospital. She later transitioned to a member of the neurology/neurosurgical team working on the stroke and general practice units as well as assisting with the implementation of early rehab in the Neuro ICU. Katelyn is a validator for the stroke unit and is one of the primary occupational therapists in the Henry Ford ALS clinic. She also specializes in the neonatal intensive care unit and performs follow up developmental assessments for children ages 3mo-2year at Henry Ford's DAC clinic. Kate is a certified stroke rehabilitation specialist since 2022.

Danielle Lupcke, MS, OTR/L: Graduated from Grand Valley State University in 2007 with her Master of Science in Occupational Therapy. She has worked most of her career as an Occupational Therapist in Acute Care at Henry Ford Hospital in Detroit, MI, with a focus on the Cardiopulmonary ICU. Currently she works with the Early rehab program with an emphasis on cardiac rehab, energy conservation and transition to life and active human occupation after cardiac event or surgery. Danielle's role has included rehab and hospital staff education on OT's roles and goals for cardiac and pulmonary patients, management of cardiac devices during therapy and tailoring treatment to the functional level of critically patients. She has participated in research including Implementation of an OT and PT pathway in transcatheter aortic valve replacement. With study publication in the Journal of Acute Care Physical Therapy in August 2020. She is currently a member of AOTA, a fieldwork educator and has presented webinars to the Michigan Occupational therapy association regarding Occupational Therapy in cardiac care.

Laura Porto, PT, DPT, CSRS graduated with her Doctorate of Physical Therapy degree in 2009 from Gannon University. ,She has spent her career working in acute care at Henry Ford Hospital in Detroit, Michigan. She primarily has experience working on the neuroscience team with neurology and neurosurgery patients on the general practice unit, stroke unit, and in the Neuro ICU. She has worked in the early rehab program in the Neuro ICU since the start of the program in 2018. Laura is an educator and validator for the stroke unit and one of the department educators for spinal cord injury. She is also the neuroscience mentor for the physical therapy acute care residency program at Henry Ford Hospital. She received her certified stroke rehabilitation specialist certification (CSRS) in 2022.

Nanette Pfitzenmaier, PT, DPT, CCS has worked as a board-certified clinical specialist in cardiovascular and pulmonary physical therapy since 2016. She currently practices at Henry Ford Hospital in Detroit in the Medical and Cardiothoracic Intensive Care Units and serves as an Assistant Professor in the Wayne State University DPT program. Nanette has presented at the Michigan Physical Therapy Association's annual conferences and the American Physical Therapy Association's Combined Sections Meeting and provides guest lectures at several PT programs in the Midwest United States.

Jennifer Trimpe, MPT graduated in 2006 from Grand Valley State University in western Michigan. Her clinical passions include medical and surgical oncology and she currently practices in early mobility in the trauma & surgery ICU at Henry Ford Hospital in Detroit. In her role as the department educator she supports and encourages continuing education and evidence-based best-practices. Jenny has been responsible for program development in the following areas: bone marrow transplant, high risk pregnancy, Vented and Non-vented competency and functional outcomes in the acute care setting. Jenny has presented APTA CSM and APTA Michigan.

Mansi Patel, MS, OTR/L graduated from Grand Valley State University in 2018 with her Master of Science in Occupational Therapy. She has spent her career as an Occupational Therapist in Acute Care at Henry Ford Hospital in Detroit, MI, with a focus on the Medical ICU. She is the Critical Care Coordinator/Clinical Lead for Henry Ford Hospital's Early Rehabilitation Program, in which role she leads the training of both experienced and newly competent ICU therapists in treating patients in the ICU under the guidelines of the Critical Care Early Rehab Program. During this training, therapists are educated on how to interpret a patient's critical care course and determine if they are medically appropriate for OT intervention. Mansi developed in-services and presentations for critical care nursing and physician staff regarding the role of OT in an ICU and the importance of early rehabilitation for these patients. She collaborated with therapists to create and implement a weekly group therapy program for long term patients in the medical ICU to promote engagement in extra curricular activites to improve quality of life while inpatient. She provides educational sessions to the Medical, Cardiopulmonary, & Surgical residents about the importance of Occupational Therapy in the Acute Care Setting, particularly in a Critical Care Unit. She also serves as an ICU validator and fieldwork educator for Occupational Therapy students interested in pursing a career in Acute Care. Mansi has presented at the Barbara Rider Colloquium at Western Michigan University in 2023.

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www.henryfordrehab.com

Other resources available on henryford.com/acuteacarerehab



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