

Wellness Revolution Continuing Education CE Course Outline

Dr. Dean L. DePice, Dr. Jen DePice and Dr. Len Siskin

Course Objective:

Wellness Revolution CE course presents the most current research in science and philosophy. The objective of this CE course is to advance the doctor's impact upon patient outcomes through greater knowledge of chiropractic's effectiveness and certainty in case management. Instructors are equipped and certified to step in and deliver transformational content that is relevant to revitalizing and mobilizing chiropractors to take the information presented, revive their passion to educate and compel the most-right actions to serve more people through chiropractic.

Statement of Purpose:

- To provide current, relevant research on subjects applicable to the practicing chiropractor
- To navigate current healthcare options for optimal patient outcomes
- To teach the doctor the ability to critically evaluate research and apply its usefulness to patient outcomes
- To equip doctors and chiropractic students with the tools to develop care plans based upon patient needs, technique objectives and to determine criteria for transitioning patients from initial intensive care to next phase of care.

Overview of Course:

- Study and assess research for its merits and shortfalls in an unbiased round table facilitation thus forcing the participants to form their own positions on assessment and defense according to their perspectives
- Facilitate the study of research, in order to assess the intentions (objectives) and impressions (findings) of the researcher, and the effects which the objectives of the researcher and team (potentially) has on the results achieved within the studies presented.
- Position the usefulness of science to the practicing doctors, as not merely a means for information, but enhanced patient outcomes and engagement
- Apply research directly to patient benefits in "real-time" passages. Discuss and debate how knowledge and positioning the interpretation of research benefits a patient's recovery
- Chiropractors and students will learn how to apply these tools to their patients from the beginning of care through maintenance and supportive care.



Wellness Revolution 12 CE Hour Program

Saturday, August 5, 2023 – 8 CE Hours

1 Hour - What's Great in Chiropractic

Philosophy

Instructor: Dr. Dean DePice

- Explore current research on the unending benefits of chiropractic care
- Define value of research in your own clinic
- Express and engage patients in their optimal outcomes

1 Hour – Strokes Uncovered – Saving Lives

Risk Management

Instructor: Dr. Jen DePice

- What are the causes of strokes? Clarify what activities are and are not associated with strokes
- Explore the medical research on the types of strokes and the anatomic considerations of strokes
- Review the ways to educate your community on the real risks of strokes

2 Hours – How Bone, Muscle and Nerve Relate to Posture, Lifestyle and Health

Biomechanics

Instructor: Dr. Len Siskin

- Stress modeling of bones
- Adaptability of bones with mechanical load
- Hypertrophy and exercise
- Electrical nerve interference
- Effects of load on skeleton resulting in disease or health

1 Hour – Prescribed Epidemic

Evidence-Based Outcomes

Instructor: Dr. Dean DePice

- Define how the opioid epidemic problem is addressed in our society
- Explore the solution that exists addressing this epidemic
- Discover options in addressing pain management

2 Hours – Disc Health, Safety and Chiropractic

Rehabilitation of Joints

Instructor: Dr. Len Siskin

- Hydraulic systems – mechanical stresses on discs
- Movements and their effects on discs
- Physiologic limits of discs and rupture
- Physiology of disc health and ruptures
- Chiropractic adjustments and disc herniations research explained

1 Hour – Longevity – Our Survival Plan

Evidence-Based Outcomes

Instructor: Dr. Dean DePice and/or Dr. Jen DePice

- Understanding what has the greatest impact on longevity
- Adaptability Assessment – your factors which enhance or deter your longevity
- Risk evaluation of compromised mobility

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Sunday, August 6, 2023 - 4 CE Hours

2 Hours - Research Chiropractic Immunity & Stress

Evidence-Based Outcomes

Instructor: Dr. Jen DePice

- Immunity - Prevalence of viruses and bacteria in our bodies
- Inflammation - Cytokine hyperproduction and inflammations damaging effects
- Stress - Cortisol levels and mortality and relationship of stress triggering diseases and diseases adding stress
- Proactive, pre-habilitative, preventative functions or addressing immunity
- Chiropractic - Boosting the immune system and our case studies of patient's own improvements

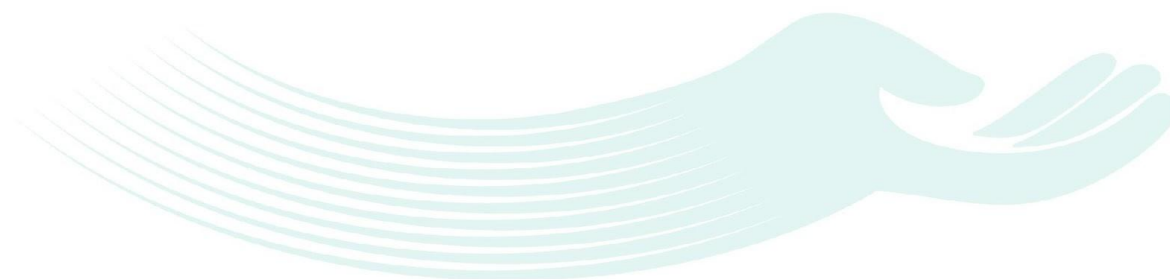
2 Hours - Sharing/Teaching Chiropractic Truth

Wellness/Supportive Care

Instructor: Dr. Dean DePice

- Challenge our existing thinking on what is truth versus common beliefs within chiropractic and outside chiropractic
- Sort and test whether a belief is a truth or not
- Application of sharing truth as it applies within chiropractic as well as medicine and the public

**Location: Richmond, VA Marriott
500 East Broad Street
Richmond, VA 23219**



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