Concussion: Evaluation and Management, From Work to Working Out

April 15- May 27th, 2020
ONLINE LEARNING
Concussion: Evaluation and Management, From Work to Working Out

The Academy is the not-for-profit, educational arm of the Shirley Ryan AbilityLab (formerly known as the Rehabilitation Institute of Chicago). Since 1953, the Academy has strived to advance the ability of healthcare professionals through our continuing education programs. Whether you are a seasoned veteran in the field of rehabilitation or a new graduate, our faculty are committed to helping you learn and apply the latest research and therapeutic approaches. We are excited that you share our passion for improving patient outcomes and hope you will continue to invest in your career by joining us for this program.

COURSE DESCRIPTION

This online series is intended primarily for physical and occupational therapists, athletic trainers, physicians, and physiatrists. Over seven weeks, this course explores the observation, analysis and management of adult individuals with concussive symptoms. A systems-based approach will be utilized with particular reference to management, rehabilitation programs and preventative strategies. Exertional training, return to play and return to work strategies will help the clinician manage a general population of patient presentations with concussions. The emphasis of patient cases will focus on concussion management in individuals in the workforce as well as athletes. Participants will have the opportunity to interact and discuss patient cases with course faculty through conference calls and an online discussion board.

Successful completion:
Participants will attend 9 online lectures and will complete at least 18.5 hours of online, self-study and live activities. The self-study activities for the course will consist of readings, questions, discussion board postings, case studies and experiences with classmates and faculty. Participants must sign in and complete all required assignments for full course credit.

WHO SHOULD ATTEND

Physical Therapists and Physical Therapist Assistants, Occupational Therapists and Occupational Therapy Assistants, Athletic Trainers, Physicians (not offering CME)

COURSE OBJECTIVES

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

• Identify concepts related to clinical management of patient’s with concussion.
• Formulate a patient history and objective examination for a patient with a concussion.
• Summarize the elements of a comprehensive medical evaluation of concussion.
• Identify evidence-based research for concussion.
• Implement evaluation and treatment techniques in concussion using a case based approach.
• Integrate a systems based approach to management of concussion.
• Explain the role of cognitive rehabilitation in facilitating recovery from concussion.
James (Jim) Elliott, PT, PhD (@elliottjim)

Jim completed his PhD at the University of Queensland, Australia (UQ) in 2007 and a post-doctoral fellowship (2010) at UQ’s CCRE-Spine. The primary focus of his interdisciplinary laboratory is to quantify altered spinal cord anatomy and whole-body skeletal muscle degeneration as potential markers of recovery following spinal trauma. His work has resulted in external recognition as a global expert in neck pain (broadly) and whiplash injuries (more specifically). He is currently a Professor of Allied Health in the Faculty of Health Sciences at the University of Sydney and the Northern Sydney Local Health District. Prior to this, Jim was a tenure-track Associate Professor in the Feinberg School of Medicine at Northwestern University in Chicago, USA, where he remains an adjunct Professor.

Janet Odry Helminski, PT, PhD
Professor of Physical Therapy, Midwestern University, and Staff Physical Therapist, Midwestern University – Multispecialty Clinic.
Janet received her PhD from Northwestern University’s Institute for Neuroscience, her advance MS in physical therapy with an emphasis in orthopedics from Northwestern University and her BS in physical therapy from Marquette University. Her current areas of research include evaluation and treatment of atypical BPPV and differential diagnosis of central v peripheral vestibular dysfunction. Her work has been funded by the National Institute of Health, National Institute on Aging.

Prakash Jayabalan MD, PhD
Assistant Professor of Physical Medicine and Rehabilitation, Northwestern University, Feinberg School of Medicine.
Dr. Jayabalan graduated with an MD from King’s College in London and was the Robert B. Gordon Arthritis Research Fellow at the University of Missouri, where he received his PhD in pathobiology. He completed residency in Physical Medicine & Rehabilitation (PM&R) at the University of Pittsburgh Medical Center during which he was chief resident and was selected nationally for the prestigious NIH funded Rehabilitation Medicine Scientist Training Program (RMSTP). Dr. Jayabalan has received numerous honors and awards for his clinical work and research; a representative sample includes the McLean National Outstanding Resident Award from the Association of Academic Physiatrists (AAP) and the US Bone and Joint Institute Young Investigator’s Grant from the American Medical Society of Sports Medicine (AMSSM). He has also been awarded multiple grants, including a current NIH/K12 Award for his research on ‘The Development of Walking Exercise Regimens for Knee Osteoarthritis.’ This research will use biomarker, biomechanical and epidemiological assessment to investigate the effect of physical activity and structured, defined walking regimens on disease progression and joint health. He is the director of clinical musculoskeletal research at Shirley Ryan AbilityLab and participates as a clinician-scientist.
Laura Morris PT, NCS  
Director of Communications, Academy of Neurologic Physical Therapy  
Elmhurst Memorial Hospital  
Laura Morris, PT, NCS is a physical therapist and lecturer with 25 years of experience in the management of adults with neurologic disorders. Her clinical work focuses on vestibular disorders and mild traumatic brain injury at Elmhurst Memorial Hospital in the Chicago area. She is the Director of Communications for the Academy of Neurologic PT of the APTA. She teaches continuing education in concussion and vestibular rehabilitation both nationally and internationally.

Her experience includes inpatient and outpatient care, clinical research and program development, including the launch of the fourth credentialed Neurologic PT Residency Program in Pittsburgh. Clinical practice also included vestibular and concussion rehabilitation in Pittsburgh, Pennsylvania, the Mild Brain Injury Program in Baltimore, Maryland and neurologic private practice in Alexandria, Virginia. She was re-credentialed for her as a Neurologic Clinical Specialist in 2013.

She has been involved in the Academy of Neurologic PT and the Vestibular special interest group, primarily in positions involving website support. In 2005 she received the Award for Clinical Excellence in Neurology by the Neurology Section of the APTA, and in 2015 received the Service Award from the Vestibular Special Interest Group. Her contributions to the literature include book chapters and journal articles in the area of vestibular disorders and mild brain injury rehabilitation. She participates in clinical research at Sinai Hospital. Her specialty is in managing those with complex vestibular disorders, brain injury, migraine and anxiety-related dizziness.

Katy H. O’Brien, PhD, CCC-SLP  
Assistant Professor  
University of Georgia  
Communication Sciences and Special Education  
Katy O’Brien is an Assistant Professor at the University of Georgia in the department of Communication Sciences and Special Education. Her clinical experience has been with adults with neurogenic disorders in adult acute care and inpatient rehabilitation settings. She is a board member of the Brain Injury Association of Georgia and the Academy of Neurologic Communication Disorders and Sciences. Her research addresses cognitive rehabilitation, including return to learn following traumatic brain injury and concussion in secondary and post-secondary settings, and how individuals with brain injury think about and plan for the future.

Elizabeth M. Pieroth, PsyD, ABPP  
Board Certified Neuropsychologist  
Director, Concussion Program  
Midwest Orthopedics at Rush  
Elizabeth M. Pieroth, PsyD, ABPP is a Board Certified Clinical Neuropsychologist and the Director of the Concussion Program at Midwest Orthopedics at Rush. She has been involved in the assessment of players in the National Hockey League since 1997 and is the Head Injury/Concussion specialist for the Chicago Bears, Blackhawks, White Sox, Fire, and the National Women’s Soccer League, as well as numerous colleges and high schools across the State of Illinois. Dr. Pieroth is also on the Board of Directors of the Brain Injury Association of Illinois and is a member of the USA Football Heads Up Advisory Committee, the US
Soccer Concussion Task Force, and the Amateur Hockey Association of Illinois Safety Committee. She was just recently named to the NFL Head, Neck and Spine Committee. She was awarded the 2016 USA Hockey Excellence in Safety Award and the University of Illinois 2016 LAS Alumni Achievement Award. She has published on concussion management and neuropsychological assessment. Dr. Pieroth is currently working on her Masters in Public Health through the Medical College of Wisconsin.

Heidi Roth, PT, NCS, DHS
Assistant Professor: Department of Physical Therapy & Human Movement Sciences at Northwestern University
Physical Therapist: Shirley Ryan Ability Lab

Dr. Roth received her Masters of Science in Physical Therapy from Washington University School of Medicine and Doctorate of Health Science from University of Indianapolis. She is currently an Assistant Professor in the Department of Physical Therapy and Human Movement Sciences at Northwestern University, Feinberg School of Medicine. Her clinical practice is in the outpatient neurological department at the Shirley Ryan AbilityLab, including specialization in management of adults with the diagnosis of concussions and vestibular dysfunction. She currently serves on the Task Force for the Dissemination and Implementation of the Vestibular Hypofunction Clinical Practice Guidelines through the Academy of Neurologic Physical Therapy.

AGENDA

April 15- May 27th, 2020

Please refer to the course syllabus for the complete agenda, course work requirements and additional details.

GRADING & CONDUCT OVERVIEW

The learning in this course is built on the ongoing exchange of ideas and information through online, live seminars and discussion board posts on the Academy Learning Portal. The required assignments will be available during the 7 weeks that the course content is available. Students will be required to complete the course satisfactorily by the June 5th deadline.

We seek to foster a cordial, collaborative, and supportive learning community. Diversity of opinions, conflicting perspectives, variable experiences and abilities are all respected and encouraged. In order to honor these traits please conduct yourself with a high level of professional and academic standards within this instructional setting.

Please reflect upon Discussion Board questions with thoughtful answers and non-biased, critical statements of your colleagues’ learning. For the student to receive credit for a course and receive a passing grade attendance (9/9 modules) is required on all components of the Live Lectures. Please refer to each module for the specific rubric. Partial CEU credit will be rewarded based on completed modules only. Lecture or discussion content will be made available on demand 2 days after the live date and must be completed before June 5th for course credit. Any content that is missed will be recorded and available for download through June 5th, 2020.

TUITION FOR 18.5 CONTACT HOURS

Registration Fee (After April 1, 2020) $400

LOCATION
The program will be held online. Accessible materials and personal assistance via transcripts are available.

Teaching modality/Delivery method
This course is taught virtually using Zoom, an online meeting platform, and the Academy Learning Portal where participants will utilize discussion boards, and other online learning materials.

**TECHNOLOGY REQUIREMENTS**

To participate, you will need access to a computer with an Internet connection. High-speed broadband access (LAN, Cable or DSL) is highly recommended.

- Internet connection: broadband wired or wireless (3G or 4G/LTE)
- Web browser: Windows: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+
  - Mac: Safari 7+, Firefox 27+, Chrome 30+
  - Linux: Firefox 27+, Chrome 30+
- JavaScript and Cookies enabled
- Flash Player 9+
- Speaker or headset to listen to audio files and participate in Zoom calls

**ACCESSIBILITY**

Please contact the academy if you require special accommodations for this course.

**CANCELLATION POLICY**

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until April 8, 2020. The Academy reserves the right to cancel or change any programs for due cause. Cancellation of a program by the Academy will result in a full refund of tuition.

**IMPORTANT REGISTRATION INFORMATION**

Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed or faxed registrations. Full Tuition must accompany the registration form in order to confirm a place in this course. Until you receive your confirmation letter you are not officially registered for the course. For online registrations you will receive email confirmation on the day that you register. For registrations received by standard mail or fax the confirmation may take up to 3 weeks after we receive your registrations. If you do not receive confirmation within this time period, please call 312-238-6042.

One week prior to the course only internet registrations and faxed registrations that include an email will be accepted. Please note that the course could reach its maximum enrollment before this time.

**CONTACT HOURS**
Physical Therapy
This course has been approved by the Illinois Physical Therapy Board for 18.5 Contact Hours (2.0 Hours Live, Self-Study 16.5). Approval #216-000069

The Shirley Ryan AbilityLab is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This 9 module live virtual experience has been approved for 18.5 Contact Hours (2.0 Hours Live; Self-Study, 16.5).

Occupational Therapy
The Shirley Ryan AbilityLab is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This hybrid/blended intermediate level program awards occupational therapists 1.85 CEUs (1.650 Self-Study, 0.20 Live) and 18.50 contact hours (16.5 contact hours Self-Study, 2 Live). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Category Level 2: OT Process – Evaluation & Intervention.

Athletic Training
The Shirley Ryan AbilityLab BOC Approved Provider Number: P794 is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 18.50 cumulative Category A hours/CEUs. ATs should register for the course and claim only those hours actually spent in the educational program. According to the education levels described by the PDC, the following continuing education course is considered to be Advanced Level.

Tuition: $ 400

Mail to: Academy
Shirley Ryan AbilityLab
355 E. Erie Street, Suite 12-West
Chicago, Illinois 60611

Please TYPE or PRINT your name and professional initials (OT, PT) as you would like them to appear on your continuing education certificate.

First Name _______________________________ Last Name _______________________________
Home Phone ( ) Prof. Initials ____________________________
Home Address __________________________________________
City________________________ State_________________________ Zip________________________
Organization/Facility __________________________________________
Work Address __________________________________________
City________________________ State_________________________ Zip________________________
Work Phone ( ) Fax ( )
Position __________________________________________
E-mail (required) __________________________________________

Please note: registration will not be processed without full payment.

Method of Payment: □ Check enclosed (Payable to: Shirley Ryan AbilityLab)
□ Credit Card

Credit Card Users Must Complete the Following Information:

□ MasterCard □ VISA □ American Express
Credit Card # ___________ - ___________ - ___________ - ___________
Expiration Date ___ / ___ CVV ______ (security code on back of card)
Name on Card __________________________________________
Billing Address __________________________________________
City __________________________ State_________________________ Zip________________________
Cardholder’s Signature __________________________________________

Credit card registrations may be mailed or faxed to: 312-238-4451.