26th Annual Interdisciplinary Stroke Course: In For The Long-Haul: Clinical Rehabilitation After Hospital For Stroke Survivors

July 9-10, 2020
Shirley Ryan AbilityLab
355 East Erie Street
Chicago, IL 60611
26th Annual Interdisciplinary Stroke Course

The AbilityLab Academy is the not-for-profit, educational arm of the Shirley Ryan AbilityLab (formerly known as the Rehabilitation Institute of Chicago). We are dedicated to advancing the ability of healthcare professionals by sharing the latest scientific discoveries and clinical practices that accelerate outcomes for patients.

Our hospital has been ranked the “Best Rehabilitation Hospital in America” for 29 consecutive years, and our commitment to education and training has always been an integral part of that success. As our organization takes its next step in transforming rehabilitation, the Abilitylab Academy, is committed to bringing you new and innovative opportunities to learn.

Course Description

After sustaining a life-changing stroke, our patients begin the long process of recovery, and they are on that journey for the “long-haul.” This post acute-care hospital journey often begins in Inpatient Rehabilitation, before quickly transitioning to Outpatient therapies, and finally into the adjustment of living in the community post-stroke. Distinct needs and requests are noted at each stage for the patient and their families/caregivers.

This blended learning, interdisciplinary course will highlight and address many of those needs and requests along the journey. Our first keynote speaker will discuss research that optimizes long-term upper and lower extremity function post stroke. Day one workshops will explore high intensity gait, non-pharmacological spasticity management, dysphagia, and the art and science of delivering excellent patient education. We will wrap up the first day with a panel of stroke survivors who will share their personal journeys through the recovery process upon discharge.

Day two of our course will begin with a keynote speaker who will discuss how clinical care can impact the long-term outcomes for survivors. Participants will then engage in workshops that examine assistive technologies and augmentative and alternative communication technologies available for stroke survivors to promote independence, supportive communication techniques, upper extremity function management, and long-term exercise compliance. Our course will conclude with a look at vocational rehabilitation services and the transition to the community, post-stroke.

Successful completion:
Participants will complete 1.5 hours of self-study activities in advance of this two day-live course (earning 1.5 contact hours + 14.0 live contact hours = 15.5 contact hours). In order to receive their contact hours, during the in-person portion of the course, participants must sign in each day and complete an online evaluation.

Who Should Attend
Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Social Workers, and Speech-Language Pathologists
COURSE OBJECTIVES

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

- Describe the necessary components to optimizing long-term upper and lower extremity function after stroke
- Discuss the steps clinicians can take within the clinic setting to change the long-term outcomes for stroke survivors
- Summarize the evidence supporting high-intensity gait training in the stroke patient population, and strategies to implement these principles in the clinic environment
- Discuss the classification of the peripheral nervous system mediated spasticity, and demonstrate interventions designed to identify root cause peripheral nerve irritation causing spasticity.
- Describe evidence based treatment modalities when treating dysphagia across the continuum of care, and apply those approaches in case study scenarios
- Identify the aspects of the Patient Centered Education Model (PCEM), and practice those principles in interactive case studies to strengthen carryover into clinical practice
- Express current technologies to aid in enhancing independence in the home, work, and community.
- State the evidence-based principles and strategies to promote supportive communication, and apply those principles through practice and demonstration
- Describe and demonstrate practice and evidence based interventions to address upper extremity function and pain post stroke
- Summarize the American Physical Therapy Association clinical practice guidelines related to locomotion in chronic stroke survivors, and express how those guidelines can be applied to functional exercise in the long-term
- Express the process and goals of vocational rehabilitation related to a variety of different outcomes post stroke

COURSE FACULTY

COURSE CHAIRMAN

Richard L. Harvey, MD
Clinical Chair of the Brain Innovation Center at the Shirley Ryan AbilityLab Wesley and Suzanne Dixon Stroke Chair of Stroke Rehabilitation Research. Professor of Physical Medicine and Rehabilitation at Northwestern University’s Feinberg School of Medicine.

Dr. Richard Harvey earned his medical degree from the University of Michigan Medical School and completed residency training at the University of Toledo School of Medicine. His research focuses on novel approaches to task-oriented therapy and the role of neuromodulation as an adjunct to movement recovery after stroke. He was recently the lead investigator of the NICHE and E-FIT Multicenter Trials on navigated brain stimulation for upper limb recovery after stroke. He has additional research interest in neuromodulation for post-stroke dysphagia, pain management after stroke and the treatment of limb spasticity for both arm and leg. Dr. Harvey is co-editor of the textbook Stroke Recovery and Rehabilitation. He also co-authored the recently published updated guidelines for stroke rehabilitation in the American Heart Association journal Stroke.
**FEATURED KEYNOTE SPEAKERS**

**Dr. Janice Eng, PhD, BSc (PT/OT)**

Janice Eng, PhD, BSc(PT/OT) is a Professor in the Department of Physical Therapy at the University of British Columbia and Director of the Rehabilitation Research Program at the GF Strong Rehab Centre. She has clinical training in physical therapy and occupational therapy, as well as training in biomedical engineering. She is a Senior Canada Research Chair and has published over 250 peer-reviewed journal publications in the field of neurological rehabilitation. Two of her stroke exercise programs, GRASP for improving arm and hand function and FAME for improving fitness and mobility, are used in over 1500 sites in 40 countries.

**Kimberly Waddell, PhD, OTR/L**

Kim Waddell is a postdoctoral fellow at the Center for Health Equity Research and Promotion at the Philadelphia VA Medical Center and the Penn Medicine Nudge Unit at the University of Pennsylvania. Kim completed her PhD in Movement Science at Washington University in St. Louis, MO where she studied the translation of in-clinic improvements to daily life for adults with upper limb paresis post-stroke. She also examined how psychosocial factors influenced real world upper limb use after stroke. Her research utilizes wearable technology to quantify activity in daily life. Currently, Kim studies how to leverage the principles of behavioral economics to help improve the health and long-term outcomes of individuals with chronic disability.

Kim earned a master’s degree in Occupational Therapy at the University of North Carolina-Chapel Hill and a master’s degree in Clinical Investigation from Washington University.

**SHIRLEY RYAN ABILITYLAB FACULTY:**

**Edna M. Babbitt, PhD**
Research Speech-Language Pathologist, Think & Speak Lab, Shirley Ryan AbilityLab
Research Assistant Professor, Northwestern University, Feinberg School of Medicine

**Kristine Buchler, PT, DPT**
Physical Therapist, Legs & Walking Lab Therapist, Shirley Ryan AbilityLab

**Elissa Conlon, M.S., CCC-SLP**
Speech-Language Pathologist & Research Clinician, Shirley Ryan AbilityLab

**Caitlin Deom, PT, DPT**
Therapy Manager, Brain Innovation Center, Shirley Ryan AbilityLab

**Anne Marie Doyle, M.A., CCC-SLP**
Senior Speech-Language Pathologist, Technology Center, Shirley Ryan AbilityLab
Meghan Fahey, PT, DPT
Board Certified Clinical Specialist in Neurologic Physical Therapy
Physical Therapist, Outpatient Therapist, Shirley Ryan AbilityLab

Joanne Garces, LCSW
Care Manager, Brain Innovation Center, Shirley Ryan AbilityLab

Jamee Heelan, OTR/L
Education Program Manager – Henry B. Betts LIFE Center, Shirley Ryan AbilityLab

Lisa Helma, M.S., C.R.C.
Vocational Rehabilitation Manager, Vocational Rehabilitation, Shirley Ryan AbilityLab

Edward Hitchcock, OTR/L
Occupational Therapist, Technology Center, Shirley Ryan AbilityLab

Keith Kowalski, M.S., CPT, CES, USAW
Lead Exercise Physiologist, Shirley Ryan AbilityLab

Viktoriya Landar, OTR/L
Occupational Therapist, Arms & Hands Lab Therapist, Shirley Ryan AbilityLab

Annie O’Connor, PT, Cert. MDT
Board Certified Clinical Specialist in Orthopedic Physical Therapy
Clinical Manager MSK Partnerships, Shirley Ryan AbilityLab

Carolynn Prisco, M.S., CCC-SLP
Speech-Language Pathologist Homewood DayRehab, Shirley Ryan AbilityLab

Davor Vasiljevic DPT, MSCi
Board Certified Clinical Specialist in Orthopedic Physical Therapy
Shoulder Management Lab Therapist, Shirley Ryan AbilityLab

Kathleen Webler, M.S., CCC-SLP
Senior Speech-Language Pathologist, Nerve Muscle Bone Innovation Center, Shirley Ryan AbilityLab

Allison Wickes, MS, OTR/L
Occupational Therapist, Strength and Endurance Lab, Shirley Ryan AbilityLab

**PRE-WORK/SELF STUDY (MUST BE COMPLETED BY JULY 2, 2020)**
All Pre-Work/Self Study materials can be found in the Learning Management System (LMS). Participants must complete all pre-work/self-study content by Thursday, July 2, 2020. Pre-work/Self Study content consists of two journal articles and corresponding questions.


**AGENDA**

**ON-SITE COURSE AGENDA**

Thursday July 9, 2020 – Day One

7:45am Registration and Continental Breakfast
10th Floor
Shirley Ryan AbilityLab

8:15am Discussion of Course Objectives and Expectations
Julie Fuith-Costa, MS, CCC-SLP
Richard L. Harvey, MD

8:30am Keynote Address
Dr. Janice Eng, PhD, BSc (PT/OT)

10:00am Break

10:15am WORKSHOPS – Day 1 (choose one)
A: High Intensity Gait (not for ASHA CEU)
   Kristine Buchler, PT, DPT
   Caitlin Deom, PT, DPT

B: A Non-Pharmacy Approach to Spasticity Management: Sub-grouping Spasticity for Therapeutic Exercise Selection (not for ASHA CEU)
   Annie O’Connor, PT, OCS, Cert. MDT
   Allison Wickes, MS, OTR/L

C: Dysphagia Rehabilitation Across the Continuum of Care
   Kathleen Webler, M.S., CCC-SLP
   Carolynn Prisco, M.S., CCC-SLP

D: The Fine Art and Science in Delivering Excellent Patient Education
   Jamee Heelan, OTR/L

12:15pm Lunch (On Your Own) – Optional 30 minute tour available

1:30pm Stroke Survivor Panel: Life After Stroke
   Moderated By: Joanne Garces, LCSW

2:45pm Break
3:00pm  WORKSHOPS – Day 1 (choose one)
   A: High Intensity Gait (not for ASHA CEU)
      Kristine Buchler, PT, DPT
      Caitlin Deom, PT, DPT

   B: A Non-Pharmacy Approach to Spasticity Management: Sub-grouping Spasticity for Therapeutic Exercise Selection (not for ASHA CEU)
      Annie O’Connor, PT, OCS, Cert. MDT
      Allison Wickes, MS, OTR/L

   C: Dysphagia Rehabilitation Across the Continuum of Care
      Kathleen Webler, M.S., CCC-SLP
      Carolynn Prisco, M.S., CCC-SLP

   D: The Fine Art and Science in Delivering Excellent Patient Education
      Jamee Heelan, OTR/L

5:00pm  End of Day 1

Friday July 10, 2020 – Day Two

7:30am  Continental Breakfast

8:00am  Keynote
   Rethinking the Rehabilitation Landscape:
   How to Change Long-term Outcomes from Inside the Clinic
   Kimberly Waddell, PhD, OTR/L

9:30am  Break

9:45am  WORKSHOPS – Day 2 (choose one)
   A: Assistive Technology and AAC
      Anne Marie Doyle, M.A., CCC-SLP
      Edward Hitchcock, OTR/L

   B: Supportive Communication Techniques for Interacting with Patients: Practical Instruction and Hands-On Practice
      Edna M. Babbitt, PhD
      Elissa Conlon, M.S., CCC-SLP

   C: Upper Extremity Function Management (not for ASHA CEU)
      Richard L. Harvey, MD
      Davor Vasiljevic DPT, MSCI

   D: Solutions to Long Term Exercise Compliance After Stroke (not for ASHA CEU)
      Meghan Fahey, PT, DPT
      Keith Kowalski, M.S., CPT, CES, USAW

11:45pm  Lunch (On Your Own)
1:00pm  WORKSHOP – Day 2 (choose one)
   A: Assistive Technology and AAC
       Anne Marie Doyle, M.A., CCC-SLP
       Edward Hitchcock, OTR/L
   B: Supportive Communication
       Edna M. Babitt, PhD
       Elissa Conlon, M.S., CCC-SLP
   C: Upper Extremity Function Management (not for ASHA CEU)
       Richard L. Harvey, MD
       Davor Vasiljevic DPT, MSCI
   D: Solutions to Long Term Exercise Compliance After Stroke (not for ASHA CEU)
       Meghan Fahey, PT, DPT
       Keith Kowalski, M.S., CPT, CES, USAW

3:00pm  Break

3:15pm  Now What? Employment Considerations Following a Stroke
        Lisa Helma, M.S., C.R.C.

4:15pm  Course Debrief
        Moderated by: Julie Fuith-Costa

4:45pm  End of Day 2/End of Course

WORKSHOP DESCRIPTIONS:

DAY 1

High Intensity Gait (not for ASHA CEU) (Maximum 25 participants each offering)
Clinicians will learn about the evidence supporting high-intensity variable gait training in the stroke patient population and how these principles can be implemented into clinical practice across the continuum of care with emphasis on subacute settings. This workshop will provide live patient demonstrations using body-weight support equipment and over ground ambulation techniques to facilitate motor learning.

A Non-Pharmacy Approach to Spasticity Management: Sub-grouping Spasticity for Therapeutic Exercise Selection (not for ASHA CEU)
Clinicians will receive an introduction to classification of peripheral nervous system mediated spasticity utilizing subjective and objective characteristics that can occur post stroke. In addition, this interactive workshop will include hands on practice of selected interventions designed to identify root cause peripheral nerve irritation causing spasticity resultant from an entrapment at the spinal motion segment or a tight peripheral nerve. This allows for specificity in non-pharmacy patient education and therapeutic exercise interventions for peripheral nervous system dominated spasticity.

Dysphagia Rehabilitation Across The Continuum of Care
Clinicians will learn about evidence based treatment modalities utilized across the continuum of care when treating patients following stroke. Discussion will be lead about challenges and clinical decision
making based on setting. Interactive case studies will be presented and discussed focusing on interpreting instrumental assessments and developing plan of care across different levels of care.

**The Fine Art and Science in Delivering Excellent Patient Education**
Every Clinician knows how important patient education is to a person’s ability to adjust to life after a stroke. Clinicians will receive an overview of the talents of the left and right hemisphere of the brain and identify how to balance visuals and words to influence carry over and retention of what is being taught. Clinicians will learn how to integrate the Patient Centered Education Model (PCEM) to support a patient’s ability to make informed decisions, navigate the health care system and access resources to manage his own care. Breakout sessions and interactive case studies will build your confidence as you learn to integrate the PCEM and visuals into each session. You will learn how to identify the different learning styles of each family member and how to engage the youngest family member as part of the healing team as you learn simple analogies to build a child friendly education booklet. Key resource documents / website links will be shared throughout the session.

**DAY 2**

**Assistive Technology and AAC (Maximum 25 participants each offering)**
Clinicians will receive an overview of current technologies to aid in the transition to home, work, with emphasis on functional communication, both in person as well as electronically via computer access. Options to provide access to the environment will be addressed. Interactive case studies will outline the challenges with transitioning and highlight decision-making skills needed for appropriate recommendations. The workshop will also provide hands on opportunities to trial various types of low and high tech options.

**Supportive Communication Techniques for Interacting with Patients: Practical Instruction and Hands-On Practice**
This session will provide an introduction to evidence-based principles and strategies to promote effective communication with patients. Clinicians will then consolidate knowledge through guided hands-on practice and interactive case studies focused on how to identify a patient’s communication needs and select and implement appropriate communication strategies.

**Upper Extremity Functional Management**
Clinicians will receive an introduction to practical and evidenced based interventions that address upper extremity function and pain post stroke. In addition, this interactive workshop will include hands on practice of selected movement-based strategies designed to facilitate motor return in stroke survivors.

**Solutions to Long Term Exercise Compliance After Stroke (Maximum 20 participants each offering)**
This workshop will be held at our Fitness Center. Clinicians will receive an overview of best practices for locomotor training in the chronic stroke survivor including; appropriate dosage, intensity and frequency of intervention. Following a review of the best intervention, we will then problem solve barriers of implementation of these principles with an exercise physiologist and PT to optimize long-term compliance with the APTA’s clinical practice guidelines.

*please note, this workshop takes place off-site – Fitness Center is located at 541 N. Fairbanks, Mezzanine Level – maps will be available at course
**Tuition**

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Bird Registration (Through April 2, 2020)</td>
<td>$575</td>
</tr>
<tr>
<td>Regular Registration Fee (After April 2, 2020)</td>
<td>$650</td>
</tr>
</tbody>
</table>

**Location**

The program will be held at the Shirley Ryan AbilityLab. The conference site is wheelchair accessible. Accessible materials, sign language interpretation and personal assistance are available with at least 45-days advance notice.

**Housing**

Rooms have been reserved at the Hyatt Centric Chicago Magnificent Mile, 633 North St. Clair, Chicago, Illinois, 60611.

The Hyatt Centric Chicago Magnificent Mile is located 1½ blocks from the Shirley Ryan AbilityLab. Please contact their reservation agent from 9:00 am until 5:00 pm at (888) 591-1234 and ask for the Shirley Ryan AbilityLab Annual Stroke Course (Group Code G-ALSC) or make your reservation online using this link: [https://www.hyatt.com/en-US/group-booking/CHIMM/G-ALSC](https://www.hyatt.com/en-US/group-booking/CHIMM/G-ALSC). The corporate rate is $189.00 for a Deluxe Guestroom (single or double occupancy) plus *17.4% tax. The daily rate for parking at the Hyatt Chicago is *$69.00/day with in and out privileges. The cut-off date for room reservations is June 10, 2020. Please note that the room block could reach its maximum before the cut-off date. Rooms and rates revert to a space-available basis after the room block has reached its maximum or after the cut-off date (whichever comes first.) *The rates for parking and taxes are subject to change without advanced notice.*

**Cancellation Policy**

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until July 1, 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. The Academy is not responsible for the refund of travel or hotel expenses under any circumstance.

**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 period, please call 312-238-6042.
Do not make airline reservations that have cancellation penalties until we confirm your registration. However, you should make hotel reservations as soon as possible.

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.

**CONTINUING EDUCATION CREDIT**

**Physical Therapy**
This two-day course has been approved by the Illinois Physical Therapy Board for 15.5 contact Hours (1.5 hours pre-work & 14.0 hours live). Approval #216-000069

The Shirley Ryan AbilityLab is recognized by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This course has been approved by the New York Physical Therapy Board for 15.5 Contact Hours (1.5 hours pre-work & 14.0 hours live).

**Occupational Therapy**

The Shirley Ryan AbilityLab is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. The two-day intermediate level program awards occupational therapists 1.50 CEU or 15.50 contact hours (14 Live & 1.5 Self-Study). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA CLASSIFICATION CODE: CATEGORY 2: OT Process – Evaluation & Intervention.

**Speech-Language Pathology**

This course is offered for up to 1.55 ASHA CEUs (Intermediate level, Professional area).

A full list of faculty disclosures for ASHA is available at: [https://ricacademy.sharefile.com/d-sb99ec87b6604dbd9](https://ricacademy.sharefile.com/d-sb99ec87b6604dbd9)

**Social Work**
The Shirley Ryan AbilityLab is registered by the State of Illinois to sponsor continuing education programs for social workers. This program will award 5.0 CEU (approved content: The Fine Art and Science in Delivering Excellent Patient Education (2 hours), Patient Panel (1 hour), and Supportive Communication Techniques for Interacting with Patients: Practical Instruction and Hands-On Practice (2 hours).
26th Annual Interdisciplinary Stroke Course  
July 9-10, 2020

**Early Bird Tuition (until April 2, 2020): $575.00**  
**Tuition (after April 2, 2020): $650.00**

Questions? Contact Julie Fuith-Costa, jfuith@sralab.org, 312-238-3107

**WORKSHOPS:** SELECT two from each column for a total of 4 workshops:

**Choose 2:**
- A  High Intensity Gait (not for ASHA CEU)
- B  Non-Pharmacy Approach to Spasticity Mgmt. (not for ASHA CEU)
- C  Dysphagia Rehabilitation
- D  Patient Education

**Choose 2:**
- A  Assistive Technology and AAC
- B  Supportive Communication Techniques
- C  Upper Extremity Function Management (not for ASHA CEU)
- D  Solutions to Long Term Exercise Compliance (not for ASHA CEU)

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 (MD, OT, PT, RN, etc.) 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.