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

July 9-10, 2020
ONLINE COURSE
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 online 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 will also include a panel of stroke survivors who will share their personal journeys through the recovery process upon discharge. Workshops on the first day will explore high intensity gait, non-pharmacological spasticity management, and the art and science of delivering excellent patient education.

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 a choice of workshops exploring supportive communication techniques, shoulder function and pain management, Dysphagia post stroke, and long-term exercise compliance. Learners will then examine assistive technologies and augmentative and alternative communication technologies available for stroke survivors to promote independence. 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 online course (earning 1.5 contact hours + up to 12.0 live online contact hours = up to 13.5 contact hours). In order to receive their contact hours, participants must sign in each session and complete an online evaluation.

Who Should Attend
Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Social Workers, Nurses, 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
- Differentiate subjective and objective characteristics for spasticity mediated by the peripheral nervous system patient profiles
- Describe evidence based treatment modalities when treating dysphagia across the continuum of care, and apply those approaches in case studyscenarios
- Identify the aspects of the Patient Centered Education Model (PCEM), and practice those principles in interactive case studies to strengthen carryover into clinical practice
- State 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 practice of 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
- State 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
PRE-WORK/SELF STUDY

All pre-work materials and the course discussion board can be found in the learning portal. You will receive a link to these materials after registering. Participants must complete all pre-work before the start of the course on July 9, 2020. This consists of two journal articles, corresponding questions, and a post to the discussion board.

Discussion board question: What is one thing you want to learn during this course?

Article references:


AGENDA

Thursday July 9, 2020 – Day One

8:30am     Discussion of Course Objectives and Expectations  
Julie Fuith-Costa, MS, CCC-SLP  
Richard L. Harvey, MD

8:45am     Keynote Address  
Optimizing Long-Term Upper and Lower Extremity Function After Stroke  
Dr. Janice Eng, PhD, BSc (PT/OT)

10:15am    Break

10:45am WORKSHOPS – Day 1 (choose one)  
A: High Intensity Gait (not for ASHA CEU)  
Kristine Buchler, PT, DPT  
Caitlin Deom, PT, DPT

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

12:15pm    Break

1:15pm     Stroke Survivor Panel: Life After Stroke  
Moderated By: Joanne Garces, LCSW

2:15pm    Break

2:45pm WORKSHOPS – Day 1 (choose one)  
A: 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

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

4:15pm     End of Day 1

Friday July 10, 2020 – Day Two

8:00am     Keynote  
Rethinking the Rehabilitation Landscape:  
How to Change Long-term Outcomes from Inside the Clinic  
Kimberly Waddell, PhD, OTR/L
9:00am  Break

9:30am  WORKSHOPS – Day 2 (choose one)
   A: Supportive Communication Techniques for Interacting with Patients:
      Practical Instruction and Hands-On Practice
      Edna M. Babbitt, PhD
      Elissa Conlon, M.S., CCC-SLP
   B: Hemiplegic Shoulder Pain Management (not for ASHA CEU)
      Richard L. Harvey, MD
      Davor Vasiljevic DPT, MSCI

11:00am  Break

12:00pm  WORKSHOP – Day 2 (choose one)
   A: Dysphagia Rehabilitation Across the Continuum of Care
      Kathleen Webler, M.S., CCC-SLP
      Carolynn Prisco, M.S., CCC-SLP
   B: Solutions to Long Term Exercise Compliance After Stroke (not for ASHA CEU)
      Meghan Fahey, PT, DPT
      Keith Kowalski, M.S., CPT, CES, USAW

1:00pm  Break

1:30pm  Assistive Technology & AAC for Home and the Community
        Anne Marie Doyle, M.A., CCC-SLP
        Edward Hitchcock, OT/L

3:00pm  Break

3:30pm  Now What? Employment Considerations Following a Stroke
        Lisa Helma, M.S., C.R.C.

4:30pm  Course Debrief
        Moderated by: Julie Fuith-Costa, M.S., CCC-SLP

4:45pm  End of Day 2/End of Course
**Course Discussion Board:**

We have created a course discussion board in the Academy Learning Portal, to allow you to engage with us, course faculty, and other participants. Before and during the course you have an opportunity to share your thoughts, ideas, experiences, and questions. Your first opportunity to utilize the board, is to complete a portion of your pre-work. This activity is to share with us and the group something you are looking to learn or take away from this course.

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.

**Workshop Descriptions:**

**Day 1**

**High Intensity Gait (not for ASHA CEU) (90 min)**
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 knowledge will then be applied through participation in case study discussions.

**A Non-Pharmacy Approach to Spasticity Management: Sub-grouping Spasticity for Therapeutic Exercise Selection (not for ASHA CEU) (90 min)**
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 clinical reasoning profiles for each sub group including an entrapment at the spinal motion segment or a tight peripheral nerve. This allows for specificity in non-pharmacy patient education and therapeutic exercise dosage and intensity for peripheral nervous system mediated spasticity.

**The Fine Art and Science in Delivering Excellent Patient Education** *(90 min)*
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. Through the use of interactive case studies the learner will build confidence as they 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

Supportive Communication Techniques for Interacting with Patients: Practical Instruction and Hands-On Practice (90 min)
This session will provide an introduction to evidence-based principles and strategies to promote effective communication with patients. Clinicians will then consolidate knowledge through interactive practice and review of case studies focused on how to identify a patient’s communication needs and select and implement appropriate communication strategies.

Hemiplegic Shoulder Pain Management (not for ASHA CEU) (90 min)
Clinicians will receive an introduction to practical and evidenced based interventions that address upper extremity function and pain post stroke including shoulder pain. This workshop will include video case examples of selected movement-based strategies designed to facilitate pain control and reduction for hemiplegic upper extremity.

Solutions to Long Term Exercise Compliance After Stroke (not for ASHA CEU) (60 min)
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.

Dysphagia Rehabilitation Across The Continuum of Care (60 min)
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.

TUITION

| Registration Fee | $500 |

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.

Technology Requirements

The program will be held online. To participate, you will need access to a device with 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 and version: Internet Explorer 11+, Firefox 27+, Safari 7+, or Google Chrome 30+
- JavaScript and Cookies enabled
- Flash Player 9+
- Speaker or headset to listen to recorded audio files
- Speaker or headset or phone to listen to webinar facilitators

Continuing Education Credit

Physical Therapy
This two-day course has been approved by the Illinois Physical Therapy Board for 13.5 contact Hours (1.5 hours pre-work & 12.0 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 13.5 Contact Hours (1.5 hours pre-work & 12.0 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 1.35 CEU or 13.50 contact hours of distance learning (12 Interactive & 1.5 Independent). 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 1.20 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 4.0 CEU (approved content: The Fine Art and Science in Delivering Excellent Patient Education (1.5 hours), Patient Panel (1 hour), and Supportive Communication Techniques for Interacting with Patients: Practical Instruction and Hands-On Practice (1.5 hours).

Nursing

Shirley Ryan AbilityLab (OH-362) is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation (live content: OH-362, 12/01/2020-126KAS; pre-work OH-362, 12/01/2020-126pKAS)

This CNE activity is being offered for 12 (live) and 1.5 (pre-work) contact hours.

We’d like to extend a special thank you to Merz for their educational grant which supports the Academy at the Shirley Ryan AbilityLab and helps us pull together programs such as this.
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Tuition: $500.00

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

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.

Register Online at www.sralab.org or complete the form below and return with payment