Shirley Ryan Abilitylab

47th Annual Interprofessional Spinal Cord Injury/Disorder Course: Navigating Care Across the Years

Virtual Course June 5- 6
Optional In-person Workshops June 7, 2024

The Academy is the educational arm of Shirley Ryan AbilityLab (formerly RIC), a non-profit rehabilitation hospital in Chicago that has been ranked number one by *US News and World Report* since 1991. The Academy offers a wide range of accredited programs with the common goal of improving patient outcomes through clinical excellence. Our commitment to sharing the best evidence and rehabilitation practice with clinicians around the globe has always been an integral part of our mission.

The Academy is committed to creating an inclusive, authentic, and comfortable learning environment that celebrates and supports all learners. We are dedicated to providing the highest-quality teaching regardless of race, age, ethnicity, nationality, gender, sexual orientation/identity, ability, religion, language or culture. Above all, we believe that everyone should feel safe, respected, and welcomed when attending our programs at the hospital or online. We encourage the sharing of experiences and perspectives so we can learn from one another, and from our varied points of view.

Course Description

This dynamic course is designed for rehabilitation professionals seeking a comprehensive understanding of spinal cord injuries (SCIs) across the lifespan. Participants will delve into the intricate medical differences when faced with trauma between pediatric and adult patients with SCIs. Practical insights will be shared on maintaining optimal bone health, with key recommendations tailored to individual needs regarding strengthening, metabolic differences and cognitive factors which often are overlooked. As we explore the assessment process, participants will discover novel screening areas to enhance clinical practice. The course will also shed light on the pivotal role of physical activity in the lives of SCI/D patients and guide professionals in tailoring effective and age-appropriate activity programs.

Join us to gain valuable insights into the evolving landscape of SCI/D rehabilitation, equipping yourself with the knowledge to provide person-centered care at every stage of life. This course has been designed for learners to attend virtually for the first two days with an option to learn practical skills through hands-on workshops on the third day live in Chicago.

Location and Delivery Method

Day 1-2 of this course (June 5-6th 2024) is taught virtually using an online meeting platform, and the Academy Learning Portal. Other online learning materials may also be utilized.

Day 3 of this course (June 7th, 2024) is an optional add-on Workshop which will be held at the Shirley Ryan AbilityLab, 355 East Erie Street, Chicago IL, 60611.

Successful Completion

To successfully complete this course, you must attend and participate on both live dates, submit attendance codes in the Academy Learning Portal and complete an online evaluation of the program by June 21st 2024.

Who Should Attend

Advanced Practice Nurses, Nurses, Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants, Physicians, and Speech-Language Pathologists. Please see the section Continuing Education for accreditation details.

Learner Outcomes

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

- Discuss the medical nuances distinguishing spinal cord injuries/disorders (SCI/D) in pediatric and adult patients.
- Provide three recommendations for preserving optimal bone health in individuals with SCI/D.
- Enhance the assessment process by identifying two novel screening areas for patients with SCI/D.
- Explain the significance of physical activity for patients with SCI/D, addressing the customization of activity programs with aging.
- Discuss issues surrounding women's health following SCI/D, with a special focus on often overlooked aspects such as menstrual care and menopause.

Course Chair

Monica A. Perez, PT, Ph.D.

Scientific Chair, Arms and Hands AbilityLab, Shirley Ryan AbilityLab
Professor, Department of Physical Medicine and Rehabilitation, Northwestern University's Feinberg School of Medicine, Research Scientist, Hines VA

Dr. Perez received a Ph.D. in physical therapy from the University of Miami School of Medicine. She attended the University of Copenhagen as a post-doctoral fellow where she studied transmission in spinal cord networks. She then completed a postdoctoral fellowship at the Human Motor Human Cortical Physiology and Stroke Neurorehabilitation Section at the National Institutes of Health, where she focused on studies of cortical physiology and plasticity. Her main research interests are in understanding how the brain and spinal cord contribute to the control of voluntary movements in healthy humans and in individuals with spinal cord injury. She uses this mechanistic knowledge to develop rehabilitation therapies following CNS damage.

Course Committee

Sara Hobbs, PT, DPT

Board-Certified Clinical Specialist in Neurologic Physical Therapy,
Therapy Manager, Spinal Cord Innovation Center,
Shirley Ryan AbilityLab

Allison Kessler, MD, MSc

Section Chief; Spinal Cord Injury Innovation Center
Shirley Ryan AbilityLab
Assistant Professor of Physical Medicine and Rehabilitation
Northwestern University's Feinberg School of Medicine

Amanda Myron Olson, PT, DPT

Board-Certified Clinical Specialist in Neurologic Physical Therapy,
SCI Innovation Center Manager, Shirley Ryan AbilityLab

Amy Pietro, MS, OTD, OTR/L

Occupational Therapist, Spinal Cord Innovation Center, Shirley Ryan AbilityLab

Ellen Jo Suerth, BSN RN CRRN ONC

Clinical Nurse Educator, Spinal Cord Innovation Center, Shirley Ryan AbilityLab

Course Faculty (Listed Alphabetically)

Jane Duff, MD, BSc (Hons), D Clin Psychol, CPsychol

Clinical Health Psychologist, Head of Psychology Department, National Spinal Injuries Centre, Stoke Mandeville Hospital, UK

Dr Jane Duff is a Consultant Clinical Health Psychologist and has worked at the National Spinal Injuries Centre, Stoke Mandeville Hospital in the UK since 1997 and become Head of the Psychology Department in 2017. She has recently led the development of standards and implementation of national screening for NHS England, UK and is the Chief Investigator for a UK spinal cord injury services data screening study. She serves as a member of the ISCoS Psychology Data Set group which agreed the use of the screeners PHQ and GAD as part of the Basic Data Set and is currently partaking in work regarding the Advanced Data Set. Jane has recently led a UK and US Collaboration which published the first paper on GAD-2 and GAD-7 data. Jane is Chair of the European Spinal Psychologists Association. Jane is delighted to be working with Professor Heinemann, Shirley Ryan AbiityLab, and other collaborators across the globe on the National Institute on Disability, Independent Living and Rehabilitation Research, International Exploration of Rehabilitation Length of Stay Following Spinal Cord Injury.

Stacy Elliott, MD

Sexual Medicine Physician
Clinical Professor, Departments of Psychiatry and Urologic Sciences
PI and Faculty member at International Collaboration on Repair Discoveries (ICORD), University of British Columbia

Dr. Stacy Elliott is a Sexual Medicine Physician whose interests lie in the sexual and reproductive consequences of medical or surgical problems for the past 35 years. She is a Clinical Professor in the Departments of Psychiatry and Urologic Sciences, and PI and Faculty member at International Collaboration on Repair Discoveries (ICORD), University of British Columbia, past Medical Manager of the BC Center for Sexual Medicine, Co-Director for the Vancouver Sperm Retrieval Clinic, and a sexual medicine consultant to the Sexual Health Rehabilitation Service at GF Strong Rehabilitation Hospital. She teaches undergraduates, postgraduates of UBC Medical School and has taught numerous practicing physicians. Dr. Elliott has extensive peer reviewed publications and book chapters on chronic illness, cancer, neurological disease and disability. She was recognized for her clinical care and research by receiving the QE II Jubilee Medal for her work in 2012 and The Fellowship of American Spinal Cord Injury Association (FASIA) in October 2020.

Michael Fehlings, MD, PhD, FRCSC, FACS

Professor and Vice Chair, Department of Surgery,
University of Toronto

Dr. Fehlings is the Vice Chair Research for the Department of Surgery at the University of Toronto and a Neurosurgeon at Toronto Western Hospital, University Health Network. Dr. Fehlings is a Professor of Neurosurgery at the University of Toronto, holds the Robert Campeau Family Foundation / Dr. C.H. Tator Chair in Brain and Spinal Cord Research at UHN, is a Senior Scientist at the Krembil Brain Institute and a McLaughlin Scholar in Molecular Medicine. In the fall of 2008, Dr. Fehlings was appointed the inaugural Director of the University of Toronto Neuroscience Program and is currently Co-Director of the University of Toronto Spine Program. Dr. Fehlings combines an active clinical practice in complex spinal surgery with a translationally oriented research program focused on discovering novel treatments to improve functional outcomes following spinal cord injury (SCI). He has published over 1070 peer-reviewed articles chiefly in the area of central nervous system injury and complex spinal surgery. Dr. Michael Fehlings has received numerous prestigious awards including the Gold Medal in Surgery from the Royal College of Physicians and Surgeons, the Lister Award in Surgical Research, the Leon Wiltse Award from the North American Spine Society for excellence in leadership and/or clinical research in spine care (2009) and the Olivecrona Award (2009). In 2012, Dr. Fehlings served as the 40th President of the Cervical Spine Research Society (CSRS) -- the only Canadian to do so -- and was honored with the CSRS Presidential Medallion for outstanding leadership and contributions to cervical spine research.

Rebecca Martin, OTD

Manager of Clinical Research & Education, International Center for Spinal Cord Injury, Kennedy Krieger Institute

Dr. Rebecca Martin is the Manager of Clinical Research and Education at the International Center for Spinal Cord Injury (ICSCI) at Kennedy Krieger Institute and an Assistant Professor at the Johns Hopkins School of Medicine in the Department of Physical Medicine and Rehabilitation. Dr. Martin received her Bachelors of Science from Boston University and her Occupational Therapy Doctorate from Rocky Mountain University. As the Manager of Clinical Research and Education, she is responsible for program development, staff training, and oversight of the clinical research program. Dr. Martin speaks nationally on topics related to Activity-Based Rehabilitation and Neuromodulation; she has taught many continuing education courses in the areas of neurological pathology, rehabilitation, and research. Her current research is in novel applications of electrical stimulation to restore functions lost to spinal cord injury.

Kathleen A. Martin Ginis PhD, FRSC, FCAHS, OMC

Reichwald Family UBC Southern Medical Program Chair in Preventive Medicine, UBC Distinguished University Scholar
Director, UBC Faculty of Medicine Centre for Chronic Disease Prevention and Management
Professor, Division of Physical Medicine and Rehabilitation, Department of Medicine
Professor, School of Health and Exercise Sciences, Principal Investigator, ICORD (International Collaboration on Repair Discoveries)

Dr. Kathleen Martin Ginis is a Fellow of the Royal Society of Canada and the Canadian Academy of Health Sciences. She is a Distinguished Professor at the University of British Columbia in the Department of Medicine where she holds the Reichwald Family Chair in Preventive Medicine and is the Founding Director of UBC's Centre for Chronic Disease Prevention and Management. She established the Canadian Disability Participation Project, bringing together over 50 university, public, private and government sector partners to improve physical activity, employment and mobility participation among Canadians with disabilities. Dr. Martin Ginis is a recipient of the Government of Ontario's Medal of Good Citizenship, in recognition of her long-standing contributions to science that improves the lives of people with disabilities. She has published nearly 400 scientific papers and book chapters and received over $13 million in research funding. Dr. Martin Ginis resides in Kelowna, British Columbia where she enjoys running, kayaking and snowshoeing.

David McMillan, Ph.D.

Research Assistant Professor, Neurological Surgery
Director of Education and Outreach, The Miami Project

Dr. McMillan is a dual-role academic, serving The Miami Project as Director of Education and Outreach and the University of Miami Leonard M. Miller School of Medicine as Research Assistance Professor for the Department of Neurological Surgery. He conducts research with and for people who have paralysis, primarily due to spinal cord injury (SCI). Dr. McMillan completed his dissertation in the role of autonomic nervous system in the absorption, trafficking and fates of dietary fat. He is currently focusing on efforts to study the vulnerabilities of people with SCI to climate hazards in the form of flooding, heat and hurricanes.

Martin Oudega, Ph.D.

Professor in Physical Therapy and Human Movements and Neuroscience at Northwestern University,
Research Scientist at the Shirley Ryan AbilityLab (Chicago, IL)

Martin Oudega, Ph.D., is a Professor in Physical Therapy and Human Movements and Neuroscience at Northwestern University, a Research Scientist at the Shirley Ryan AbilityLab (Chicago, IL), and a Research Health Scientist at the Edward Hines Jr. VA Hospital (Hines, IL). He received his PhD in Medical Biology from the University of Leiden (Netherlands) and completed postdoctoral fellowships at UCSD (San Diego, CA) and the Miami Project to Cure Paralysis (Miami, FL). Martin was the leading editor of a special issue on Experimental Strategies to Repair the Injured Spinal Cord published by the Journal of Neurotrauma. The Oudega Laboratory investigates the potential of cellular transplants, biomaterials, and minimally invasive neuromodulatory approaches to elicit anatomical repair and functional recovery after spinal cord injury. Martin has a special interest in the role of inflammation and vascularization in spinal cord injury and repair. The goal of the research in Martin's laboratory is to develop spinal cord repair strategies that promote meaningful functional restoration after spinal cord injury.

Annie Palermo, PT, DPT, Ph.D.

Senior Postdoctoral Fellow, Neuroscience Research Australia
Associate Lecturer, University of New South Wales School of Medicine and Health

Annie trained as a Physical Therapist at the University of Miami where she later completed her Ph.D. studies. Annie worked clinically in acute care to implement improved use of outcome measures including the AM-PAC at the University of Miami Hospital. Annie's research focus in her Ph.D. was breathing and balance function post-SCI with her most impactful work being the modification of the function in sitting test specifically for individuals with SCI (FIST-SCI). Annie continues to investigate interventions to improve respiratory and balance function in people with SCI in her Postdoctoral Fellowship at Neuroscience Research Australia.

Chloe Slocum, MD, MPH

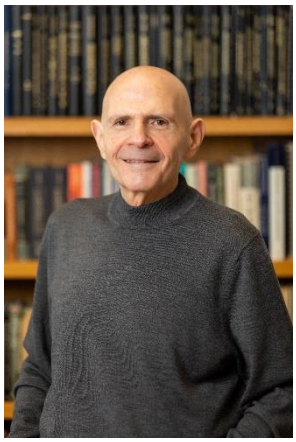
Medical Director for Quality and Safety, Mass General Brigham Spaulding Rehabilitation Network
Director of Health Policy, Assistant Professor, Harvard Medical School

Chloe Slocum, MD, MPH is a practicing physician who is dually boarded in physical medicine and rehabilitation and spinal cord injury medicine. She serves as Medical Director for Quality and Safety at Mass General Brigham Spaulding Rehabilitation Network, and Director of Health Policy and Assistant Professor in Harvard Medical School's Department of Physical Medicine and Rehabilitation. Her clinical work centers around optimizing long-term health for individuals with paralysis and her research is focused on assessing functional outcomes following rehabilitation, access to high-quality primary and specialty care, and systems of health care delivery across the post-acute care continuum for individuals with disabilities. Dr. Slocum has published research on functional outcomes following traumatic spinal cord injury and has lectured nationally on topics ranging from spinal cord injury outcomes to health policy and payment reform to clinician well-being.

Mark Stephan

Motivational Speaker and Survivor

On August 11, 2007, Mark Stephan was bicycling with his friends in the Chicago suburbs, just like he did every Saturday morning. But that morning, something went terribly wrong with Mark's bike. After riding for several miles, his front wheel unexpectedly disengaged from the bicycle. This malfunction catapulted Mark over his handlebars onto the ground, where his head hit the pavement at full force. His neck snapped.The horrific accident fractured the C2 and C3 vertebrae of his spinal cord, paralyzing him from the neck down. At age 49, Mark was lucky to be alive. The accident left him a quadriplegic, and doctors were blunt: life in a wheelchair was the best he could expect.Mark refused to accept his grim prognosis. Mark left the hospital less than five months after his accident—walking under his own power. After his emotional departure, Mark continued his progress by combining intensive therapy, work with personal trainers and clinical studies at the Rehabilitation Institute of Chicago.



Samuel Stupp, Ph.D.

Board of Trustees Professor of Materials Science & Engineering, Chemistry, Medicine, and Biomedical Engineering
Director, Simpson Querrey Institute for BioNanotechnology
Northwestern University

Samuel Stupp is Board of Trustees Professor of Materials Science and Engineering, Chemistry, Medicine, and Biomedical Engineering at Northwestern University. He also directs Northwestern's Simpson Querrey Institute for BioNanotechnology and the Center for Bio-Inspired Energy Science, an Energy Frontiers Research Center funded by the U.S. Department of Energy. Stupp's interdisciplinary research is focused on developing self-assembling supramolecular nanostructures and materials for functions relevant to renewable energy, regenerative medicine, and robotic soft matter. He is a member of the U.S. National Academy of Sciences, the U.S. National Academy of Engineering, the American Academy of Arts and Sciences, the Royal Spanish Academy, the National Academy of Sciences of Latin America, the National Academy of Sciences of Costa Rica, and the U.S. National Academy of Inventors.

Jill Wecht, Ed.D.

Professor of Medicine and Rehabilitation Medicine, Icahn School of Medicine, Mount Sinai.

Dr. Wecht is a Professor of Medicine and Rehabilitation Medicine at the Icahn School of Medicine, Mount Sinai and is a Research Health Scientist at the James J Peters VA Medical Center. Her research focus involves gaining insight into the association between decentralized descending autonomic nervous system control of cardiovascular and cerebrovascular function and determining the impact of altered systemic and cerebral vascular hemodynamics on cognitive function, mood and quality of life. She collaborates with investigators at the Kessler Foundation and the University of Louisville to examine the impact of neuromodulation strategies on restoration of cardiovascular, cerebrovascular and autonomic nervous system function after SCI. Dr. Wecht is funded by the VA Rehabilitation Research & Development Service, the Craig H. Neilsen Foundation, the New York Spinal Cord Injury Board and the National Institute on Disability, Independent Living, and Rehabilitation Research and she is the Co-Chairperson of the American Spinal Injury Association Autonomic Standards Committee, which is comprised of an international consortium of clinicians and scientists working to develop standards to document remaining autonomic function following SCI.

Kathy Zebracki, Ph.D.

Chief of Psychology at Shriners Children's Chicago,
Adjunct Professor of Psychiatry and Behavioral Sciences,
Northwestern University, Feinberg School of Medicine
Clinical Professor of Psychology, Rosalind Franklin University of Medicine and Science.

Dr. Zebracki received her BS from Northwestern University and MA and PhD in Clinical Psychology from Case Western Reserve University. Dr. Zebracki completed her psychology residency at Children's Memorial Hospital in Chicago (now Ann & Robert H. Lurie Children's Hospital of Chicago) and an NICHD-funded fellowship at Loyola University Chicago. She is a Fellow of the American Psychological Association (Divisions of Pediatric Psychology and Rehabilitation Psychology) and of the American Spinal Injury Association (ASIA). Dr. Zebracki is an active clinician and experienced researcher on medical outcomes and psychosocial functioning in children and adolescents with spinal cord injuries/ dysfunctions. Her unique area of focus is on enhancing participation, psychosocial functioning, and quality of life of these youth and their families through research and clinical service. She is actively involved in longitudinal, developmentally focused research examining the processes by which spinal cord dysfunctions and neurodevelopmental disorders place physical, psychological, and social demands on individuals, and assessing these medical and psychological outcomes over time.

Northwestern University and Shirley Ryan AbilityLab Staff Faculty

Corrie Abegglen, PT
Clinical Team Lead, Physical Therapist, Shirley Ryan AbilityLab, Day Rehabilitation

Bing Chen, M.D., Ph.D., MEd
Fellow at Shirley Ryan AbilityLab, Chicago, IL, USA.

Kristen Forand, M.A., CCC-SLP
Think and Speak Lab Manager
Dysphagia Lab SLP, Shirley Ryan AbilityLab

Colin Franz, MD, Ph.D.
Director of the electrodiagnostic laboratory, Shirley Ryan AbilityLab hospital
Physician-Scientist, Lois Insolia ALS clinic, Northwestern Memorial Hospital

Leslie Hefner, PT, DPT
Lead Board Certified Neurologic Clinical Specialist
Clinical Team Lead, Day Rehabilitation Program, Burr Ridge

Molly Henry, PT, DPT
Physical Therapist, Spinal Cord Innovation Center, Shirley Ryan AbilityLab
Board Certified Neurologic Clinical Specialist

Jennifer Kahn, PT, DPT
Associate Professor, Northwestern University, Physical Therapy and Human Movement Sciences

Director Northwestern University and Shirley Ryan AbilityLab Neurologic Residency
Board Certified Neurologic Clinical Specialist

Stephany Kunzweiler, PT, DPT
Clinical Manager- Inpatient and Outpatient Pediatrics, Shirley Ryan AbilityLab

Stacey Lane, PT, DPT
Board Certified Neurologic Clinical Specialist
Outpatient Practice, Shirley Ryan AbilityLab, Burr Ridge, IL

Lillie Roberts, RN
Outpatient Physician Clinic
Interim Assistant Practice Manager, Shirley Ryan AbilityLab

Sina Sangari, Ph.D.
Post-doctoral Associate, Shirley Ryan AbilityLab, Chicago, IL, USA.

Meghan Reilly, OTR/L
Occupational Therapist, Spinal Cord Innovation Center, Shirley Ryan AbilityLab

Kari Sheridan, OTR/L
Manager- Inpatient Access, Shirley Ryan AbilityLab

Agenda (in CST)

Wednesday, June 5, 2024 - VIRTUAL

8:30 am CST	Welcome & Course Expectations
8:45 am	Management of Acute Traumatic Spinal Cord Injury and Differences Pediatric to Adult Michael Fehlings, MD
9:30 am	Mental Health Implications on SCI/D Across the Lifespan Kathy Zebracki Jefson, Ph.D.
10:15	Break
10:30	Assess Autonomic Symptoms Jill Wecht, Ed.D.
11:15	Cognitive Screening with SCI/D Jane Duff, Ph.D.
12:00 pm	Lunch
1:00	Early Respiratory Ventilator Weaning in Pediatrics Stephany Kunzweiler, PT, DPT

1:30 pm	Prognosis & Assessment; What Does the Diaphragm Tell Us? Colin Franz, MD, Ph.D.
2:00	Strengthening: A Place for Inspiratory and Expiratory Trainers Kristen Forand, M.A., CCC-SLP
2:30	Break
2:45	**Panel Discussion:** Fertility Menstruation / Pregnancy Margaret Conquest, Stacey Elliot, MD ,Chloe Slocum, MD Moderator: Allison Kessler, MD
3:45	End of Day Debrief Melissa Kolski, PT & Leslie Marriott OT
4:00	End of Day

Thursday June 6, 2024 - VIRTUAL

8:30 am CST	Day 1 Recap & Objectives for Day 2
8:45 am	New Era for Therapeutic Agents for Spinal Cord Injury Research Effects of NVG-291 Treatment on Nervous Tissue Plasticity and Functional Recovery in Adult Rats with Chronic Spinal Cord Contusion Martin Oudega, Ph.D. Animal Model Samuel I Stupp, Ph.D. Human Trial Monica Perez, PT, Ph.D. Discussion on Implications- Impact on Future Rehabilitation Monica Perez, PT, Ph.D.
9:45	Neurostimulation Across the Lifespan Rebecca Martin, OT
10:30	Break
10:45	Standing & Health Implications in SCI/D Ginny Paleg, PT
11:15	Prevention & Treatment of Bone Loss After a SCI/D Cathy Craven, MD

11:45	Nutrition & Gut Microbiome After SCI/D Ceren Yarar-Fisher, PT, Ph.D.
12:15 pm	Lunch
1:15	The Metabolic Health Complications of SCI/D David W. McMillan, Ph.D.
2:00	Physical Activity Behaviour-Change and Well-Being in SCI/D Kathleen A. Martin Ginis, Ph.D., FRSC, FCAHS, OMC
2:45	Break
3:00	Patient Experience & Interdisciplinary Team Mark Stephan
3:30	Overview and Wrap Up Course Chairmen
4:00 pm	Course Conclusion

Friday, June 7, 2024 – IN CHICAGO

Note to all Learners: If selecting Wheelchair Skills or Splinting for the Upper Extremity, you will have additional 60-minutes of prework to complete prior to the live workshop. If you did not choose either of those topics you will still have access to this content as an optional learning experience. Everyone who completes the prework will receive an additional 1 hour of CPD.

8:00 am	Registration for workshops Continental Breakfast 10th-floor Auditorium Shirley Ryan AbilityLab
8:30	Welcome, Objectives and Expectations
8:45	Choose One of Three Workshops:
	Option A: Spasticity & TMS Sina Sangari, Ph.D. & Bing Chen, M.D., Ph.D., MEd
	Option B: Wheelchair Skills Molly Henry, PT, DPT & Jennifer Kahn, PT, DPT
	Option C: Splinting for the Upper Extremity

Kelly Breen, OTR/L, Kari Sheridan, OTR/L

11:45 Lunch

1:00 pm Choose One of Three Workshops:

Option D: Mat Skills & Functional Mobility
Leslie Hefner, PT, DPT & Stacey Lane PT, DPT

Option E: Exploring Abdominal Functional Electrical Stimulation (AFES)-Based Interventions for Co-morbidities Associated with SCI
Annie Palermo, PT, Ph.D.

Option F: Bowel Workshop
Meghan Reilly, OTR/L & Lillie Roberts, RN

4:00 Overview &Wrap Up
Leslie Marriott, OTR/L; Melissa Kolski, PT, DPT

4:30 Course Conclusion

Day 3 Live Workshops

Morning Workshops

Option A: Spasticity & TMS

In this online lab, participants will have an opportunity to review different assessments that are important in patients with SCI/D. Each demonstration will review outcomes focusing on sensory function and dermatome assessment, spasticity assessment using a portable dynamometer, and transcranial magnetic stimulation (TMS)and use of vibration in conjunction with stretching. The session will feature both demonstration and instruction with cases.

Faculty: Monica Perez, PT, Ph.D., Bing Chen, M.D., Ph.D., MEd, & Sina Sangari, Ph.D.

Option B: Wheelchair Skills

In this hands-on lab, participants will have a brief presentation introducing the importance of instructing patients with SCI/D in manual wheelchair skills, safety considerations, and demonstration and instruction of advanced wheelchair skills. Participants will have the opportunity to practice the following advanced skills both in the role of the therapist guarding, instructing, and assisting, and in the role of a patient including: breakdown and assembly of lightweight folding and rigid wheelchairs, wheelies for negotiating unleveled surfaces, ascending and descending ramps and curbs, and righting a wheelchair.

*Prior to attending this workshop, participants must complete an online module on Wheelchair Skills Training. Including the assessment, the module should take about 60 minutes and participants will receive 1 continuing education credit.

Faculty: Molly Henry, PT, DPT, NCS & Jennifer Kahn, PT, DPT, NCS

Option C: Splinting for the Upper Extremity

This lab-based session will review hand positioning/splinting principles specific to different levels of SCI/D and various hand problems seen in SCI/D. Specific Static and Dynamic low-temperature plastic and definitive orthoses will be reviewed. Participants will be given the opportunity to fabricate commonly used splints in a lab setting.

*Prior to attending this workshop, participants must complete to an online module on Splinting. Including the assessment, the module should take about 60 minutes and participants will receive one continuing education credit.

Faculty: Kari Sheridan, MS, OTR/L & Kelly Breen, OTR/L

Afternoon Workshops

Option D: Advanced Mobility Skills & Therapeutic Intervention

Patients who has sustained spinal cord injuries can present with unique and specific challenges that a medical team should be equipped to address in order to best transition these patients back to higher levels of independence in their daily lives. This interactive opportunity will allow participants a hands-on learning experience in a lab setting to facilitate clinical skills in assisting individuals with spinal cord injury with more advanced functional mobility. This course will provide therapists foundational information to efficiently evaluate and effectively assist patients on how to complete wheelchair to and from floor transfers, and how to complete car transfers (including how to load and unload their wheelchair). The instructors will also provide content targeting therapeutic interventions to enhance bed mobility and transfer performance (level and unlevel). This course assumes basic knowledge and confidence in performing and assisting patients on dependent and assisted sliding board and pop-over transfers.

Faculty: Leslie Hefner, PT, DPT & Stacey Lane PT, DPT

Option E: Exploring Abdominal Functional Electrical Stimulation (AFES)- Trunk Muscle Function after SCI: Peering into the Black Box

Trunk muscles play a key role in countless functional tasks ranging from breathing to balance after SCI. However, SCI-specific therapies and assessments targeting the trunk muscles can be difficult to find in the literature. Even the ISNCSCI, a gold-standard SCI-assessment, provides little information of trunk muscle function and relies on sensory assessment. This workshop will focus on potential assessments that quantify the functional roles of trunk muscles and potential interventions that may improve/restore trunk muscle function. (Assessments will focus on Breathing and Balance. Interventions will focus on targeting trunk muscles to improve Breathing, Balance, and Bowel Function.)

Faculty: Annie Palermo, PT, DPT, Ph.D.

Option F: Bowel Workshop

In this interactive workshop, participants will delve into the vital aspects of implementing a secure bowel program for their patients. A comprehensive presentation will cover the safety protocols and optimal utilization of bowel irrigation systems, giving learners the opportunity for hands-on experience with a bowel management system. Exploring toileting equipment and mastering patient positioning will empower participants to troubleshoot clinical scenarios, enabling them to offer valuable education and make informed recommendations for a well-rounded bowel program.

Faculty: Meghan Reilly OTR/L, Lillie Roberts RN

Cancellation Policy

All cancellations must be requested by email at academy@sralab.org. Refunds less a 20% administrative charge will be given until 30 days before the start date of the course. If the cancellation notice is received less than 30 days from the start date of the course, a credit towards a future continuing education program would be applied for one year from the start date of the canceled course. The Academy reserves the right to cancel or change any programs for due cause. The 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 registrations. **Full tuition must accompany the registration form in order to confirm your 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 same day that you register. For registrations received by standard mail, the confirmation may take up to 3 weeks for processing. If you do not receive confirmation within this period, please call 312.238.6042. **One week prior to the course, only internet registrations that include an email will be accepted.** Please note that once the course has reached its maximum enrollment, no additional spots will become available.

Accommodations

Shirley Ryan AbilityLab has a preferred rate at The Hyatt Centric Chicago Magnificent Mile which is located one block away. Hyatt Centric Chicago Magnificent Mile, 633 North St. Clair, Chicago, Illinois, 60611. You can reserve a room by clicking HERE. The daily rate for parking at the Hyatt Chicago is $76.00/day with in and out privileges.

The W Chicago - Lakeshore is located 1 block from the Shirley Ryan AbilityLab. You can reserve a room with a discounted rate by clicking HERE and entering Shirley Ryan AbilityLab's corporate code: R01 (R-zero-one). The daily rate for parking at the W Chicago Lakeshore is $79.00/day with in and out privileges.

For a list of other available lodging options near the hospital, please click HERE.

*Room rates may fluctuate and are subject to change.

Parking

Directions and Parking Details for the Shirley Ryan AbilityLab can be found: **HERE**

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 better)
- Web browser:
  - Apple Safari: Latest stable version
  - Google Chrome: Latest stable version
  - Mozilla Firefox: Latest stable version
  - Microsoft Edge: Latest stable version
- JavaScript and Cookies enabled
- Speaker or headset to listen to audio
- Do NOT use Internet Explorer, as it is not supported.

Accessibility

The conference site is wheelchair accessible. Accessible materials, sign language interpretation and personal assistance are available with at least 45-days advance notice.

Continuing Education Credit

Nursing

The Shirley Ryan AbilityLab is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This CNE is being offered for up to 19.75 contact hours of continuing nursing education.

Occupational Therapy

Shirley Ryan AbilityLab is an AOTA Approved Provider of professional development. Course approval ID# 8675. This distance learning-interactive course is offered at ***up to*** 19.75 contact hours, 1.975 CEUs [intermediate level, foundational knowledge/OT service delivery]. AOTA does not endorse specific course content, products, or clinical procedures.

*Learners will be awarded contact hours based on which portion of the course they are completing. The total contact hours includes the optional 1.0 hour self-study and 6.75 live hours for Day 3.

Physical Therapy

This course has been approved by the Illinois Physical Therapy Board for ***up to*** 19.50 contact hours. Approval #216-000069 (This total includes the optional 1.0 hour self-study and 6.50 live hours for Day 3.)

The Shirley Ryan AbilityLab is recognized by California and 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 course has been approved for ***up to*** 19.50 contact hours. California Contact Hours approved on 2/9/2024.

The following states require continuing education units with no state-specific approval: CT, IA, and WA

Physician

Illinois State Medical Society

The Rehabilitation Institute of Chicago DBA Shirley Ryan AbilityLab is accredited by the Illinois State Medical Society (ISMS) to provide continuing medical education for physicians.

The Rehabilitation Institute of Chicago DBA Shirley Ryan AbilityLab designates this live activity for a maximum of 19.75 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Speech-Language Pathology

ASHA CE APPROVED PROVIDER

Rehabilitation Institute of Chicago dba Shirley Ryan AbilityLab

Advanced Level

1.20 ASHA CEUs

*ASHA CEUs are only available for the Virtual Course, Day One & Day Two.

Faculty Disclosures

Course Director's and Planning Committee Members' Disclosure Information:

Sara Hobbs, PT, DPT	Has nothing to disclose.
Allison Kessler, MD, MSc	Has nothing to disclose.
Melissa Kolski, PT, DPT	Has nothing to disclose.
Leslie Marriott, OTR/L, BCP	Has nothing to disclose.
Amanda Olson, PT	Has nothing to disclose.
Monica Perez, PT, Ph.D.	Has nothing to disclose.
Amy Pietro, OTR/L	Has nothing to disclose.
Ellen Jo Suerth, BSN, RN, CRRN, ONC	Has nothing to disclose.
Barry Munro, LLB	Has nothing to disclose.

Speakers, Moderators and Panelists' Disclosure Information:

Kelly Breen, OTR/L	Has nothing to disclose.
Bing Chen, Ph.D., MD, Med	Has nothing to disclose.
Margaret Conquest	Has nothing to disclose.
Michael Fehlings, MD	Has nothing to disclose.
Colin Franz, MD, Ph.D.	Has nothing to disclose.
Leslie Hefner, PT, DPT	Has nothing to disclose.
Molly Henry, PT, DPT	Has nothing to disclose.
Jennifer Kahn, PT, DPT	Has nothing to disclose.
Stephany Kunzweiler, PT, DPT	Has nothing to disclose.
Stacey Lane, PT, DPT, NCS	Has nothing to disclose.
Rebecca Martin, OTR/L, OTD, CPAM	Has nothing to disclose.
David W. McMillan, Ph.D.	Has nothing to disclose.
Martin Oudega, Ph.D.	Has nothing to disclose.
Ginny Paleg, PT, MPT, DSc	Consultant with Prime Engineering.
Sina Sangari, Ph.D.	Has nothing to disclose.
Kari Sheridan, OTR/L	Has nothing to disclose.
Chloe Slocum, MD, MPH	Has nothing to disclose.
Jill Wecht, Ed.D.	Has nothing to disclose.
Ceren Yarar-Fisher, PT, Ph.D.	Has nothing to disclose.
Meghan Reilly, OTR/L	Has nothing to disclose.
Lillie Roberts, RN	Has nothing to disclose.
Kathy Zebracki, Ph.D.	Has nothing to disclose.

THANK YOU!

The Academy would like to extend a special thank you to the following supporter of this program:

Bronze Sponsor

Wings for Life

The Academy would also 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.

Please note: Course sponsors do not have input into the planning or delivery of course content.

47th Annual Interprofessional Spinal Cord Injury/Disorder Course: Navigating Care Across the Years

Register online at https://www.sralab.org/academy or complete the form below and return with payment to Shirley Ryan AbilityLab, 355 E Erie St., Academy Suite 12W, Chicago, IL 60611.

Check One: June 5-6 (Virtual Only) ____ June 5-7 (Virtual & Workshop in Chicago) ____

For Day 3 Attendees Only:

Choose 1 Workshop AM:	Choose 2 Workshop PM:
____ A. Spasticity & TMS	____ D. Mat Skills & Functional Mobility
____ B. Wheelchair Skills	____ E. Exploring Abdominal Functional Electrical Stimulation
____ C. Splinting for the Upper Extremity	____ F. Bowel Workshop

	Before 2/8/23	After 2/8/23
Registration Fee: June 5 - 6 Virtual Course Only	$375	$450
Registration Fee: June 5 – 7 (Virtual Course + Workshop in Chicago)	$575	$650

Questions? Contact Melissa Kolski, at mkolski@sralab.org or 312-238-7731

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 _____

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

Method of Payment: ☐ Check enclosed (**Payable to: Shirley Ryan AbilityLab**)

☐ Credit Card

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