38th Annual Interdisciplinary Spinal Cord Injury Course

Sponsored by:

Rehabilitation Institute of Chicago

www.ric.org/education

Wesley M. & Suzanne S. Dixon
Education and Training Center

June 3-5, 2015
Rehabilitation Institute of Chicago
345 East Superior Street
Chicago, IL 60611

Rehabilitation Institute of Chicago has been ranked "Best Rehabilitation Hospital in America" every year since 1991 by U.S. News & World Report.
38th Annual Interdisciplinary Spinal Cord Injury Course

THE BEST REHABILITATION HOSPITAL... MEANS THE BEST REHABILITATION EDUCATION.

The Rehabilitation Institute of Chicago (RIC) is ranked the “Best Rehabilitation Hospital in America,” in part because it fully integrates research, clinical care, and education, through the Continuing Education (CE) programs offered by the RIC Academy.

The RIC Academy CE programs help you keep abreast of changes in your field. The curriculum is grounded in evidence-based practice when appropriate as well as based on the collective clinical experience of our staff. RIC Academy courses are taught by interdisciplinary teams of recognized specialists from RIC and visiting experts from across the country and around the world.

COURSE DESCRIPTION

This comprehensive conference utilizes an interdisciplinary approach to address and update spinal cord care by focusing on current research, technology and practice. The course will address concepts surrounding treatment and interventions for patients who are post spinal cord injury. Topics will vary from orthopedic shoulder considerations to advances in locomotor training. Health care issues ranging from bone loading to research on molecular markers for locomotion will be discussed. Laboratory sessions with interactive workshops will allow participants to follow self guided tracks featuring practice skills including gait training, NMES/FES, functional mobility/mat skills, shoulder assessment, pressure ulcer prevention and advancements in mobile arm support technology.

WHO SHOULD ATTEND

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Social Workers, Nurses and Physicians (not offering CME)

COURSE OBJECTIVES

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

- Identify current research and trends in mobility aids and treatment related to locomotor training.
- Discuss psychosocial, sexuality considerations and informed refusal for persons living with a spinal cord injury.
- Review interdisciplinary management surrounding bowel and bladder care, wound management and assistive technology options in individuals living with spinal cord injuries.
- Identify treatment and assessment techniques associated with musculoskeletal shoulder injuries for persons with spinal cord injury.
- Summarize current research and trends in osteoporosis management and molecular markers for locomotion.

COURSE CHAIRMEN

Jason Barbas, PT, DPT, NCS
Physical Therapist and Allied Health Manager, Spinal Cord Injury Program, RIC

Kelly Breen MS, OTR/L
Occupational Therapist, Spinal cord Injury Program, RIC
**David Chen, MD**  
Medical Director, Spinal Cord Injury Acute Care and Rehabilitation and George M. Eisenberg Foundation Chair in Spinal Cord Injury Rehabilitation, Northwestern Memorial Hospital/Rehabilitation Institute of Chicago; Associate Professor, Physical Medicine and Rehabilitation, Northwestern University, Feinberg School of Medicine

**Sara Hobbs, PT, DPT, NCS**  
Physical Therapist & Program Specialist, Spinal Cord Injury Program, RIC

**Anne Marie Sweeney, MS, OTR/L**  
Occupational Therapist, Spinal Cord Injury Program, RIC

**GUEST FACULTY**

**Deborah Nawoczenski, PT, PhD**  
Dr. Nawoczenski received her BS in Physical Therapy and Master’s in Education from Temple University. In 1993, she completed her PhD work at the University of Iowa, with an emphasis in Exercise Science and Biomechanics. Dr. Nawoczenski was a full time faculty member in Department of Physical Therapy at Ithaca College’s Rochester Center where she also directed the Movement Analysis Laboratory and Center for Foot and Ankle Research. She had received funding from National Institutes of Health, Paralyzed Veterans Administration and Christopher and Dana Reeves Foundation for work related to shoulder impingement in individuals with spinal cord injury. She has over 50 publications in peer-review journals in two major areas of research and physical therapy interventions: Foot and Ankle dysfunction and Shoulder Pain in individuals with Spinal Cord Injury. Dr. Nawoczenski is currently an investigator on a multi-center study to assess biomechanically-focused intervention strategies for optimizing shoulder health in persons with spinal cord injury.

**FACULTY FROM NORTHWESTERN & THE REHABILITATION INSTITUTE OF CHICAGO**

**Kristin Aucutt, BSN, RN**  
Registered Nurse, RIC Spinal Cord Injury Program

**Lindsay Dodyk, OTR/L**  
Occupational Therapist, RIC Spinal Cord Injury Program

**Walter Guminiak, PTA**  
Physical Therapy Assistant, Hydrotherapy and Outpatient Practice

**Piper E. Hansen, MS, OTR/L**  
Clinical Practice Leader–Occupational Therapy, RIC Academy Occupational Therapist, Patient Neuro-Recovery Program

**Patrick Hennessy, MPT, NCS**  
Research Physical Therapist, Locomotor Recovery Lab and RIC Spinal Cord Injury Program

**Molly Henry, PT, DPT**  
Physical Therapist, RIC Spinal Cord Injury Program

**Vari Hesidenz, CPO**  
Certified Orthotist, Prosthetic and Orthotic Clinical Center

**Colleen Hickey, BSN, RN**  
Registered Nurse, RIC Spinal Cord Injury Program
Edward Hitchcock, OT/L  
Occupational Therapist, Technology Center

Carey L. Holleran, PT, MPT, NCS  
Clinical Research Coordinator, RIC, Sensory Motor Performance Program

Arun Jayaraman, PhD, PT  
Research Scientist/Physical Therapist, Center for Bionic Medicine, Rehabilitation Institute of Chicago; Lab Director: Rehab Technologies and Outcomes Lab; Assistant Professor, Department of Physical Medicine and Rehabilitation, Northwestern University, Feinberg School of Medicine; Assistant Professor, Northwestern University, Department of Physical Therapy and Human Movement Sciences.

Jennifer Kahn, PT, DPT, NCS  
Instructor, Department of Physical Therapy and Human Movement Sciences, Northwestern University, Feinberg School of Medicine; Physical Therapist, Flex Staff, RIC

Leslie Korotka, PT, DPT  
Physical Therapist, Willowbrook Day Rehabilitation

Stacey Lane, PT, DPT, NCS  
Physical Therapist, Willowbrook Outpatient

Kristan Leech, PT, DPT, PhD(c)  
Physical Therapist, Rehabilitation Institute of Chicago; PhD candidate, Northwestern University Interdisciplinary Neuroscience Program

Jessica McDoniel, MS, OTR/L  
Occupational Therapist, RIC Spinal Cord Injury Program

Jeri Morris, PhD, ABPN  
Board Certified Neuropsychologist; Assistant Professor, Department of Physical Medicine and Rehabilitation, Northwestern University, Feinberg School of Medicine; Former Senior Psychologist, RIC

Amanda M. Myron, PT, DPT  
Physical Therapist, RC Spinal Cord Injury Program

Jessica Presperin Pedersen, MBA, OTR/L, ATP/SMS  
Occupational Therapist CROR, Center for Rehabilitation Outcomes Research CROR, RESNA Certified Assistive technology Provider and Seating and Mobility Specialist

Diane Rowles, MS, ACNP, BC, CRRN  
Nurse Practitioner and Manager of Provider Relations at the Rehabilitation Institute of Chicago. She is an Assistant professor, Physical Medicine & Rehabilitation, Northwestern University, Feinberg School of Medicine. Previously, Diane was the Nurse Practitioner for the Spinal Cord Injury Program at RIC and for Neurosurgery at Rush University Medical Center. In these roles, she has provided both inpatient and outpatient care, performed multiple research studies, and developed multiple new programs. At RIC she was the research coordinator for the SCI program and the program manager for the Sexual Dysfunction and Diaphragm Pacing Clinics. Diane has a number of publications focused on SCI, including a 1999 CME article on sperm quality and quantity in the SCI in the American Journal of Physical Medicine and Rehabilitation.
Thomas J. Schnitzer, MD, PhD
Professor, Departments of Physical Medicine and Rehabilitation and Internal Medicine, Rheumatology, Northwestern University, Feinberg School of Medicine; Northwestern Memorial Hospital and Rehabilitation Institute of Chicago. His current research focuses on new therapeutic agents for the treatment of bone loss and osteoporosis. Previous interventional trials have evaluated the use of both currently marketed as well as experimental therapies in post-menopausal women, men, and patients on steroids; current studies are focusing on the bone loss seen in people with disabilities.

Preya Tarsney, JD
Bioethicist, Donnelley Ethics Program, RIC; Instructor, Physical Medicine & Rehabilitation, Northwestern University Feinberg School of Medicine

Sally Taylor, PT, DPT, NCS
Physical Therapist, Allied Health Manager, RIC; Contract educator, Northwestern University Department of Physical Therapy and Human Movement Sciences.

Mimi Zeigler, RN, MS, CRRN, CWON
Clinical Nurse Specialist, certified in rehabilitation nursing, wound and ostomy care. Consults on an inpatient and outpatient basis. Clinical Instructor, Physical Medicine & Rehabilitation, Northwestern University Feinberg School of Medicine, Adjunct faculty for Chamberlain College of Nursing

AGENDA

Wednesday, June 3, 2015
7:45 am  Registration
           1st Floor Lobby
           Rehabilitation Institute of Chicago

           Continental Breakfast
           16th Floor Lobby, RIC Academy

8:15  Welcome and Introductions
          Education Program Manager

8:30  Shoulder Impingement in Spinal Cord Injury
          Deborah Nawoczenski, PT, PhD

10:00  Wheelchair Skills Training and Wheelchair Maintenance Skills Multi-site Research Project.
          Jessica Presperin Pedersen, MBA, OTR/L, ATP/SMS

10:45  Break

11:00  Community Mobility After Incomplete Spinal Cord Injury: Research Updates
          Carey L. Holleran, PT, MPT, NCS

11:45 am  Lunch (on your own)

1:15 pm  Robotic Assistive and Therapeutic Technologies for SCI
          Arun Jayaraman, PhD, PT
2:15  Break

2:30  Lab Options (PICK ONE)

A.  Shoulder Assessment and Intervention: Lessons Learned from Able-Bodied with an Application to SCI
    Deborah Nawoczenski, PT, PhD
    Sara Hobbs, PT, DPT, NCS

B.  Pressure Ulcer Prevention: A Comprehensive Approach
    Mimi Zeigler, RN, MS, CRRN, CWON
    Sally Taylor, PT, DPT, NCS

C.  Shocking Truths: Incorporating Electrical Stimulation into Occupational and Physical Therapy
    Piper E. Hansen, MS, OTR/L
    Amanda M. Myron, PT, DPT

D  Locomotor Training Following Neurological Injury
    Patrick Hennessy, PT, MPT, NCS
    Carey L. Holleran, PT, MPT, NCS

5:30 pm  End of Day One

Thursday, June 4, 2015
7:30 am  Continental Breakfast
    16th Floor Lobby, RIC Academy

8:00  Osteoporosis in SCI
    Thomas J Schnitzer, MD, PhD

9:00  Informed Refusal: The Flip Side of Informed Consent
    Preya Tarsney, JD

10:00  Break

10:15  To iPad or Not to iPad
    Assistive Technology Options for Access to Tablets/Smartphones
    Edward Hitchcock, OT/L

11:30  Lunch (on your own)

12:45 pm  Prescription of Complex Bathing & Toileting Equipment.
    Sara Hobbs, PT, DPT, NCS

1:30  Break

1:45  Lab Options (PICK ONE)

A.  Taking Care of Business: An Interdisciplinary Approach to Bowel and Bladder Management
    Kristin Aucutt, BSN, RN
    Colleen Hickey, BSN, RN
    Anne Marie Sweeney, MS, OTR/L
B  KAFO Training Strategies for Persons with SCI
    Jason Barbas, PT, DPT, NCS
    Walter Guminiak, PTA
    Vari Hesidenz, CPO
    Sara Hobbs, PT, DPT, NCS

C  Functional Mobility and Mat Skills for Persons with SCI
    Leslie Korotka, PT, DPT
    Lindsay Dodyk, OTR/L

4:30 pm   End of Day Two

Friday, June 5, 2015
8:00 am    Continental Breakfast
            16th Floor Lobby, RIC Academy

8:30       Facilitating Adjustment to Spinal Cord Injury: The Power of the Team
            Jeri Morris, PhD, ABPN

9:15       Sexuality and Fertility After Spinal Cord Injury
            Diane Rowles, MS, ACNP, BC, CRRN

10:30      Break

10:45      Increasing Biomarkers of Neuroplasticity with High-Intensity Exercise
            in Individuals with Incomplete Spinal Cord Injury
            Kristan Leech, PT, DPT, PhD(c)

11:30 am   Lunch (on your own)

12:30 pm   Lab Options (PICK ONE)

A.  Functional Mobility and Mat Skills for Persons with SCI
    Leslie Korotka, PT, DPT
    Stacey Lane, PT, DPT NCS

B.  Dynamic Mobile Arm Support Technologies to Enhance Function and Independence
    for Individuals with Spinal Cord Injury
    Kelly Breen MS, OTR/L
    Jessica McDoniel MS, OTR/L

C  Wheelchair Skills Training Lab
    Jennifer Kahn, PT, DPT, NCS
    Molly Henry, PT, DPT

4:00 pm   Conclusion of the Course
**TUITION**

To qualify for group discount rates (you do not need to be from the same facility), students must mail or fax the group’s registrations together.

<table>
<thead>
<tr>
<th>Number of Students</th>
<th>Tuition</th>
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<tbody>
<tr>
<td>Single</td>
<td>$700</td>
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<tr>
<td>2 to 4</td>
<td>$660</td>
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<tr>
<td>5 or more</td>
<td>$650</td>
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Please indicate your preference for Laboratory sessions.

**LOCATION**

The program will be held at the Rehabilitation Institute of Chicago. 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 Chicago Magnificent Mile**, 633 North St. Clair, Chicago, Illinois.

The **Hyatt Chicago Magnificent Mile** is located 2½ blocks from RIC. Please contact their reservation agent from 9:00 am until 5:00 pm at (888) 591-1234 and ask for the **RIC Annual Interdisciplinary SCI Course** room block or make your reservation online using this link [https://resweb.passkey.com/go/SCICourse](https://resweb.passkey.com/go/SCICourse).

The corporate rate is $199.00 for a Deluxe King (single or double occupancy) or a Queen-Queen (two queen beds – single or double occupancy) plus 16.4% tax. The daily rate for parking at the Hyatt Chicago is $61.00/day. The cut-off date for room reservations is May 6, 2015.

The room block could reach its maximum before the above cut-off dates. Rooms and rates revert to a space-available basis after the room block has reached its maximum or after the cut-off date.

**REFUND POLICY**

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until May 27, 2015. RIC reserves the right to cancel or change any programs for due cause. Cancellation of a program by RIC will result in a full refund of tuition. RIC 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 within one week of the date you registered. 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.

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 course has been approved by the Illinois Physical Therapy Board for 20.00 Contact Hours. Approval #216-000069

Occupational Therapy
The Rehabilitation Institute of Chicago is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This intermediate level program awards occupational therapists 2.0 CEUs or 20 contact hours for all three days. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Nursing
The Rehabilitation Institute of Chicago (OH-362, 9/1/2017) is an approved provider of continuing nursing education by the Ohio Nurses Association(OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This CNE activity is being offered for 20.00 contact hour(s).

Social Work
The Rehabilitation Institute of Chicago is registered by the State of Illinois to sponsor continuing education programs for social workers. This program will award 3.0 CEUs.
REGISTRATION ONLINE at www.ric.org/education
or clip and return this form with payment

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June 3-5th, 2015

Group Discount Policy
To qualify for group discount rates (you do not have to be from the same facility), students must mail or fax the group’s registrations together.

☐ Single Registration Tuition: $700
☐ 2 to 4 - Tuition per Registrant: $660
☐ 5 or more - Tuition per Registrant: $650

Laboratory Sessions PICK ONE FROM EACH GROUP:
GROUP 1:  A: Shoulder Assessment and Intervention
          B: Pressure Ulcer Prevention
          C: Shocking Truths: Incorporating E Stim Into Practice
          D: Locomotor Training Following Neurological Injury

GROUP 2:  A: Bowel and Bladder Management
          B: KAFO Training Strategies
          C: Functional Mobility and Mat Skills for Persons with SCI

GROUP 3:  A: Functional Mobility and Mat Skills for Persons with SCI
          B: Mobile Arm Support Technologies
          C: Wheelchair Skills Training Lab

Make check payable to: REHABILITATION INSTITUTE OF CHICAGO

Mail to:    RIC Academy
            345 E. Superior Street, Suite 1641
            Chicago, Illinois 60611

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

Name ___________________________________________ 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 __________________________________________________________________________

(We encourage you to use email – it allows us to respond much faster to your registration. Thank You)

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

Method of Payment: □ Check enclosed □ Credit Card

Credit Card Users Must Complete the Following Information:

□ MasterCard □ VISA

Credit Card # ________-________-________-________

Expiration Date __/___

Name on Card________________________________________

Billing Address________________________________________

City____________________________State______________Zip________

Cardholder’s Signature______________________________

Credit card registrations may be faxed to: 312-238-4451. If you fax your registration, do not send another registration by mail.

For official use # _______________ CC_MK201503 __________

A_____________________________ LMS____________________ CL__________